

COURSE TITLE	ADOLESCENT HEALTH
COURSE CODE	20BN0607
COURSE CREDITS	1

Objective:

- 1 Describe the normal growth and development during adolescence Assess the physical, reproductive and sexual changes during adolescence
- 2 Promoting the development of life skills among adolescents Identify the developmental needs of adolescents
- 3 Demonstrate skills in Identifying the developmental and Psychosocial issues and challenges during adolescence Discuss the nutritional requirements of adolescents, food habits and food fads prevalent in the adolescents
- 4 Demonstrate skills in communicating with adolescents Develop competency in providing the Guidance and Counselling to adolescents
- 5 Identify, and manage common health problems among adolescents including Adjustment & conduct disorders, mental disorders, eating disorders, substance use disorders
- 6 Describe the reproductive and sexual health issues of adolescents including Sexual harassment, early marriage, teenage pregnancy, unsafe abortion and contraception, sexually transmitted disorders, HIV/AIDS

Course Outcomes: After completion of this course, student will be able to:

- 1 Describe the normal growth and development during adolescence Assess the physical, reproductive and sexual changes during adolescence Promoting the development of life skills among adolescents
- 2 Discuss the nutritional requirements of adolescents, food habits and food fads prevalent in the adolescents
- 3 Identify the developmental needs of adolescents Demonstrate skills in identifying the developmental and psychosocial issues and challenges during adolescence
- 4 Demonstrate skills in communicating with adolescents Develop competency in providing the Guidance and Counselling to adolescents
- 5 Identify, and manage common health problems among adolescents including adjustment & conduct disorders, mental disorders, eating disorders, and substance use disorders
- 6 Describe the reproductive and sexual health issues of adolescents including Sexual harassment, early marriage, teenage pregnancy, unsafe abortion and contraception, sexually transmitted disorders, HIV/AIDS

Pre-requisite of course: This module is designed to help students to develop knowledge about developmental changes during adolescence and special psychosocial, reproductive and sexual health issues, needs and challenges of adolescents and competencies required for promoting their development and handling their health issues

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
1	0	0	50	50	0	0	0
Contents : Unit	Topics						Contact Hours
1	Growth and development of of adolescents Review of Principles of Growth and Development, Assessment of Growth and Development of Adolescents, including physical, reproductive and sexual changes, Promoting Growth and Development of Adolescents, Development of life skills among adolescents						2
2	Nutritional needs of adolescents Nutritional requirements of adolescents Food habits and food fads prevalent in the adolescent						1
3	Developmental needs of Adolescents Developmental needs of Adolescents, Developmental issues during Adolescence, Psychosocial issues during Adolescence, Challenges during Adolescence, Guiding Parents on meeting the developmental needs of Adolescents and handling their issues and Challenges						2
4	Communication, guidance and counseling Communicating with adolescents, Guidance and Counselling, Role of Parents						1
5	Common health problems including mental health problems Common health problems among adolescents, Adjustment & conduct disorders, Mental disorders, Eating disorders, Substance use disorders						2
6	Reproductive and sexual health issues Reproductive and sexual health issues during adolescence, Sexual harassment, early marriage, teenage pregnancy, unsafe abortion and contraception, Sexually transmitted disorders, HIV/AIDS						2
7	Lab hours Lab demonstration						2
8	Clinical Practice Competencies Clinical Practice Competencies : 1. Assesses the growth and development of adolescent 2. Assess the physical, reproductive and sexual changes during adolescence 3. Promote the development of life skills among adolescents 4. Identify and guide the parents to meet the developmental needs of adolescents 5. Demonstrate skills in communicating with adolescents 6. Identify the developmental and Psychosocial issues and challenges during adolescence 7. Identify the nutritional requirements of adolescents, food habits and food fads prevalent in the adolescents 8. Demonstrate skills in providing the Guidance and Counselling to adolescents 9. Identify, and manage common health problems among adolescents 10. Identify selected reproductive and sexual health issues of adolescents.						8
Total Hours							20

Textbook :

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

References:

- 1 INDIAN NURSING COUNCIL INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
0.00	0.00	35.00	35.00	30.00	0.00

Instructional Method:

- 1 LECTURE CUM DISCUSSION , LAB DEMOSTRATION , CLINICAL COMPETENCIES.

Supplementary Resources:

- 1 N/A