

Course Code: VACLDTM

Name of the Value Added Course: Lifestyle Diseases and their management

Who should apply?

The Bachelor of Physiotherapy fourth year students and undergraduate & postgraduate students of any other stream.

Course Duration: Minimum contact hours : **30 hours**

Assessment through Assignments would be conducted at the end of the programme

Value added Courses Objectives:

- To develop insight into various values that necessarily helps one in professional development.
- To gain knowledge and skills that would help the student understand the core course in a more efficient way.

Value added Courses Highlights:

- To create awareness among students about various diseases arising from day to day activities of people
- Learning to deal with the various lifestyle disease through prevention and management



Course Contents:

- Concept of lifestyle diseases – importance of lifestyle factors in preventing disease development : diet, smoking, exercise, alcohol etc
- Diabetes – type 1 and type 2 , characteristics, causes, diagnosis, prevention and management
- Cancer: Characteristics, Causes, Diagnosis, Prevention, Management, basics of treatment modalities
- Atherosclerosis and cardiovascular diseases- Myocardial infarction, congestive heart failure, ischemic diseases-Causes, diagnosis and management
- Importance of diet and exercise in health- balanced diet, BMR, calorific value, reducing cholesterol and risk of heart attack through life style changes
- Body mass index, determination and significance. Obesity- causes, prevention and management

