



## General Information about the Course

<b>LLL Pilot Course Name:</b>	"Healthy Lifestyle"
<b>University:</b>	Gavar State University
<b>Target student group:</b>	Family mothers, pregnant women
<b>Mode of delivery:</b>	<input checked="" type="checkbox"/> Face-to-face <input type="checkbox"/> Blended learning <input type="checkbox"/> Distance learning <input type="checkbox"/> Other: .....
<b>Length of the LLL course:</b>	The program provides 2 academic terms with 96 hours
<b>ECTS awarded:</b>	--
<b>Start date:</b>   <b>Sept 2, 2016</b>	<b>End date:</b>   <b>Feb 12, 2017</b>

## Course Overview

At the beginning of the course theoretical knowledge is acquired, after which materials are distributed based on which debates and topic discussions are held through Q&A (Question and Answer) method.

In the middle of the course individual works are assigned on different topics and intermediate tests are taken.

At the end of the course, participants' knowledge is assessed based on their activeness, intermediate test results and final examination.

*Applied methods during the course:*

1. Lectures
2. Seminars,
3. Practical works,
4. Situation games,
5. Debates

*Final assessmeny mode:*

1. Final Test – 40 points,
2. Activeness in practical studies – 30 points
3. Individual works – 20 points
4. Attendance – 10 points

## Course Details

**At the successful completion of the course the participant**

1. **Will know** about the basics of healthy lifestyle and the main measures to be taken to preserve health; communicable and non-communicable diseases, transmission paths of communicable diseases; genetically modified organisms; types of stress, reasons for their generation; harmful habits; natural and technological factors having a harmful impact on the environment and consequences of their negative impact on human health; food additives.
2. **Will be able to** define the concepts of "healthy lifestyle", "health"; to describe the factors conditioning the lifestyle and health; to shape food habits aiming at healthy lifestyle; to differentiate the genetically modified organisms from the natural ones; to prevent the impact of communicable and non-communicable diseases on the



organism; to recognize the stress symptoms; take measures for a cleaner ecological environment; to organize dynamic learning.

3. **Will master** the basics of using rational food; prevention methods of communicable and non-communicable diseases; principles of getting through stress situations; possible mechanisms for avoiding food additives, rules of healthy lifestyle;

## Entry requirements

- Course participants are selected based upon the interview results; admission is free for everybody

## Career prospects

Human ecology recognition, proper evaluation of body signals, organization of care management for one's own self, children and the elderly, enhancement of healthcare literacy, prevention of different risks and diseases, reinforcement of healthy lifestyle. Being hired by an employer, in case of necessity (first aid in emergencies) the participant of the course becomes more competent.

