

DEVA MATHA COLLEGE KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



SYLLABUS
OF
ADD-ON COURSE
IN
LIFESTYLE MANAGEMENT

Academic Year: 2022-23



DEVA MATHA COLLEGE KURAVILANGAD

DEPARTMENT OF SELF FINANCE ZOOLOGY

Add on Courses offered for Students : 2022-2023

1. Life Style Management

DMCK/ SFZ00/AD 34/2022

2. Biological Preservation Techniques

DMCK/ SFZ00/AD 35/2022



Department Coordinator: Ms. Ambily K. Chandran

Title: LIFESTYLE MANAGEMENT

Instructional Hours: 30

Duration: 3 months

Mode of Instruction: Both online and offline

Intake Capacity: 12

Eligibility: B Sc Zoology

DEVA MATHA COLLEGE KURAVILANGAD

ADD-ON COURSE FOR THE AY 2022-23

Course Objectives

1. To provide students with a general concept of health and the parameters that defines health and wellness.
2. To provide knowledge and understanding regarding life style diseases.
3. To promote an understanding of the value of good life style practices, physical fitness and healthy food habits for life style disease management.

Module 1 (5 Hours)

Nutrition and health

Nutritional requirements of man, classification of major nutrients. Understanding of health: Define health, basic concepts, dimensions of health, basic parameters of health

Module 2 (10 Hours)

Life style diseases

Common life style diseases: Alzheimer's disease and other neural disorders, asthma, cancer, cardio vascular diseases - including hypertension, Atherosclerosis and stroke, chronic obstructive pulmonary disease, Diabetes Mellitus or Type 2 Diabetes, kidney disorders and chronic renal failure, constipation, depression, gastro-intestinal disturbances including diarrhoea and peptic ulcer, liver cirrhosis and other liver diseases, obesity, osteoporosis, occupational lifestyle diseases. Modern lifestyle disorders: sleeping habits, junk food, poor eating habits, anxiety, food poisoning

Module 3 (7 Hours)

Causes of life style diseases

Defects of modern food habits and unbalanced diet options, food adulteration, environmental pollution, poor life style choices, drug abuse, tobacco smoking, alcohol and drug consumption, lack of adequate exercise, wrong body posture, disturbed biological clock, stressful environmental conditions

Module 4 (8 Hours)

Prevention and control of life style diseases:

Healthy life style habits and practices. Healthy diet: disease prevention through appropriate diet and nutrition. Avoid junk food and replace by natural food/ organic food. Physical exercise. Health literacy as a public health goal: Awareness programs in schools, colleges and through mass media.

References

Guyton, A.C. 1996. Text Book of Medical physiology. Prism Books Pvt.Ltd.Bangalore

Chatterjee, C.C. 1997. Human Physiology. Medical allied agency, Calcutta. William. S.Hoar, General and comparative physiology

Greenberg, Jerol S and Dintiman George B (1997) Wellness Creating a life of Health and Fitness , London Allyn and Bacon Inc.

Assessment Procedure

Multiple Choice Questions

Grading

Grade	Grade point	Range
A+	5	4.50 - 5.00
A	4	4.00 - 4.49
B	3	3.00 - 3.99
C	2	2.00 - 2.99
D	1	0.01 - 1.99
E	0	0



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