



TAMIL NADU OPEN UNIVERSITY

School of Education

CERTIFICATE PROGRAMME ON ADOLESCENCE EDUCATION

Adolescents are a positive resource for the country. They have unlimited energy, vitality and idealism, as well as a strong urge to experiment and create a better world. During adolescence the physical, intellectual, and emotional characteristics and patterns of childhood are gradually replaced by adult ones, and girls and boys progressively evolve into a state of relative socio-economic independence (UNICEF, 1999). Adolescents complete contain both opportunities and danger. Adolescents are at risk of early and unwanted behaviour because of poor understanding of sexuality. They are unaware of sex and reproductive health and hygiene issues. They are also increased risk of STD, HIV and related diseases. Statistics indicates that ½ of all new HIV infections worldwide occur among people aged 15 to 20.

Certificate course on Adolescence Education (CAE) through Off-line Education is designed to fulfill the needs of all people who is interested to learn about Adolescent's Physical, Mental, Spiritual and Emotional knowledge, development of Adolescents and acquire skills to lead Healthy life. This Course also aim to promote health and wellbeing of Adolescent, equipped with the knowledge and skills for organising teaching and training with the help of appropriate technologies and their communities and countries for decades to come.

Programme Objectives

While studying the Certificate Programme, the student shall be able to:

- understand knowledge about Physical, Mental, Spiritual and Emotional development of Adolescents.
- acquire skills regarding Adolescent's Physical, Mental, Spiritual and Emotional development to lead healthy life.
- empower Adolescents, Teachers and Parents with accurate, appropriate and culturally relevant information about Adolescence Education.
- understand the issues of Sex and Reproductive Health Education.
- promote Health attitude and develop skills to enable to respond to healthy life.
- understand about Sex and Reproductive Rights for them and to practice in life.
- develop understanding of Life Skills as core Objectives of Adolescence Education.

- train school or college teachers who are teaching to Adolescents as Facilitator to solve all their problems at school.
- train parents who are learning to Adolescents as Facilitator to solve all their problems at home.
- utilize available Sex and Reproductive Health Education Resources and make trained teachers as Resource Person for students.

Programme Outcomes

After completion of the Certificate Programme, the student will be able to:

- up-to-date necessary knowledge about Physical, Mental, Spiritual and Emotional knowledge, development of Adolescents.
- acquirement of skills regarding Adolescent's Physical, Mental, Spiritual and Emotional development to lead healthy life.
- understood the issues of Sex and Reproductive Health Education.
- development of life skills about Physical, Mental, Emotional Health aspects and empowered Adolescent students, Parents and Teachers.

Eligibility	:	+ 2 and above
Medium of Instruction	:	English
Duration	:	Minimum 6 months and Maximum 1 year
Fee Structure	:	Rs. 1500 /-

Programme Details

COURSE CODE	COURSE TITLE	CREDITS
CAE-01	Understanding Adolescence	3
CAE-02	Adolescence Education	3
CAE-03	Practicum in Teaching – Learning of Adolescence Education	3
Total Credits		9

Examination System: Theory Examinations will be conducted by the University in the Identified Centres. The assignment for each course should be submitted to the respective Learning Support Centres, which will be evaluated by the evaluators appointed by the University.

Assignment for each Course:**Assignment 1:**

Answer any one of the questions not exceeding 1000 words	Max – 15 Marks
Question 1	
Question 2	
Question 3	

Assignment 2:

Answer any one of the questions not exceeding 1000 words	Max – 15 Marks
Question 1	
Question 2	
Question 3	

Theory Examination: Students shall normally be allowed to appear for theory examination by completing Assignment. The Term-End Examination shall carry Sections: A, B and C.

Section-A	Very Short-Answer Questions [Each 3- Marks] Three out of Five Questions	3 x 3 = 09 Marks
Section-B	Short-Answer Questions [Each 7 - Marks] Three out of Five Questions	3 x 7 = 21 Marks
Section-C	Long-Answer Questions [Each 10- Marks] Four out of Seven Questions	4 x 7 = 40 Marks
Total		70 Marks

Awarding Continuous Internal Assessment (Maximum 30 marks):

Submission and Evaluation of Assignments	15 Marks (Compulsory)
Attending in Academic Counselling Classes at LSCs/SCs (50% of Attendance may be considered for maximum marks)	15 Marks
Total	30 Marks

Scheme of Evaluation

Continuous Internal Assessment	30 Marks
Theory Examinations	70 Marks
Total	100 Marks

Passing Minimum: The passing minimum is 25marksout of 70 marks in the external (Theory) Examination and minimum 10 marks out of 30 marks in the Continuous Internal Assessment (CIA),overall 40 percent for successful completion of each course.

Classification of Successful Candidate: Candidates who pass all the Courses and who secure 60 percent and above in the aggregate of marks will be placed in the first class. Those securing 50 percent and above but below 60 percent in the aggregate will be placed in the second class. Those securing 35 percent and above but below 50 percent in the aggregate will be placed in the third class.



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School of Education
Chennai-15

COURSE TITLE	: UNDERSTANDING ADOLESCENCE
COURSE CODE	: CAE - 01
COURSE CREDIT	: 03

COURSE OBJECTIVES

While studying Adolescence Education, the student shall be able to:

- understand the knowledge about the Human Systems and Functions.
- know about the Human Body Organs, Functions and Co-ordination.
- clearly understand Reproductive System – Functions – Role of Endocrinology – Hormones.
- know the Concept of Adolescence – Definition, meaning, nature, scope and population.
- identify the Characteristics of Adolescence – Stage wise.
- realize Need, Reasons and Importance to study about Adolescence.
- know the Physiological Development– all system.
- find out Reproductive System development – Physical Appearance and Internal body change.
- list out Behaviour change – self-esteem – Beauty consciousness.
- know about Mental development – Mental health.
- understand the Psychological Characteristics of Adolescence – Adjustment behaviour.
- analyse the Psychological Disorder – Behavioural change.
- enumerate the Need and Importance of Emotional Intelligence.
- Practice Simple Yoga, Exercise, and Meditation to lead happy spiritual life.

COURSE OUTCOMES

After completion of Adolescence Education, the student will be able to:

- Understood the concept of Human Systems and Functions.

- Understood the concept of Human Body Organs, Functions and Co-ordination.
 - Clearly understood Reproductive System – Functions – Role of Endocrinology – Hormones.
 - Knew the Concept of Adolescence – Definition, meaning, nature, scope and population.
 - Attainment of Identifying the Characteristics of Adolescence
 - Realized Need, Reasons and Importance to study about Adolescence
 - Knew the Physiological Development– all system growth
 - Found out Reproductive System development – Physical Appearance and Internal body change
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- Listed out Behaviour change – Body Building – Exercise – Beauty consciousness
 - Developed understanding of Mental development – Mental health
 - Understood the Psychological Characteristics of Adolescence – Adjustment behaviour
 - Analysed the Psychological Disorder – Behavioural change.
 - Enumerated the Need and Importance of Emotional balance and Intelligence
 - Practiced Simple Yoga, Exercise, and Meditation to lead happy spiritual life.
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Block 1 Introduction to Human Systems

Unit 1: Human Systems and Functions

Introduction to Human Body System - Muscular system - Digestive system - Integumentary system - Skeletal system - Circulatory system - Respiratory system- Lymphatic system - Endocrine system - Excretory system - Reproductive system.

Unit 2: Human Body Organs

Brain, Lungs, Liver, Bladder, Kidneys, Heart, Stomach, Intestines - Functions and Co-ordination.

Unit 3: Reproductive System

Meaning- 5 parts- 4 Functions- Male Reproductive system – Structure and Function - Female Reproductive system

Block 2 Understanding Adolescence

Unit 4: Understanding Adolescence

Definition – Meaning –Nature - Global and Indian Scenario - Status in Tamiladu state.

Unit 5:Characteristics and Problems of Adolescence

Early, Middle and Late Adolescence Stage wise – Intellectual, Psychological and Social Development Characteristics.

Unit 6: Adolescence behaviour

Need and Importance of Adolescence behaviour –Theories on nature of Adolescence.

Block 3 Physical Development of Adolescence

Unit 7: Physiological Development

Muscular-Skeletal, Nervous, Endocrine, Integumentary, Cardiovascular, Respiratory, Digestive and Reproductive development during Puberty.

Unit 8: Reproductive System development

Development of Reproductive organs- Secondary characteristics - Physical Appearance and Internal body change

Unit 9: Sexual Behaviour of boys and girls

Relationship between various behaviour- Neighbour influences – Social influence - Media influence

Block 4 Psychological Development of Adolescence

Unit 10: Cognitive development

Types of cognitive growth - Stage wise –Piaget’s Theory on Formal Operational thought - Mental health and Wellness

Unit 11: Psychological Development

Recognizing Adolescence Characteristics of Adolescence – Adjustment behaviour – Psycho-Social transition.

Unit 12: Psychological Disorder

Anxiety disorders – Stress related disorders- Mood disorders- Depression –Attention deficit hyperactivity disorder – Eating disorder – Co-occurring disorders – Remedies and practices

Block 5 Emotional and Spiritual Development

Unit 13: Emotional and Spiritual Development

Spirituality –Theories – Assessment – Promotion activities – Future directions - General changes and experiences – Factors affecting social changes- Emotional balance and Intelligence

Unit 14: Spiritual Development

Practicing Yoga- Simple Exercise -Meditation to lead Spiritual happy life.

Suggesting Reading

- **UNICEF (2012)** Progress for Children: A report card on adolescents. Socio-demographic profile of Adolescents

- **Strategy Handbook (2014)** Rashtriya Kishore Swasthya Karyakram. Adolescent Health Division Ministry of Health and Family Welfare Government of India. Mortality, Morbidity and disability in adolescence: Health for the world's adolescents.
- **WHO (2014)** Top 10 causes of death among adolescents by sex Progress for Children: A Report card on adolescents.
- **UNICEF (2012)** Adolescent Mortality, Morbidity and Health-Related Behaviours.
- **WHO (2014)** Health for world's adolescents: Disability Adjusted Life Years: Combining Mortality and Morbidity.
- **UNICEF (2013)** Statistics on Adolescents: UNICEF. India.
- **National Family Health Survey (2005–06)** India: Volume I. International Institute for Population Sciences (IIPS) and Macro International. Mumbai: IIPS.



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Chennai-15

COURSE TITLE : **ADOLESCENCE EDUCATION**
COURSE CODE : **CAE -02**
COURSE CREDIT : **03**

COURSE OBJECTIVES

While studying Adolescence Education, the student shall be able to:

- list out Behaviour change – Body Building – Exercise – Beauty consciousness
 - know Mental development – Mental wellness and health
 - understand the Psychological Characteristics of Adolescence – Adjustment behaviour
 - analyse the Psychological Disorder – Behavioural change – Remedies and practices.
 - enumerate the Need and Importance of Emotional balance and Intelligence
 - Practice Simple Yoga, Exercise, and Meditation to lead Spiritual happy life.
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COURSE OUTCOMES

After completion of Adolescence Education, the student will be able to:

- listed out Behaviour change – Body Building – Exercise – Beauty consciousness
 - developed understanding of Mental development – Mental wellness and health
 - understood the Psychological Characteristics of Adolescence – Adjustment behaviour
 - analysed the Psychological Disorder – Behavioural change – Remedies and practices.
 - enumerated the Need and Importance of Emotional balance and Intelligence
 - practiced Simple Yoga, Exercise, and Meditation to lead Spiritual happy life.
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Block 1 **Introduction to Adolescence Education**
Unit 1: Adolescence Education

Meaning – Definition – Nature - Concept of Education – Evolution – Need and Concerns.

Unit 2:Aims - Objectives of Adolescence Education

Current status of Adolescence Education –Strategies – Integration into School and College Curriculum

Unit 3:Adolescence Education in Life

Benefits and implementation of Adolescence Education in Life - Guiding Principles

Block 2 Sex and Reproduction Health (SRH) Education

Unit 4: Sex and Reproduction Health (SRH) Education

Self-Study of knowledge about Sex - Reproduction health of Male and Female

Unit 5:Peer Education

Challenges and Sex and Reproduction Health Rights – Role of Peer education

Unit 6: Guidance and Counselling for SRH Education

Guidance and Counselling of Facilitator (Teachers)towards solution - its Sources and Establishment of SRH information centre at school

Block 3 Mental Health Education

Unit 7: Emotional Intelligence

Assessment – Improvement by simple methods

Unit 8:Adjustment

Adjustment Improvement Methodology – Peer activities – Field work – Play way methods

Unit 9: Mental disorder

Types of Mental disorder – Remedies – Practices and promote Mental Health and Hygiene

Block 4 Emotional and Spiritual Health Education

Unit 10: Emotional Intelligence - Diagnosis

Diagnosis Methods of Emotional Intelligence

Unit 11:Treatment of Emotional Intelligence

Treatment Methods - Imbalance

Unit 12: Life Skills

Development of Life Skills – Relaxation Techniques – Yoga -Simple Exercise - Spiritual life.

Block 5 Application of available Resources and Facilitation Method

Unit 13: Role of Students - Parents

Students - Parents' role in Facilitation of Adolescence Education at Home

Unit 14: Role of Facilitators

Master trainers- Nodal teachers –Peer educators – Programme managers - at Schools

- NGOS' Role in Facilitation of Adolescence Education and Society

Suggesting Reading

- **SRS Statistical Report (2012)** Sl. No.12, SRS Statistical Report Tables, Vital Statistics Ministry of Home Affairs
- **R Priyadarshini, S Jasmine, S Valarmathi, S Kalpana, S Parameswari (2013)** Impact of media on the physical health of urban school children of age group 11-17 yrs.in Chennai - A cross sectional study. IOSR Journal of Humanities and Social Science. 9(5):30–35.
- **A Pillai, T Andrews, V Patel (2009)** Violence, psychological distress and the risk of suicidal behaviour in young people in India. Int J Epidemiology. 38(2):459–69.
- **S Malhotra, B Patra (2014)** Prevalence of child and adolescent psychiatric disorders in India: a systematic review and meta-analysis. Child and adolescent psychiatry and mental health. 2014; 8(1):22.
- **M Rani, S Karunanidhi (2010)** Prevalence of depressive symptoms among urban adolescents in South India. J Indian Assoc Child Adolesc Ment Health. 6(2):33–43.
- **R Sharma, V Grover, S Chaturvedi (2007)** Health-risk behaviours related to road safety among adolescent students. Indian J Med Sci. 61(12):656–62.
- **V Patel, G Andrew (2001)** Gender, sexual abuse and risk behaviours in adolescents: a cross sectional survey in schools in Goa. Natl Med J India. 14(5):263–66.



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COURSE TITLE	: PRACTICUM IN ADOLESCENCE EDUCATION
COURSE CODE	: CAE - 03
COURSE CREDIT	: 03

COURSE OBJECTIVES

While studying Adolescence Education, the student shall be able to:

- draw diagram of Human systems and label the parts.
- draw diagram of Reproductive system and label the parts.
- tabulate stage wise characteristics of Adolescence
- identify physiological changes of Adolescence and tabulate it.
- identify psychological changes of Adolescence and tabulate it.
- find out ways to do practice Yoga in class.
- find out ways to do practice Simple Exercise in class.
- find out ways to do practice Relaxation Techniques in class.
- find out ways to do practice Meditation in class.
- survey the real status of Sex and Reproductive rights in today.
- survey the real status of Sex and Reproductive Status in today.
- assess the right Sex and Reproductive information sources in today.
- approach Guidance and Counselling centre for Solution in your school.
- analyse the Psychological Disorder – Behavioural change – Remedies and practices.

COURSE OUTCOMES

After completion of Adolescence Education, the student will be able to:

- update skill of drawing diagram of Human systems and label the parts.
- update skill of drawing diagram of Reproductive system and label the parts.

- tabulated stage wise characteristics of Adolescence.
- identified physiological changes of Adolescence and tabulate it.
- identified psychological changes of Adolescence and tabulate it.
- found out ways to do practice Yoga in class.
- found out ways to do practice Simple Exercise in class.
- found out ways to do practice Relaxation Techniques in class.
- found out ways to do practice Meditation in class.
- surveyed the real status of Sex and Reproductive rights in today.
- surveyed the real status of Sex and Reproductive Status in today.
- assessed the right Sex and Reproductive information sources in today.
- approached Guidance and Counselling centre for Solution in your school.
- analysed the Psychological Disorder – Behavioural change – Remedies and practices.

Block 1 Introduction to Human Systems

Draw Colour Diagram of different Human Systems Reproductive System and discuss its Functions with students or friends. Submit detail report.

Block 2 Understanding Adolescence

Conduct survey on Problems of Adolescence in a School or Street and submit report.

Block 3 Physical Development of Adolescence

Conduct Group discussion with your friends on External development of Physical Appearance and Behaviour change in various aspects – in your class or street.

Block 4 Psychological Development of Adolescence

Write Importance of Mental health among Adolescents and have discussion on Psychological Disorder in School or Neighbourhood

Block 5 Spiritual and Emotional Development

Practicing Yoga or Meditation among Adolescents will promote Spiritual and Emotional Development. How do you prove it with experience.

Block 6 Introduction to Adolescence Education

Write Essay on Current status of Adolescence Education in Schools, Merits and Demerits of Adolescence Education in Today's Life.

Block 7 Sex and Reproduction Health (SRH) Education

Conduct Group discussion on Peer Group Education is suitable for understanding Sex and Reproduction Health Rights

Block 8 Mental Health Education

How do you assess Adjustment Behaviour among different peer group in a class or society? Write Promotion Measures of Mental health

Block 9 Emotional and Spiritual Health Education

How Relaxation Techniques or Yoga or Meditation is useful for Emotional and spiritual development. Write Practical procedure in detail.

Block 10 Application of available Resources and Facilitation Method

Write Essay on Role of Parents, Teachers, NGOs in Facilitating Adolescence Education

Suggesting Reading

- **B Siva Kumar (2014)** Most of Tamil Nadu's adolescents and youth live in rural areas, shows census. TNN.
- **School Health Programme (2014)** Ministry of health and family welfare. Chapter 4.0: Key Elements.
- **Rajiv Gandhi Scheme For Empowerment of Adolescent Girls (2010)** -'SABLA'- The scheme. Ministry of women and child development 2010
- **Nehru Yuva Kendra Sangathan (2012)** Ministry of Skill Development, Entrepreneurship, Youth Affairs & Sports 2012.
- **National Programme for Youth and Adolescent Development (2004)** Ministry of Skill Development, Entrepreneurship, Youth Affairs and Sports.
- **J Stang, M Story (2005)** Guidelines for adolescent nutrition services University of Minnesota Chapter 3, Nutrition needs of adolescents.
- **RM Anitha, BWC Sathiyasekaran (2013)** Mental Health symptoms and substance use among urban school going adolescents. J. Indian Association Child Adolescence Mental Health. 9(4):102-35.
