

SEMESTER – I

UAPMA20 – ALLIED I: PRINCIPLES OF MANAGEMENT

<u>Year/ Sem</u>	<u>Course Code</u>	<u>Title of the Course</u>	<u>Course Type</u>	<u>Course Category</u>	<u>H/W</u>	<u>Credits</u>	<u>Marks 100</u>
I/I	UAPMA20	Principles of management	Theory	Allied	5	5	40+60=100

OBJECTIVE:

To provide employment opportunities to people, To provide a safe working environment with strict safety measures for its employees to work without fear and anxiety

COURSE OUTCOMES(CO):

On completion of the course, the students will be able to:

- 1) Identify and apply appropriate management techniques for managing business
- 2) Have a conceptual knowledge about the planning and decision making.
- 3) Apply the concept of organising for the effective functioning of a management.
- 4) Evaluate leadership style to anticipate the consequences of each leadership style.
- 5) Demonstrate the techniques for controlling and coordination.

CO/PSO	PSO					
	1	2	3	4	5	6
CO1	H	L	H	M	H	M
CO2	H	L	M	H	M	L
CO3	H	M	H	L	L	M
CO4	H	M	M	H	M	M
CO5	M	M	H	H	L	H

CO/PO	PO					
	1	2	3	4	5	6
CO1	M	H	M	H	H	H
CO2	L	M	M	H	H	L
CO3	H	M	M	L	M	L
CO4	H	M	H	M	L	L
CO5	M	H	H	L	H	H

UNIT-I

- 1.1 Management -importance-definition(K1,K2,K3,K4)
- 1.2 Nature-scope-process(K1,K2,K3,K4)
- 1.3 Role & functions-levels-management(K1,K2,K3,K4)
- 1.4 As a science-management(K1,K2,K3)
- 1.5 As a profession-contribution of henry fayol & f.w.taylor in management(K1,K2,K3,K4)

UNIT-II

- 2.1 Planning-nature-importance-types(K1,K2,K3,K4)
- 2.2 Steps in planning-objectives-policies(K1,K2,K3,K4)
- 2.3 Procedures-and methods(K1,K2,K3,K4)
- 2.4 Decision-process of decision making-types of decision(K1,K2,K3,K4)

UNIT-III

- 3.1 Organizing (K1,K2)
- 3.2 Types of organizing structure(K1,K2,K3,K4)
- 3.3 Span of control(K1,K2,K3)
- 3.4 Departmentation(K1,K2,K3)
- 3.5 Informal organization(K1,K2,K3)

UNIT-IV

- 4.1 Authority- delegation - decentralization (K1,K2,K3,K4)
- 4.2 Difference between authority - staffing (K1,K2,K3)
- 4.3 Sources of recruitment (K1,K2,K3)
- 4.4 Selection process - training - directing (K1,K2,K3)
- 4.5 Nature and purpose of directing (K1,K2,K3)
- 4.6 Motivation (Maslow's need hierarchy theory only)(K1,K2,K3,K4)

UNIT-V

- 5.1 Introduction(K1,K2)
- 5.2 meaning of coordination(K1,K2,K3,K4)
- 5.3 Definition of coordination by different authors(K1,K2,K3,K4)
- 5.4 Need/Importance of coordination (K1,K2,K3,K4)
- 5.5 Types of coordination(K1,K2,K3,K4)
- 5.6 Techniques of coordination(K1,K2,K3,K4)
- 5.7 Coordination & cooperation(K1,K2,K3,K4)

SEMESTER – III

UCPYF21 - HEALTH PSYCHOLOGY

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
II / III	UCPYF21	Health Psychology	Theory	Core	5	5	40+60=100

OBJECTIVES

- To introduce the relationship between psychological factors and physical health
- To learn how to enhance well-being in self and others.

COURSE OUTCOMES (CO)

On completion of the course, the students will be able to:

- Explain the basics of Health Psychology and health behaviour
- Understand theoretical models relating to health and change to healthy habits
- Gain knowledge about chronic illness and pain
- Summarize concepts of stress and coping

- Determine and Promote healthy behaviour in self and others

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	H	H	M	H	H
CO 2	H	H	H	M	H	H
CO 3	H	H	H	M	M	H
CO 4	H	H	H	M	H	H
CO 5	H	H	H	M	M	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	M	M	H	H	H
CO 2	H	M	H	H	M	M
CO 3	H	H	H	M	L	M
CO 4	H	H	M	M	L	H
CO 5	H	M	M	H	H	H

Low-L, Medium-M, High-H

UNIT I: INTRODUCTION TO HEALTH PSYCHOLOGY- HEALTH BEHAVIOUR (18 hrs.)

- 1.1. Health Psychology: The Definition and Need (K1,K2,K3)
- 1.2. An Inter-disciplinary Model- The Bio-psycho social Model(K1,K2,K3,K4)
- 1.3. Patient Practitioner Relationship(K2,K3,K4)
- 1.4. Training for a Career in Health Psychology(K1,K2,K3)
- 1.5. Introduction to Health Behaviour(K2,K3,)
- 1.6. Factors influencing the Practice of Health Behaviour(K2,K3)

UNIT II: MODELS OF HEALTH BEHAVIOUR (18 hrs.)

- 2.1. Theoretical Models: Changing Health Habits (K2,K3,)
- 2.2. Health Belief Model(K2,K3)
- 2.3. Theory of Planned Behavior(K3,K4)
- 2.4. Cognitive Behavioral Approaches to Change Health Behavior(K1,K2,K3,K4)
- 2.5. Trans Theoretical Model of Behavior Change(K2,K3,K4)
- 2.6. Avenues for Health Habit Modification(K1,K3)

UNIT III: CHRONIC ILLNESS AND PAIN (18 hrs.)

- 3.1. Illness Factors: Onset-Progression-Types of Symptoms(K1,K2,K3,K4)
- 3.2. Quality of Life, Personal issues in Chronic illness(K2,K3,K4)
- 3.3. Coping with Chronic illness, Co-management of Chronic illness (K1,K2,K3)
- 3.4. Psycho-social Interventions(K3,K4)
- 3.5. Pain: Definition-Types of Pain(K1,K2,K3)
- 3.6. Pain Control Techniques, Pain Management(K2,K3,K4)

UNITIV: STRESS AND COPING (18 hrs.)

- 4.1. Stress: Definition, Dimensions of Stress, Sources of Chronic Stress(K1,K2,K3,K4)
- 4.2. Theoretical contributions: Lazarus's Appraisal Model(K1,K2,K3)
- 4.3. Flight or Fight Response(K2,K3)
- 4.4. General Adaptation Syndrome(K3,K4)
- 4.5. Tending and Befriending Model(K2,K3,K4)
- 4.6. Coping with Stress, Sources of Stress.(K1,K2,K3,K4)

UNIT V: PROMOTING HEALTH BEHAVIOUR (18 hrs.)

- 5.1. Smoking: Effects of Smoking-Reasons for Smoking(K1,K2,K3,K4)
- 5.2. Alcoholism: Effects - Reasons(K2,K3,K4)
- 5.3. Interventions for Reducing Smoking(K3,K4)
- 5.4. Changing Problem Drinking(K3,K4)
- 5.5. Management of Overweight & Obesity(K1,K2,K3,K4)
- 5.6. Effects of Dieting & Physical Activity(K1,K2,K3)

Text Books:

1. Boyer, B., & Paharia, I. (2008). *Comprehensive handbook of clinical health psychology*. Edison, NJ: John Wiley & Sons.
2. Taylor, S. (1995). *Health psychology* (6th ed.). Toronto, Canada: McGraw-Hill Ryerson.

References:

1. Marks, D., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C.M. (2008). *Health psychology: Theory, research and practice* (2nd ed.). New Delhi, India: Sage Publications.
2. Branmon, L., & Frist, J. (2010). *Introduction to health psychology*; New Delhi, India: Cengage Learning India Pvt Ltd.