

Open Elective Course Outcomes and Course Content
Under New Education Policy – Year 2021-22 for
III Semester
Core Course Content

Course Title: Lifestyle Disorders and Remedies	Course Credits: 3
Course Code: ZOOE5	L-T-P per week: 3-0-0
Total Contact Hours: 42 hours	Duration of ESA: 120 minutes
Formative Assessment Marks: 40	Summative Assessment Marks: 60

Course Outcomes (COs):

At the end of the course the student should be able to understand: <ul style="list-style-type: none"> ● Remedial measures for potential health risks. ● Understanding and improving the quality of life. ● Significance of healthy lifestyle.
--

Course Articulation Matrix: Mapping of Course Outcomes (COs) with Program Outcomes (POs)

Course Outcomes (COs) / Program Outcomes (POs)	C	C	C	C	C	C	C	C	C	C	C
	T	2	3	4	5	6	7	8	9	10	11
I Core competency	X										
II Critical thinking	X										
III Analytical reasoning	X										
IV Research skills	X										
V Team work											

Note: Course Articulation Matrix relates course outcomes of course with the corresponding program outcomes whose attainment is attempted in this course. Mark ‘X’ in the intersection cell if a course outcome addresses a particular program outcome

Course Content

UNIT-I		
1.1	LIFESTYLE DISORDERS: Introduction to most common causes for lifestyle disorders, WHO reports on lifestyle disorders, Indian scenario (younger ones and adolescents) Control and preventive measures for lifestyle disorders.	2hr
1.2	CANCER AS A LIFESTYLE DISORDER: General account on cancer, Carcinogens-chemical carcinogens in food and cosmetics. Role of ultraviolet radiation and ionizing radiation in cancer.	2hr
1.3	CARDIAC DISORDERS AND CARDIAC HEALTH: General risk factors for cardiac disorders (Tobacco, physical inactivity, diet, alcohol, sleep deprivation, air pollution, occupational exposure, stress and anxiety). Hypertension, Hypotension, Coronary heart disease -Atherosclerosis, Angina, arrhythmia (bradycardia & tachycardia) – definition, pathophysiology, causes. Remedial measures.	5hr
1.4	OBESITY AS A LIFESTYLE DISORDER: Obesity: Definition, types, causes, health risks, control measures; obesity a growing concern in INDIA (Indian scenario); Concept of BMI.	4hr
1.5	DIABETES AS A METABOLIC DISORDERS: Concept of glucose homeostasis, Type I and Type II diabetes- Differences, symptoms and management.	4hr
1.6	SEXUALLY TRANSMITTED DISEASES: Over view, Types (Gonorrhoea, Syphilis, Vaginosis, Genital warts, pelvic inflammatory disease (PID), HIV/ AIDS: Strategies for prevention of STD's.	5hr
UNIT-II		
2.1	STRESS: Types of stress (Acute stress, episodic stress, and chronic stress); Neuro-endocrine and pathophysiology of stress (Neuroendocrine Effectors of the Stress Response- “The Stress System” - hypothalamus and the brainstem, corticotropin-releasing hormone (CRH); impact of stress on the body (digestive problems, circulatory problems and immune suppression); Stress management (physical and mental) Social media addiction and stress.	5hr

2.2	DEPRESSION: Definition, types (Active, Passive, Clinical) symptoms and patterns, causes, diagnosis, control measures	4hr
2.3	PSYCHOSOMATIC DISORDERS: Definition, causes and examples (conversion disorder, illness anxiety disorder, somatic burden disorder, Munchausen Syndrome (Factitious disorder); Psychoactive drugs – Classification (stimulants, depressants, narcotics (opioids), marijuana (cannabis), and hallucinogens), Drug addiction (Symptoms, causes and early warning signs with example/s) Alcoholism - ethanol poisoning.	6hr
2.4	SLEEP AND ITS DISORDERS: Definition; Neurological basis of sleep (role of brain stem, thalamus, pineal gland and amygdala); Sleep cycle (REM and non- REM, circadian rhythm); sleep disorders (Insomnia, Narcolepsy, Sleep apnea, Somnambulism); Sleep deprivation - causes and its impact on health; Significance	5hr

Suggested reading

1. Abnormal Psychology, Susan Nolen-Hoeksema, Brett Marroquin, Mc, Graw & Hill, 8thed. 2020
2. A Clinical Guide to the Treatment of the Human Stress Response, George S. Everly, Jr. Jeffrey M.Lating, Springer, 1sted. 2013.
3. Endocrinology, Mac Hadley and Jonathan Levine, Pearson, 1sted. November 2006.
4. Fundamentals of Sleep Medicine, Richard B. Berry, Elsevier Science. 1st ed. 2012.
5. Textbook medical physiology, Guyton and John E Hall, 13thed. 2015.

Pedagogy: Written Assignment/Presentation/Project / Term Papers/ Seminar

Formative Assessment	
Assessment Occasion	Weightage in Marks
House Examination/Test – Mid semester test	20
Written Assignment/Presentation/Project /Seminar - I	10
Written Assignment/Presentation/Project /Seminar - II	10
Total	40

End Semester Question Paper Pattern:

Questions	With choices	Total mark
1 mark	20 x 1	20
2 marks	5 x 2 (7 questions)	10
5 marks	2 x 5 (4 questions)	10
10 marks	2 x 10 (3 questions)	20
TOTAL		60