

UHS1XXC/UHS2XXC: Scientific Foundations of Health

(1-0-0)

UNIT – I

4 Hrs

Good Health and Its balance for positive mindset: What is Health, Health and Behaviour. **Health and Personality - Profession:** Disparities of health in different vulnerable groups. Stress and Health - Stress management.

UNIT – II

4Hrs

Building of healthy lifestyles for better future: Developing a healthy diet for good health, Fitness components for health, Wellness and physical function, How to avoid exercise injuries.

Creation of Healthy and caring relationships: Building communication skills (Listening and speaking), Changing health behaviours through social engineering.

UNIT – III

4Hrs

Avoiding risks and harmful habits: Characteristics of health compromising behaviors, Recognizing and avoiding of addictions, Effects and health hazards from addictions Such as how to recovery from addictions.

UNIT – IV

3 Hrs

Preventing and fighting against diseases for good health: Process of infections and reasons for it, Management of chronic illness for Quality of life, Health and Wellness of youth.

Reference Books:

1. **Health Psychology** (Second edition) by Charles Abraham, Mark Conner, Fiona Jones and Daryl O'Connor – Published by Routledge 711 Third Avenue, New York, NY 10017.
2. **Health Psychology - A Textbook**, 4th edition by Jane Ogden McGraw Hill Education (India) Pvt. Ltd. - Open University Press
3. **Scientific Foundations of Health (Health & Wellness) - General Books** published for university and colleges references by popular authors and published by the reputed publisher.
4. **HEALTH PSYCHOLOGY (Ninth Edition)** by SHELLEY E. TAYLOR - University of California, Los Angeles, McGraw Hill Education (India) Private Limited - Open University Press
5. **SWAYAM / NPTL/ MOOCS/ We blinks/ Internet sources/ YouTube videos** and other materials / notes

Course Outcomes:

At the end of the course the student will be able to:

1. Understand Health and wellness (and its Beliefs).
2. Acquire Good Health & It's balance for positive mindset.
3. Inculcate and develop the healthy lifestyle habits for good health.
4. Create of Healthy and caring relationships to meet the requirements of MNC and LPG world.
5. Adopt the innovative & positive methods to avoid risks from harmful habits in their campus & outside the campus.
6. Positively fight against harmful diseases for good health through positive mindset.

