



**SILVER OAK UNIVERSITY**  
**Silver Oak College of Nursing**  
**Bachelor of Science (Nursing)**  
**Course Name: Elective Module -Adolescent Health**  
**Course Code: 1060323340**  
**Semester: 6<sup>th</sup>**

**Prerequisite:**

Basic understanding of human biology and human development. Knowledge of the physical and emotional development during adolescence. Familiarity with common health issues and risk factors that affect adolescents. Ability to communicate effectively with adolescents and gain their trust. Familiarity with local resources and services available for adolescent health care.

**Course Objective:**

1. To help students to develop knowledge about developmental changes during adolescence and special psychosocial, reproductive and sexual health issues, needs and challenges of adolescents
2. To develop cultural competency and sensitivity in addressing the diverse needs and experiences of adolescents from different backgrounds and communities
3. To understand the unique health needs and challenges faced by adolescents during this critical stage of development.

**Teaching Scheme:**

Teaching Scheme				
L	T	P	Contact Hours	Credit
1	0	0	1	1

**Content:**

Unit No.	Contents	Teaching Hours	Weightage %
1	<b>Growth and development of adolescents</b> Review of Principles of Growth and Development Assessment of Growth and Development of Adolescents, including physical, reproductive and sexual changes Promoting Growth and Development of Adolescents Development of life skills among adolescents	4	20
2	<b>Nutritional needs of adolescents</b> Nutritional requirements of adolescents Food habits and food fads prevalent in the adolescent	2	10
3	<b>Developmental needs of Adolescents</b>	4	20

	Developmental needs of Adolescents Developmental issues during Adolescence Psychosocial issues during Adolescence Challenges during Adolescence Guiding Parents on meeting the developmental needs of Adolescents and handling their issues and Challenges		
4.	<b>Communication, guidance and counseling</b> Communicating with adolescents Guidance and Counselling Role of Parents	4	20
5	<b>Common health problems including mental health problems</b> Common health problems among adolescents Adjustment & conduct disorders Mental disorders Eating disorders Substance use disorders	4	20
6	<b>Reproductive and sexual health issues</b> Reproductive and sexual health issues during adolescence Sexual harassment, early marriage, teenage pregnancy, unsafe abortion and contraception Sexually transmitted disorders, HIV/AIDS	2	10

**Course Outcome:**

Sr. No.	CO statement	Unit No
CO-1	Describe growth and development, nutritional needs and developmental needs of adolescents	1,2,3
CO-2	Demonstrate skills in communication, guidance and counseling	4
CO-3	Explain common health problems including mental health, reproductive and sexual health issues	5,6

**Teaching & Learning Methodology: -**

1. Lecture cum discussion
2. Role play
3. Demonstration

**Books Recommended:**

1. Lawrence S. Neinstein; "Adolescent Health Care": Lippincott Williams & Wilkins, 2008
2. Martin Fisher; "Textbook of Adolescent Health Care"; American Academy of Pediatrics, 2011
3. Swati Y. Bhavé; "Adolescent Health"

### List of Open-Source Software/learning website

1. [https://books.google.com/books/about/Adolescent\\_Health\\_Care.html?id=er8dQPxgcz0C](https://books.google.com/books/about/Adolescent_Health_Care.html?id=er8dQPxgcz0C)
2. [https://books.google.com/books/about/Textbook\\_of\\_Adolescent\\_Health\\_Care.html?id=5q63oQEACAAJ](https://books.google.com/books/about/Textbook_of_Adolescent_Health_Care.html?id=5q63oQEACAAJ)

### CO-PO-PSO Matrix

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	3	3	3	1	1	2	2	3	3	2	3	3
CO-2	2	2	3	1	1	2	2	3	3	2	3	3
CO-3	2	2	2	1	1	2	3	3	3	3	2	2