

**Department of Liberal Education**  
**Era University, Lucknow**  
**Course Outline**  
**Effective From: 2023-24**

<b>Name of the Program</b>	<b>B.A. / B.Sc. (LIBERAL EDUCATION)</b>			<b>Year/ Semester:</b>	<b>3<sup>rd</sup> / 5<sup>th</sup></b>
<b>Course Name</b>	<b>Health, Disease and Nutrition</b>	<b>Course Code:</b>	<b>NH302</b>	<b>Type:</b>	<b>Theory</b>
<b>Credits</b>	<b>04</b>			<b>Total Sessions Hours:</b>	<b>60 Hours</b>
<b>Evaluation Spread</b>	<b>Internal Continuous Assessment:</b>	<b>50 Marks</b>		<b>End Term Exam:</b>	<b>50 Marks</b>
<b>Type of Course</b>	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill	
<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. The course is designed to enable the students to acquire knowledge:</li> <li>2. To enable the students to develop a scientific point of view of health with reference to traditional and modern concept of health.</li> <li>3. To enable the students to identify health problems and understand their own role on health.</li> <li>4. To enable the student to take interest in current events related to health.</li> <li>5. To enable the students to set an example of desirable health behavior.</li> </ol>				
<b>Course Outcomes(CO):</b> <i>After the successful course completion, learners will develop following attributes:</i>					
<b>Course Outcome (CO)</b>	<b>Attributes</b>				
<b>CO1</b>	Students will develop a scientific point of view of health with reference to traditional and modern concept of health.				
<b>CO2</b>	Identifying the problems(diseases ) and finding the solutions for meeting health challenges.				
<b>CO3</b>	Identifying the issues related to reproductive health and finding the solutions for meeting challenges.				
<b>CO4</b>	Using the current information for leading healthy life.				
<b>Pedagogy</b>	Interactive, discussion-bases, student-centered, presentation.				
<b>Internal Evaluation Mode</b>	Mid-term Examination: 20 Marks Activity: 10 Marks Class test: 05 Marks Online Test/Objective Test: 05 Marks Assignments/Presentation: 05 Marks Attendance: 05 Marks				
<b>Session Details</b>	<b>Topic</b>			<b>Hours</b>	<b>Mapped CO</b>
<b>Unit 1</b>	<b>Basic Concept Of Health and wellbeing</b> <ul style="list-style-type: none"> <li>• Meaning And Definition of Health and wellbeing</li> <li>• Changing concepts of health</li> <li>• Dimensions of health</li> <li>• Factors affecting health</li> </ul>			15	CO1

	<b>Activity:</b> Preparation and presentation on health and wellbeing by means of posters /chart etc														
<b>Unit 2</b>	<b>Health and Diseases</b> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Illness: meaning and concept</li> <li>• Communicable Diseases: classification, mode of transmission, and prevention</li> <li>• Non-communicable Diseases :its types, Prevention and Cure</li> </ul> <b>Activity: Role play on creating awareness:</b> pan masala, gutkha, khaini or cigarettes for creating awareness													15	CO2, CO4
<b>Unit 3</b>	Reproductive Health <ul style="list-style-type: none"> <li>• Reproductive Tract Infections (RTIs) and Sexually Transmitted Infections (STIs)</li> <li>• HIV and AID</li> </ul> <b>Activity:</b> Prepare a list of myths and misconceptions regarding HIV and AIDS and discuss with other students. Prepare two slogans each for generating awareness about prevention of HIV among your peer group and community													15	CO3
<b>Unit 4</b>	Life style diseases and its management <ul style="list-style-type: none"> <li>• Heart Disease.</li> <li>• Obesity.</li> <li>• Type 2 Diabetes.</li> </ul> <b>Activity:</b> Survey conduction													15	CO4
<b>CO-PO and PSO Mapping</b>															
<b>CO</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	<b>PSO4</b>	<b>PSO5</b>	<b>PSO6</b>	
CO1	2								3						
CO2			2							2	3				
CO3			2			2					2		1		
CO4							3				1			2	
<i>Strongcontribution-3, Averagecontribution-2, Lowcontribution-1,</i>															
<b>Suggested Readings:</b>															
<b>Text- Books</b>	<b>Note: A reading material will be provided by the faculty member well in time.</b> 1. Srilakshmi, B. Dietetics 2. Joshi Shubhangini: Nutrition & Dietetics														
<b>Reference Books</b>	<b>Preventive and social medicine</b> 1. K. PARK														
<b>Para Text</b>	<b>Unit 1:</b> <a href="https://www.youtube.com/watch?v=hG117PA8mzA">https://www.youtube.com/watch?v=hG117PA8mzA</a> <b>Unit 2:</b> <a href="https://www.youtube.com/watch?v=tcMX5PDlkHM">https://www.youtube.com/watch?v=tcMX5PDlkHM</a> <b>Unit 3:</b> <a href="https://www.youtube.com/watch?v=0HiZSpX9EcI">https://www.youtube.com/watch?v=0HiZSpX9EcI</a> <b>Unit4:</b> <a href="https://www.youtube.com/watch?v=PDl80Kp2Ee4">https://www.youtube.com/watch?v=PDl80Kp2Ee4</a>														

Recapitulation & Examination Pattern		
Internal Continuous Assessment:		
Component	Marks	Pattern
Mid Semester	20	<b>Section A:</b> Contains <b>10</b> MCQs/Fill in the blanks/One Word Answer/ True-False type of questions. Each question carries <b>0.5</b> mark. <b>Section B:</b> Contains <b>07</b> descriptive questions out of which <b>05</b> questions are to be attempted. Each question carries <b>03</b> marks.
Activity	10	Will be decided by subject teacher.
Class Test	05	Contains <b>05</b> descriptive questions. Each question carries <b>01</b> mark.
Online Test/ Objective Test	05	Contains <b>10</b> multiple choice questions. Each question carries <b>0.5</b> mark.
Assignment/ Presentation	05	Assignment to be made on topics and instruction given by subject teacher.
Attendance	05	As per policy.
<b>Total Marks</b>	<b>50</b>	

Course created by:      **Dr. Shazia Fatima**  
                                      **Dr. Pooja Verma**

Signature:

Approved by: **Prof. Afrozul Haq**

Signature: 