

Lecture Plan

Name of the college: Government College of Arts, Science & Commerce, Sanquelim - Goa

Name of Faculty: Mr. Stephen Fernandes

Subject: Health and Wellness (VAC)

Paper code:VAC114

Program: F.Y.B.A/FYBCOM

Division:

Academic year: 2024 - 2025

Semester: I

Total Lectures: 30

Course Objectives:

The Course aims to:

- To introduce the student to the models and dimensions of health and wellness.
- To familiarize students with lifestyle diseases and the need for lifestyle changes.

Expected Course Outcome:

The Course aims to:

- To understand the nature of mental health and stress and its management.
- To enable students to manage their health and wellness via healthy eating, physical fitness and rational decision making

Student Learning Outcome:

Upon completion of this course, the student will be able to:

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

Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books
	01-07-2024	06-07-2024	02	Unit 1: Introduction to Health and Wellness : Meaning	Discussion about Personal Health	Power point presentation , White Board	G. Edlin and E. Golanty, Health & Wellness
	08-07-2024	13-07-2024	02	Models of Health - Medical and Wellness	Study the models of health with Examples	Power point presentation , White Board	G. Edlin and E. Golanty, Health & Wellness
	15-07-2024	20-07-2024	02	Dimensions of Health and Wellness	Learn the	Power Point	G. Edlin and E. Golanty, Health

July					health Wellness with examples	Presentation, White Board	& Wellness
	22-07- 2024	27-07- 2024	02	Measuring Health, Lifestyle diseases	Lifestyle Diseases and its causes	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness
	29-07- 2024	03-08- 2024	02	Making Lifestyle Changes: Health Belief Model	Various Stages of Wellness	Power Point Presentation, Video Demonstrati on White Board	G. Edlin and E. Golanty, Health & Wellness
	05-08- 2024	10-08- 2024	02	Trans-theoretical Model, Theory of Reasoned Action	Various Stages of Wellness	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness

August	12-08-2024	17-08-2024	01	Mental Health and Stress: Thoughts	ABC Model of Cognitive Behavior Theory	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness
	19-08-2024	24-08-2024	02	Emotions, and Mental Health; Stress: Components and Management	ABC Model of Cognitive Behavior Theory	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness
	26-08-2024	31-08-2024	02	Unit 2: Health and Wellness Management Healthy Eating: Components of Food	Importance of nutrition for health	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness
	02-09-2024	05-09-2024	02	Dietary Guidelines for Eating Right	Daily requirement of nutrients in diet to maintain healthylifestyle	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness

September	16-09-2024	21-09-2024	02	Sensible Weight Management	Find out various methods of Managing Weight in Daily life	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness
	23-09-2024	28-09-2024	02	Physical Activity for Health: Components and Benefits	Keep daily routine of exercise for healthy lifestyle	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness
	30-09-2024	05-10-2024	02	Making Decisions about Health Care	Make a check list of healthy lifestyles and implement it daily		G. Edlin and E. Golanty, Health & Wellness
	07-10-2024	12-10-2024	02	Being a wise Healthcare Consumer	Find out the healthcare		G. Edlin and E. Golanty, Health

October					insurance policies of Govt and private players	Power Point Presentation, White Board	& Wellness
	14-10-2024	19-10-2024	02	Choosing a Healthcare Provider And health insurance	List out the importance of Health Insurance	Power Point Presentation, White Board	G. Edlin and E. Golanty, Health & Wellness

Assessment Rubrics

Component	Max Marks
ISA 1	05
ISA 2	05
ISA 3	05
Semester End Exam	40