

**Zoology Open Course II**  
**Human Health and Sex Education**  
**Course Code - Z01551.2**

**No. of credits - 2**

**Total hours 54**

**Aim of the course**

To redress problem associated with health and sex thereby promoting fitness and well being.

**Objectives of the course**

- To make the student understand the importance of good health.
- To educate the student on clean sexual habits thereby warding off sexually transmitted diseases.

**Module 1**

**14hrs**

Introduction to health, health as a state of wellbeing, health awareness, Immunity, immunization and vaccination, factors affecting health- food, balanced diet, food supplements, pathogens, pollution. sleep. exercise and stress. Physical health, reproductive health, adolescence, senescence. Mental health- mental illness and disabilities, symptoms and prevention of mental illness. Alcoholism. tobacco addiction, de-addiction and lifestyle diseases. Community health- health centres, role of health centres. Spiritual health. yoga and meditation.

**Module II**

**8hrs**

Human reproductive system: Male reproductive system- structural details of testis and accessory structures, functions of testis, semen, hormonal control. Female reproductive system- :structure of ovary, accessory structures. puberty, reproductive cycles and hormonal control, menstrual cycle. gestation- period, hysterectomy and menopause.

**Module III**

**7hrs**

Events of human reproduction: Gametogenesis- spermatogenesis and oogenesis. ovulation, fertilization, embryonic –development pregnancy, morning sickness, parturition

**Module IV** **12hrs**

Human intervention in reproduction: Contraception and birth control-barrier method. hormonal methods. natural methods. sterilization, termination of pregnancy. Infertility male and female infertility, causes and treatment for infertility. Assisted Reproductive Techniques- IVF, GIFT, ZIFT. Donor Insemination (DI). Artificial Insemination by Donor (AID), Artificial Insemination by Husband or partner (AIH). Surrogacy, SUZI (sub-zonal insemination), MIST (micro insemination sperm transfer)

**Module V** **6hrs**

Sexually transmitted diseases (STD): Syphilis, genital warts, chlamydia, chancroid, gonorrhoea, genital herpes, AIDS

**Module V** **7hrs**

Sex education: Adolescent sexual activity, teenage pregnancy, sexual harassment, sexual awareness and policies (legal aspects), lesbian and gay-sex, bisexual, transgender youth, adolescent stress management

NB: **Assignments/ Seminar** - Topics related to syllabus can be given to students as assignment/ seminar.

**References**

- Common sexual problems and solutions by Dr. Prakash Kothari, UBS Publishers and Distributors Ltd.
- Mac E. Hadley. Endocrinology. Pearson Education, Singapore.
- Taylor, D.J., Green, N.P.O., Stout G. W. Biological Science. (Editor R. Soper) 3<sup>rd</sup> Edition, Cambridge University Press.
- The Complete Manual of Fitness and Well-being. The Reader's Digest Association, Inc. Pleasantville, New York / Montreal.
- Guyton & Hall. Textbook of Medical Physiology.

**First Degree Programme**