

Lecture Plan		
Name of the College: Government College of Arts, Science and Commerce. Sanquelim - Goa		
Name of Faculty: Aishwarya Anil Nene, Dr. Suphala Pujari	Subject: Zoology	
Paper code: VAC 114 (Health and Wellness)	Program: F.Y.Bsc	Division: A
Academic year: 2024-25	Semester: I	Total Lectures: 30
<p>Course Objectives: To introduce the student to the models and dimensions of health and wellness.</p> <ul style="list-style-type: none"> ● To familiarize students with lifestyle diseases and the need for lifestyle changes. ● To understand the nature of mental health and stress and its management. <p>To enable students to manage their health and wellness via healthy eating, physical fitness and rational decision making.</p>		
<p>Course Outcome: Upon completion of this course, the student will be able to:</p> <ol style="list-style-type: none"> 1. Comprehend the models and dimensions of Health and Wellness. 2. Understand the prevalence of Lifestyle diseases and the urgency for change. 3. Analyze the nature of Mental Health and Stress and ways to manage the same. 4. Elucidate on Management of Health and Wellness through mechanisms of Nutrition, Fitness and Rational decisions. 		
<p>Student Learning Outcome: After completing this course, the student will be able to:</p> <ol style="list-style-type: none"> 1. To learn and understand the various lifestyle diseases and take necessary actions for maintaining a good lifestyle. 2. They also would learn the importance of mental health and its management. 		

Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books
July	15/07/24	20/07/24	2	Meaning: Models of Health - Medical and Wellness; Dimensions of Health and Wellness; (Dr. Suphala Pujari)	-	Powerpoint presentation,	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019.
				Measuring Health.			
				☑ Lifestyle diseases;			
	22/07/24	27/07/24	2	Lifestyle diseases; Making Lifestyle Changes: Health Belief Model,	-	Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
August	29/07/24	3/08/24	2	Trans-theoretical Model, Theory of Reasoned Action.		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
	5/08/24	10/08/24	2	Mental Health and Stress:Thoughts, Emotions, and Mental Health; Stress: Components and Management.		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019

	12/08/24	17/08/24	2	Activity based on analysis of students' lifestyle based on module 1		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
	19/08/24	24/08/24	2	Healthy Eating: Components of Food;		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
	26/08/24	31/08/24		ISA 2-written test Healthy eating, components of food		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
September	2/09/24	7/09/24	2	Dietary Guidelines for Eating Right;		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
	16/09/24	21/09/24	2	Sensible Weight Management.		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019

	23/09/24	28/09/24	2	Physical Activity for Health: Components and Benefits.		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
October	30/09/24	5/10/24	2	Making Decisions about Health Care: Being a wise Healthcare Consumer;		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
	7/10/24	12/10/24	2	Choosing a Healthcare Provider; Health Insurance.		Powerpoint presentation	G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019
	14/10/24	19/10/24	2	Quiz and revision		-	-
	21/10/24	26/10/24	2	Revision		-	-

Assessment Rubrics	Component	Max Marks
	ISA 1	5
	ISA 2	5
	Practical	-
	Project	-
	Semester End Exam	40

