

## OPEN COURSE (FOR OTHER STREAMS)

### 1. PUBLIC HEALTH AND NUTRITION

72 Hrs

4hrs/Week

Credits 3

#### Objectives:

- To inculcate a general awareness among the students regarding the real sense of health.
- To understand the role of balanced diet in maintaining health.
- To motivate them to practice yoga and meditation in day-to-day life.

#### PART I HEALTH, EXERCISE & NUTRITION

##### Module 1 Definition and Meaning of Health 10 Hrs

Dimensions and Determination of Health

Physical Activity and Health benefits

Effect of exercise on body systems – Circulatory, Respiratory, Endocrine, Skeletal and Muscular

Programmes on Community health promotion (Individual, Family and Society)

Dangers of alcoholic and drug abuse, medico-legal implications

##### Module 2 Nutrition and Health 10 Hrs

Concept of Food and Nutrition, Balanced diet

Vitamins, Malnutrition, Deficiency Disease

Determining Caloric intake and expenditure

Obesity, causes and preventing measures

Role of Diet and Exercise, BMI

##### Module 3 Safety Education in Health promotion 8 Hrs



SARS, Anthrax

**Re-emerging diseases** –TB, Malaria

**Health Centre visit & Report Presentation**

**10 Hrs**

**References:**

1. Gladys Francis & Mini K.D., (Editors) (2012),  
Microbiology, Zoological Society of Kerala,  
Kottayam.
2. Greenberg, Jerol S and Dintiman George B (1997)  
Wellness Creating a life of Health and Fitness , London  
Allyn and Bacon Inc.
3. K Park, (2008) Park's Text Book of Preventive and  
Social Mediine 18th Edition. Banarasidass Bhenot  
Publication
4. Norman Bezzaant HELP First Aid for everyday  
emergencies. Jaico Publishing House, Bombay,  
Delhi
5. Tom Sanders and Peter Emery. (2004) Molecular basis  
of human nutrition: Taylor & Francis Publishers Ane  
Book
6. Pelczar M.J. Jr. E.C.S. Chane & N.R. Krieg,  
Microbiology (Concept & Applications). 5th  
edition. Tata McGraw Publishing Company Ltd.