



**DEPARTMENT OF  
PHYSICAL EDUCATION  
MUHAMMED ABDURAHIMAN MEMORIAL  
ORPHANAGE (MAMO) COLLEGE**

[Govt. Aided First Grade College & Affiliated to University of Calicut.  
Re-Accredited by NAAC with A Grade]

**CURRICULUM FOR CERTIFICATE COURSE  
CERPE002: LIFE STYLE DISEASES  
AND THEIR MANAGEMENT**

**OFFERED DURING THE  
ACADEMIC YEAR 2017-18  
[APPROVED BY ACADEMIC COMMITTEE, MAMO COLLEGE]**



MANASSERY, MUKKAM POST,  
KOZHIKODE, KERALA, INDIA, 673 602.  
EMAIL: MAMOCOLLEGE@GMAIL.COM



OFFICE: 0495-2297319  
PRINCIPAL: 0495-2295121



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## DEPARTMENT OF CHEMISTRY

### CURRICULUM FOR CERTIFICATE COURSE IN LIFE STYLE DISEASES AND THEIR MANAGEMENT [CERPE002]

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# INSTITUTIONAL VISION, MISSION & OBJECTIVES 01



VISION

**VISION:** Build Scientifically Oriented, Intellectually Accomplished, Morally Upright and Socially Committed youth who can play a constructive role in Nation Building.



MISSION

**MISSION:** Intellectual, social and economic empowerment of the youth in general and women, minorities, orphans and the destitute in particular by providing quality, value-based higher-education.



OBJECTIVES

**OBJECTIVES:** Pursuit of Excellence, Harnessing technology, Thrust on value-based education, Nurturing Excellence and Moulding the youth for Nation Building



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# VISION, MISSION, OBJECTIVES & CORE VALUES OF THE DEPARTMENT 02



VISION

**VISION:** Equip the youth to be healthy and fit and ensure the public health through fitness activities and sports.



MISSION

**MISSION:** Provide high quality awareness on physical education, health and sports to build physically fit, emotionally balanced and socially adjustable society to build a healthy and fit Nation.



**OBJECTIVES:** (a) create awareness regarding hypokinetic diseases, symptoms, causes and its management. (b) build up healthy society and (c) create a positive attitude towards healthy life habits.



VALUES

**CORE VALUES:** Health, Physical Fitness and Wellness of the citizen and nation.



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DISEASES AND THEIR MANAGEMENT [CERPE002]**

## CERTIFICATE COURSE

# CERPE002: LIFE STYLE DISEASES AND THEIR MANAGEMENT **03**

## COURSE CURRICULUM

Course Name	Life Style Diseases and their Management
Course Code	CERPE002
Year	2017-18
Course Designer	Mr. Mujeeburahiman Abalakkandi
Couse Duration	30 Hrs
Course Schedule	June to September
Maximum Students Intake	60



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#### 1. COURSE LEVEL

Basic and Life skill oriented.

#### 2. PREREQUISITE

None.

#### 3. COURSE INTAKE & ADMISSION

Maximum 60 students will be given admission to the course based on First-Come-First-Serve basis. All the students of the MAMO College are eligible for free enrolment for the course. The enrolment notification will be issued for the course well in advance of the commencement of the course.

#### 4. COURSE COORDINATOR

Mr. Mujeeburahiman Ambalakkandi, Department of Physical Education

#### 5. COURSE PREAMBLE

Modern life became better, easier and more comfortable because of the inventions of machines and its vast uses in our daily life. However, it made our life less kinetic and became less physically active. This prone most of the people in the world prone to life style diseases or hypo-kinetic diseases. Thus, the awareness about this area will provide everyone to have a healthy and fit life.

#### 6. DURATION

Total Duration: 30 Hrs. [Contact 10 Hrs., Practical 6 Hrs, Course Woks: 7 Hrs. and Assessment Works: 7 Hrs.]



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#### 7. CURRICULUM FOCUS

Encourage the youth to develop and maintain healthy life.

#### 8. COURSE OBJECTIVES

Learners are exposed to

- Develop awareness about life style diseases and its management.
- Practice healthy life habits in aspects.

#### 9. SKILL EXPECTED

On the successful completion of the course, learners will be able to:

- Understand different types of life style diseases.
- Understand the causes of various life style diseases.
- Acquire the skills identify the disease with their symptoms.

#### 10. COURSE OUTCOMES

Upon the successful completion of the course, learners will be able to:

CO No	Course Outcome(CO)	Skill/Knowledge Attainment Level Based on Revised Bloom's Taxonomy
CO1	Describe, compare, contrast, various types of life style diseases and its symptoms.	Understand



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CO No	Course Outcome(CO)	Skill/Knowledge Attainment Level Based on Revised Bloom's Taxonomy
CO2	Apply various types of management procedures to reduce the severity of various life style diseases.	Apply
CO3	Analyze and classify different methods to choose best treatment and management techniques to prevent and reduce the impact of various diseases.	Analyze
CO4	Evaluate the severity and effect of various causes and symptoms of life style diseases.	Evaluate
CO5	Develop skills and awareness to understand symptoms, causes and management techniques of various types of diseases.	Create

## 11. MODULE-WISE COURSE CONTENTS

### MODULE 1: INTRODUCTION TO LIFE STYLE DISEASES – DIABETES MELLITUS AND HYPERTENSION

**MODULE DURATION:** 10 Hrs. [Contact Hrs. 6 Hrs. and Assessment Works: 4]

**MODULE CONTENT:** Diabetes, causes of diabetes mellitus, symptoms of diabetes mellitus and types of diabetes mellitus, Type 1 DM and Type II DM. Measurement of diabetes mellitus and management of diabetes mellitus.



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Hypertension also known as blood pressure. Causes of HT, symptoms of HT, measurement of HT and management of HT.

**MODULE OUTCOME:** On successful completion of the module learners can identify and understand diabetes mellitus through its symptoms. On successful completion of the module learners will be able implement various type of management measures of diabetes mellitus.

On successful completion of the module learners will be able to understand various symptoms, stages and causes of HT. Learners can apply different type of management methods to handle HT.

### MODULE 2: OBESITY AND OSTEOPOROSIS

**MODULE DURATION:** 15 Hrs. [Contact Hrs. 12 Hrs. and Assessment Works: 3]

**MODULE CONTENT:** Obesity, clinical term of obesity, types of obesity and stages of obesity. Causes of obesity and measurement of obesity and its various types of management. Osteoporosis, causes, symptoms and its management.

**MODULE OUTCOME:** On successful completion of the module learners will be able to understand various symptoms, types, degree and causes of obesity. Learners can apply different type of management methods to handle obesity.

On successful completion of the module learners will be able to understand various symptoms, and causes of osteoporosis. Learners can apply different type of management methods to reduce effects of osteoporosis.

### MODULE 3: CORONARY HEART DISEASE (CHD)

**MODULE DURATION:** 5 Hrs. [Contact Hrs. 3 Hrs. and Assessment Works: 2]



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**MODULE CONTENT:** Coronary Heart Disease (CHD), causes, symptoms and management.

**MODULE OUTCOME:** On successful completion of the module learners will be able to understand various symptoms, and causes of Coronary Heart Disease (CHD). Learners can apply different type of management methods to handle Coronary Heart Disease (CHD).

### REFERENCES

1. Bucher.C.A. (1979). *Foundation of Physical Education* (5th edition Missouri C. V. Mosby co.
2. Ziegler. E .F. (2007). *An Introduction to Sports & Phy. Edn.* Philosophy DelhiSp. Educational Technology
3. B.C.Rai, *Health Education and Hygiene*, Prakashan Kendra, Lucknow
4. Puri. K. Chandra S. S. (2005). *Health and Physical Education*. New Delhi: Surjeet Publications
5. AAPHERD. *Health Related Physical Fitness Test Manual*, Association drive Reston Virginia

## 12. DELIVERY MODE

The course employs multi-mode delivery mechanism including contact lecture, online MOOC courses from NPTEL, Online and offline course works and Laboratory sessions.

## 13. DELIVERY SCHEDULE

June to September.



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#### 14. DETAILED COURSE DELIVERY PLAN

Hour	Delivery Mode and Activity	Topics to be Covered
1	Contact Hour - 1: Classroom Discussion	Introducing the Course
2	Contact Hour – 2	Life style Diseases- causes in the modern era- life habits in past and present
3	Contact Hour - 3:	Life style Diseases- causes in the modern era- life habits, food habits, inactivity and stress
4	Contact Hour - 4:	Life style Diseases- Diabetes- causes, symptoms and management
5	Contact Hour - 5:	Life style Diseases- Diabetes- causes, symptoms and management
6	Contact Hour - 6:	Life style Diseases- HT- causes, symptoms and management
7	Contact Hour - 7	Life style Diseases- HT- causes, symptoms and management
8	Course Work – 1: Course Assignment	Course Assignment to find, compare and note the causes of Life Habits in past and present
9	Course Work – 2: Course Assignment	Course Assignment to prepare note on Diabetes and HT
10	Contact Hour - 8	Life style Diseases- CHD- causes, symptoms and management
11	Contact Hour - 9	Life style Diseases- CHD- causes, symptoms and management



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Hour	Delivery Mode and Activity	Topics to be Covered
12	Course Work – 3: Course Assignment	Course Assignment to prepare note on CHD
13	Contact Hour – 10	Life style Diseases- Obesity- causes, symptoms and management
14	Contact Hour - 11	Life style Diseases- Obesity- causes, symptoms and management
15	Course Work – 4: Course Assignment	Course Assignment to prepare note on Obesity
16	Assessment Hour - 1	Course mid assessment quiz
17	Assessment Hour - 2	Course mid assessment descriptive
18	Contact Hour – 12	Life style Diseases- Osteoporosis- causes, symptoms and management
19	Contact Hour - 13	Life style Diseases- Osteoporosis - causes, symptoms and management
20	Course Work – 5 Course Assignment	Course Assignment to prepare note on Osteoporosis
21	Contact Hour – 14	Life style Diseases- Back pain - causes, symptoms and management
22	Contact Hour - 15	Life style Diseases- Back pain- causes, symptoms and management
23	Course Work – 6 Course Assignment	Course Assignment to prepare note on Back Pain
24	Course Work – 7 Course Assignment	Course Assignment to prepare note on Back Pain Causes in the Modern Life
25	Contact Hour – 16	Life style Diseases- and Immunity



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Hour	Delivery Mode and Activity	Topics to be Covered
26	Course Work – 8 Course Assignment	Course Assignment to prepare note different methods to get rid from life style diseases and boost immunity
27	Assessment Hour – 3	Course mid assessment quiz
28	Assessment Hour - 4	Course mid assessment descriptive
29	Assessment Hour – 5	Course End Assessment
30	Assessment Hour - 6	Course End Assessment

## 15. ASSESSMENT COMPONENTS

Total Marks: 100

**CLASSROOM AND GROUP PARTICIPATION: 20 Marks.** This component aims at testing the course content understanding and the reflection skills and their attainment levels.

**COURSE WORK: 30 Marks.** This component aims at testing the skill attainment levels of the learners in analysing and implementing the real-world problem.

**MID-COURSE ASSIGNMENT: 20 Marks.** This component aims at testing the module-wise attainment levels of the course objectives and course outcome and module outcomes.

**END-COURSE ASSESSMENT: 30 Marks.** This component aims at testing overall attainment levels of the course with respect to course objectives, course outcome and module outcomes.



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## 16. COURSE EVALUATION & GRADING

The course evaluation is done/coordinated entirely by the course coordinator. The following 10-point Indirect Grading System is used for awarding grades to students:

Percentage of Mark	Letter Grade	Interpretation	Class
95 and above	O	Outstanding	First Class with Distinction
85 to below 95	A+	Excellent	First Class with Distinction
75 to below 85	A	Very good	First Class with Distinction
65 to below 75	B+	Good	First Class
55 to below 65	B	Satisfactory	First Class
45 to below 55	C	Average	Second Class
35 to below 45	P	Pass	Third Class
Below 35	F	Failure	Fail
Incomplete	I	Incomplete	Fail
Absent	Ab	Absent	Fail

The grade is awarded by the course-coordinator by considering the overall performance of the learner in all the assessment component of the course.

## 17. GRIEVANCE REDRESSAL

The grievances, if any, can be submitted to the Head of the Department for its redressal. Those grievances that cannot be redressed by HoD can be forwarded to Academic Council of the College for final decision on the matter.



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## 18. ISSUANCE OF CERTIFICATES

The Course Completion Certificate will be issued to all the successful candidates showing the Total Marks and Grade Obtained.



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