

# COURSE SYLLABUS

## Academic English Language Preparation (3)

1<sup>st</sup> week: ***Stress***

- good or 'adaptive' stress
- what turns good stress into bad stress
- protracted stress
- how to avoid stress

2<sup>nd</sup> week: ***You and Your Body I***

- health and fitness
- fitness benefits
- physical activities, burn up of calories

3<sup>rd</sup> week: ***You and Your Body II***

- replenishment of fluids
- dehydration
- hypertonic and isotonic drinks

4<sup>th</sup> week: ***Healthy Way of Life***

- healthy and unhealthy habits

5<sup>th</sup> week: ***The Well-Balanced Healthy Diet***

- recommended diet
- proteins, carbohydrates, fats

6<sup>th</sup> week: ***Healthy Eating***

- Green Farm Nutrition Centres
- general guidelines to healthy diet
- occasional treats

7<sup>th</sup> week: ***Vitamins I***

- water and fat soluble vitamins
- deficiency and excess of vitamins

8<sup>th</sup> week: ***Vitamins II***

- vitamin sources
- vitamin deficiency disorders

9<sup>th</sup> week: ***Minerals***

- the major minerals
- absorption of minerals
- mineral supplements

10<sup>th</sup> week: ***Cosmetics***

- ingredients, sources and properties of natural cosmetics

11<sup>th</sup> week: ***First Aid***

- first aid guidelines
- artificial respiration

12<sup>th</sup> week: ***Treatment in Various Situations and Emergencies I***

- headaches, feeling faint, animal bites, bruising, burns, choking

13<sup>th</sup> week: ***Treatment in Various Situations and Emergencies II***

- drowning, heart attack, nose-bleed, poisoning, stroke, cramps