

COURSE CODE	COURSE TITLE/DESCRIPTION	NO OF CONTACT HRS
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GES 107

REPRODUCTIVE HEALTH, SEXUALLY TRANSMITTED INFECTIONS (STIs), DRUGS AND MANKIND

HL 30 U2

The aim of this course is to provide students with knowledge and critical understanding of reproductive health, human sexuality and sexual health, including epidemiology, prevention and control of sexually transmitted diseases with emphasis on HIV. It is envisioned that this course will equip students with knowledge and skill to protect themselves against HIV infection and other STIs as well as prepare them to serve as agents of change in their present and future communities in the global efforts to control the scourge of HIV/AIDS. The objectives of the course are:

1. To expose students to basic knowledge and understanding of some contemporary health- related issues.
2. To provide basic knowledge and understanding of the concepts of human sexuality and sexual health.
3. To provide good knowledge of the transmission and prevention of HIV/AIDS and other STIs as well as the effectiveness and limitations of different prevention and control strategies
4. To provide understanding of the various aspects, manifestations and consequences of sexual behaviours, and how to address these issues.

WEEK 1: Health Education

- a. Definitions, exercise, personal care and hygiene, oral health, recreation and health, stress in the University and coping strategies, medical check-up and screening for common diseases, application of information Technology in health education.

WEEK 2 : Nutrition and Health

- a. Classification, functions, sources, requirements and deficiency disorders of nutrients; the role of nutrition in the prevention and treatment of communicable and non-communicable diseases.

WEEK 3: Microbes and Human Health

- a. Infectious agents of diseases, portals of Entry/modes of transmission, immunity, prevention and control.

WEEK 4 : Human Reproductive System and Health

- a. Male and female reproductive systems, hormones and body changes, sexual dysfunction, fertility/infertility, menstruation and menopause, breast and reproductive tract cancers.

WEEK 5: Human Sexuality and Adolescent Behaviour

- a. Human sexuality- safer sex, contraceptives, teenage/ adolescent pregnancy, abortion, sexual abuse, peer pressure, coercion, rape, early sexual debut, urinary fistula, safe motherhood and other adolescent sexuality related issues.

WEEK 6: Sexually Transmitted Infections

- a. Definitions, types, epidemiology, risk factors, signs and symptoms, management, prevention and control.

WEEK 7: Introduction To Epidemiology of HIV and AIDS

- a. Definitions, differences between HIV and AIDS, types and sub-types, Trends (global; Africa; Nigeria; age; gender).

WEEK 8: Pre-disposing Factors And Transmission of HIV Infection

- a. Risk factors (including culture, faith, family, work place), high risk groups, modes of transmission, how HIV is not transmitted, how HIV causes AIDS, self risk assessment, stigma and discrimination.

WEEK 9: Prevention and Control of HIV/ AIDS Including Prevention of Mother To Child Transmission (PMTCT)

- a. Prevention strategies-sexual, blood and blood products, MTCT; treatment as a prevention and control strategy, the role of culture, faith, family and work place in HIV prevention, challenges of HIV prevention.

WEEK 10: HIV Counselling And Testing (HCT), Treatment, Care and Support

- a. Definitions, types of counselling, HIV testing, HIV screening and confirmation, outcomes of HIV testing, Importance of HCT, management of HIV and AIDS, care and support for people living with and affected by HIV/AIDS.

WEEK 11: Youths and Life Skills

- a. Values, parent-child communication, role models/mentors and life building skills-goal setting, decision making, negotiation, assertiveness, refusal skill and self esteem.

WEEK 12: Use, Efficacy & Regulations of herbal medicine in health care

- a. Herbal medicine has been reported to still be the mainstay of about 75-80% of the world population, mainly in the developing countries for primary health care because of better cultural acceptability, better compatibility with the human body and lesser side effects.

WEEK 13: Drugs, Humans and the Society

- a. Drugs and mankind (definitions, uses and sources of drugs, adverse drug reactions and pharmacovigilance, drug abuse

and misuse, substance use and
abuse.