

SBF102 Health and Life

Faculty of Health Sciences- Compulsory course

Credit: 2 ECTS: 4



Course Description: This course provides an overview of health-related concepts, emphasizing health promotion, food safety, preparation methods, stress management, physical activity, optimal nutrition, sleep, and healthy aging. Students engage in presentations and assessments to apply theoretical knowledge to real-world scenarios.

Course Outcomes:

- Acquire a comprehensive understanding of health-related concepts, promoting holistic well-being.
- Apply theoretical knowledge to practical scenarios, emphasizing the role of sustainable health practices.
- Advocate for health promotion and preventive measures, aligning individual well-being with community sustainability.
- Demonstrate effective communication skills in presenting assignments related to health and life.
- Cultivate an awareness of the interconnection between personal health choices and broader sustainability goals.