

Choice Based Credit System (CBCS) SEMESTER – I/II			
Scientific Foundations of Health (0:0:1)1 (Common to all Branches) (Effective from the academic year 2024-2025)			
Course Code	BSFH18/28	CIE Marks	50
Teaching Hours/Week (L: T:P)	1:0:0	SEE Marks	50
Total Number of Lecture Hours	15	Exam Hours	01
Course objectives: This course will enable students to <ul style="list-style-type: none"> • Know about Health and wellness (and its Beliefs) & It's balance for positive mindset. • Build a healthy lifestyle for good health for a better future. • Create a Healthy and caring relationship to meet the requirements of good/social/positive life. • learn about Avoiding risks and harmful habits in their campus and outside the campus for their bright future • Prevent and fight against harmful diseases for good health through a positive mindset 			
Module – 1			
Good Health & Its balance for positive mindset: Health -Importance of Health, influencing factors of Health, Health beliefs, Advantages of good health, Health & Behaviour, Health & Society, Health & Family, Health & Personality, Psychological disorders-Methods to improve good psychological health, Changing health habits for good health.			
03 Hours			
Module – 2			
Building healthy lifestyles for better future: Developing healthy diet for good health, Food & Health, Nutritional guidelines for good health, Obesity & overweight disorders and its management, eating disorders, Fitness components for health, Wellness and physical function, how to avoid exercise injuries.			
03 Hours			
Module – 3			
Creation of Healthy and caring relationships: Building communication skills, Friends and friendship - Education, the value of relationship and communication skills, Relationships for better or worsening of life, understanding of basic instincts of life (more than a biology), Changing health behaviors through social engineering.			
03 Hours			
Module – 4			
Avoiding risks and harmful habits: Characteristics of health-compromising behaviors, Recognizing and avoiding of addictions, how addiction develops, Types of addictions, influencing factors of addictions, Differences between addictive people and non-addictive people & their behaviors. Effects of addictions Such as..., how to recover from addictions.			
03 Hours			
Module – 5			
Preventing & fighting against diseases for good health: How to protect from different types of infections, How to reduce risks for good health, Reducing risks & coping with chronic conditions, Management of chronic illness for Quality of life, Health & Wellness of youth: a challenge for upcoming future, Measuring of health & wealth status.			
03 Hours			
Course Outcome(Course Skill Set):			

At the end of the course, the students will be able to

1. Understand and Analyse about Health and Wellness (and its beliefs) and it's balance for positive mindset.
2. Develop healthy lifestyles for good health for a better future.
3. Build a healthy and caring relationship to meet the requirements of good/social/positive life.
4. Learn about avoiding risk and harmful habits in their campus and outside the campus for their bright future.
5. Prevent and fight against harmful diseases for good health through positive mindset.

Text Books:

1. "Scientific Foundations of Health" – Study Material Prepared by Dr. L Thimmesha, Published in VTU- University Website.
2. "Scientific Foundations of Health", (ISBN-978-81-955465-6-5) published by Infinite Learning Solutions, Bangalore – 2022.
3. Health Psychology - A Textbook, FOURTH EDITION by Jane Ogden McGraw Hill Education (India) Private Limited - Open University Press

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 (Ninth Edition) by SHELLEY E. TAYLOR - University of California, Los Angeles, McGraw Hill Education (India) Private Limited - Open University Press.
3. SWAYAM / NPTL/ MOOCS/ We blinks/ Internet sources/ YouTube videos and other materials / notes.
4. Scientific Foundations of Health (Health & Wellness) - General Books published for university and colleges references by popular authors and published by the reputed publisher.

CONTINUOUS INTERNAL EVALUATION (CIE) and SEMESTER END EXAMINATION (SEE) PATTERN

- The Weightage of Continuous Internal Examination (CIE) is 50% and for Semester End Examination (SEE) is 50 %
- The minimum passing mark for the CIE is 40% of the Maximum marks (ie 20 marks out of 50) and for the SEE minimum passing mark is 35% of the Maximum marks (ie 18 out of 50 marks)
- A student will be declared to have passed the course if they secure a minimum of 40% (ie 40 marks out of 100) in the combined total of CIE and SEE

Non-IPCC Courses-01 Credit -Multiple Choice Question Type

Evaluation Type		Internal Assessments (IAs)	Test/Exam marks conducted for	Marks to be scaled down to	Min. marks to be scored	Evaluation details

Continuous Internal Evaluation Component	CIE-IA Tests (MCQs)	CIE – Test 1(1 hr)	40	40	-	The question paper pattern for this course shall be an MCQ of 1 or 2 Marks. The questions with 2 marks can be framed based on a higher Bloom's level. The sum of the two internal assessment tests will be 80 Marks, and the same will be scaled down to 40 Marks		
		CIE – Test 2(1 hr)	40					
	CIE-CCAs	CCA	10	10	-	Any one assessment method		
	Total CIE			50	20			
SEE (MCQ Type)				50	18	The question paper pattern for this course shall be an MCQ of 1 or 2 Marks. The examination duration is 1 hour.		
CIE+SEE				100	40			