



**University of Kerala**

Discipline	<b>ZOOLOGY</b>				
Course Code	<b>UK1MDCZOO101</b>				
Course Title	<b>Health and Sex Education</b>				
Type of Course	<b>MDC</b>				
Semester	I				
Academic Level	100 - 199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours/Week
	3	3 hours	0	--	3
Pre-requisites	Pass in Class XII				
Course Summary	<p>This course provides an extensive review of health, encompassing physical, mental, emotional, social, and spiritual well-being, along with factors affecting health such as diet, pathogens, pollution, sleep, exercise, and stress. It explores human reproductive physiology, covering the male and female reproductive systems, hormonal control, fertilization, pregnancy, lactation, puberty, adolescence, and senescence, while also addressing topics like contraception, assisted reproductive techniques, adolescent sexuality, gender diversity, sexually transmitted diseases, and sex education, emphasizing their significance in modern India. By emphasizing the importance of comprehensive sex education for youth, the course aims to promote adult sexual health, provide essential information, and develop decision-making skills for the future.</p>				

**Detailed Syllabus**

Module	Unit	Content	45 hrs
<b>I</b>	<b>Holistic health and Wellbeing</b>		<b>9</b>
	1.1	Concept of Health- scope and definition (WHO), Health as a state of wellbeing, Factors affecting health- food, balanced diet, pathogens, pollution, sleep, exercise and stress.	2
	1.2	Dimensions of health- physical, mental, emotional, social and spiritual (Brief account only).	3

	1.3	Health programmes and initiatives-Health awareness, Community health centres and its role, Health mission and programmes, Role of Vaccines. <b>Related activity:</b> <i>Students are advised to visit a Community Health care centre and submit a report with photos.</i>	4
II	<b>Human Reproductive Physiology</b>		<b>11</b>
	2.1	Male reproductive system- structural details of testis and accessory structures, functions of testis, semen, hormonal control.	2
	2.2	Female reproductive system- structure of ovary, accessory structures, reproductive cycles and hormonal control, menstrual cycle, hysterectomy, menopause.	4
	2.3	Fertilization, gestation period, Pregnancy, parturition and lactation.	2
	2.4	Puberty, adolescence (physical and biological aspects) and senescence-Mention Stress management techniques.	3
III	<b>Human interference in reproduction</b>		<b>8</b>
	3.1	Contraception-Barrier methods, hormonal and sterilisation procedures. Fertility awareness methods.	4
	3.2	Abortion (MTP) and Assisted Reproductive Techniques- IVF, GIFT, ZIFT, DI. <b>Related activity:</b> <i>Prepare Charts/ Videos/ drawings to create awareness about Health and Sex.</i>	4
IV	<b>Adolescent Sexuality and Gender Diversity</b>		<b>8</b>
	4.1	Sexuality- Definition, Adolescent sexual activity, teenage pregnancy, Sexual abuse, assault and harassment.	4
	4.2	Gender diversities and Sexual Orientation, LGBTQ- Lesbian, Gay sex, Bisexual, Transgender and Qeer. <b>Related activity:</b> <i>Develop scripts for skits or role-plays that address issues related to sexual abuse, harassment, and respecting gender diversity.</i>	4
V	<b>Sexually Transmitted Diseases (STDs) and Sex Education in India</b>		<b>9</b>
	5.1	Definition of Sexually Transmitted Diseases with the following examples: Symptoms, Diagnosis, Treatment and Prophylaxis of Syphilis, Chlamydia, Trichomoniasis, Gonorrhoea, Genital herpes and AIDS.	5
	5.2	Sex Education -Definition, types, Importance of Sex education among youths, scope and awareness programmes.	2
	5.3	Relevance of Sex Education for children in Modern India: Role of parents, schools, youth and society; Legal aspects and policies. <b>Related activities:</b> <i>1. Create multimedia presentations or awareness campaigns advocating for sexual and reproductive rights. 2. Conduct workshops or guest talks focusing on sexuality education, consent, and healthy relationships.</i>	2

### References

1. Agarwal, S., & Gupta, P. (2019). Women's Health and Education. Jaypee Brothers Medical Publishers.
2. Arora, V. (2018). Health Education: Principles and Methods. PHI Learning Pvt. Ltd.
3. Garzón-Orjuela N, Samacá-Samacá D, Moreno-Chaparro J, Ballesteros Cabrera MDP, Eslava-Schmalbach J. (2021) Effectiveness of Sex Education Interventions in Adolescents: An Overview. *Compr Child Adolesc Nurs.*; 44(1):15–48.

4. International Institute for Population Sciences (IIPS) & ICF. (2017). National Family Health Survey (NFHS-4), India.
5. Paul, B. (2017). Health Education and Community Pharmacy. Elsevier.
6. R S Vander Gaag, MGG Walpot and L Boendermaker (2024) Professional competencies for sexuality and relationships education in child and youth social care: A scoping review
7. Ross and Wilson (2011), Anatomy and physiology in Health and Illness, 11th Edition, Church Hill Livingstone.

**Web Resources**

1. <https://www.mohfw.gov.in/>
2. <https://ab-hwc.nhp.gov.in/home/login>
3. <https://www.sexandu.ca/consent/online-safety/>
4. <https://portal.ct.gov/-/media/dmhas/skillbuilding/dana/health-and-wellness-full-revised.pdf>
5. <https://www.who.int/data/gho/data/major-themes/health-and-well-being>

**Course Outcomes**

<b>CO Nos</b>	<b>Upon completion of the course the graduate will be able to</b>	<b>Cognitive Level</b>	<b>PSO addressed</b>
1	Understand the concepts of health and wellbeing, including physical, mental, social, emotional, and spiritual health, as well as factors affecting health, and role of vaccines.	U, R	PSO 1
2	Describe the anatomy and functions of the male and female reproductive systems, including hormonal regulation and reproductive processes and analyse the stages of human development from puberty through adolescence to senescence.	A	PSO 2
3	Compare different contraception methods and make informed decisions regarding their use based on individual health needs and preferences	R, C	PSO 1
4	Analyse the processes and ethical considerations involved in pregnancy, abortion and various assisted reproductive techniques understanding their implications for reproductive health and family planning.	An	PSO 3, PSO 8
5	Identify and differentiate between common sexually transmitted diseases including their respective symptoms, transmission modes, and risk factors.	R, U	PSO 8
6	Evaluate and advocate for the integration of comprehensive sex education into school curricula and community health initiatives, emphasizing the importance of informed decision-making and respect for sexual rights.	E, C	PSO 1, PSO 2
<b>R-Remember, U-Understand, Ap-Apply, An-Analyse, E-Evaluate, C-Create</b>			

**Name of the Course: Human Health and Sex Education**  
**Credits: 3:0:0 (Lecture: Tutorial: Practical)**

<b>CO No.</b>	<b>CO</b>	<b>PO/PSO</b>	<b>Cognitive Level</b>	<b>Knowledge Category</b>	<b>Lecture (L)/Tutorial (T)</b>	<b>Practical (P)</b>
1	Understand the concepts of health and wellbeing, including physical, mental, social, emotional, and spiritual health, as well as factors affecting health and role of vaccines.	PO 1/ PSO 1	U, R	F, C	L	-
2	Describe the anatomy and functions of the male and female reproductive systems, including hormonal regulation and reproductive processes and analyse the stages of human development from puberty through adolescence to senescence.	PO 2/ PSO1/ PSO2/ PSO4	A	F, C	L	-
3	Compare different contraception methods and make informed decisions regarding their use based on individual health needs and preferences.	PO 1 /PSO1/P SO2/PSO 3	R, C	F, C	L	-
4	Analyse the processes and ethical considerations involved in pregnancy, abortion and various assisted reproductive techniques understanding their implications for reproductive health and family planning.	PO 2/ PO 8/ PSO3/ PSO4	An	C	L	-
5	Identify and differentiate between common sexually transmitted diseases including their respective symptoms, transmission modes, and risk factors.	PO 8/ PS O1/PSO2	R, U	F	L	-
6	Evaluate and advocate for the integration of comprehensive sex education into school curricula and community health initiatives, emphasizing the importance of informed decision-making and respect for sexual rights.	PO 2/PO 8/ PSO1/ PSO 4	E, C	P	L	-

**F-Factual, C- Conceptual, P-Procedural, M-Metacognitive**

**Mapping of COs with PSOs and POs**

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8
<b>CO 1</b>	1	-	-	-	-	-	-	2	-	-	-	-	-	-	-
<b>CO 2</b>	2	2	-	2	-	-	-	-	2	-	-	-	-	-	-
<b>CO 3</b>	1	2	1	-	-	-	-	1	-	-	-	-	-	-	-
<b>CO 4</b>	2	-	2	3	-	-	-	-	1	-	-	-	-	-	2
<b>CO 5</b>	1	1	-	-	-	-	-	-	-	-	-	-	-	-	2
<b>CO 6</b>	1	-	-	3	-	-	-	-	1	-	-	-	-	-	2

**Correlation Levels:**

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

**Assessment Rubrics:****Assignment /Seminar topics**

1. Factors affecting Health
2. Structure of Male reproductive system
3. Structure of Female reproductive system
4. Physical and biological aspects of Adolescence
5. Assisted Reproductive techniques
6. Teenage Pregnancy and Sexual abuse
7. Contraceptives
8. Lifestyle diseases
9. Role of Vaccines in public health
10. Sexually transmitted diseases
11. Importance of Sex Education in Today's Scenario

**Continuous Comprehensive Assessment**

1. Quiz
2. Assignment
3. Submission of Report
4. Monitoring of yoga and exercise
5. Group discussion
6. Test

**End Semester assessment**

1. Multiple choice questions
2. Very short answer questions
3. Short answer questions

**Mapping of COs to Assessment Rubrics:**

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓	✓		✓
CO 2	✓	✓		✓
CO 3	✓	✓		✓
CO 4	✓	✓		✓
CO5	✓	✓		✓
CO 6	✓	✓		