

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SKILL ENHANCEMENT COURSE

HEALTH EDUCATION AND NUTRITION

Course Code: PESSE01

Syllabus

Credit: 3

Hours: 30 hours

Course Objective

- ❖ To provide the knowledge and understanding the importance of Health education and Nutrition.

Course learning Outcomes

	Course Outcome
CO 1	The Students will be able to know and develop a Concept school health services.
CO 2	The student will be able to understand about Health problems in India.
CO 3	The students will be able to understand the importance of community health.
CO 4	The student will be able to gain the knowledge of Nutrition.
CO 5	They will have a clear understanding on macro and micro nutrients and their importance.

THEORY SYLLABUS

UNIT-I: Health Education and Health Services

Health education and school health services: Definition of health, Aims and Objectives of Health Education, Dimensions of health, Determinants of health, Spectrum of health, Objectives of school, health services.

Unit-II: Health issues and Communicable diseases

Importance of school health services, Health problems of school going students, Health appraisal, Nutritional services, Mental health, Health problems in India, Explosive population, Communicable disease problems, Medical care problems, Environmental sanitation. Non-communicable diseases.

UNIT-III Community Health

Community health: Sources of water, sanitary well, Elementary knowledge of water purification, Boiling, Chlorination, Large scale purification. Disposal of garbage: Composting, Biogas plants. Sewage treatment: Basic principles, Primary treatment, Secondary

treatment, concept of diseases: Disease cycle, Epidemiological triad, Methods of disease Transmission, Direct method, Indirect method. Personal hygiene: Care of skin, Care of hair and nails, Care of eyes, Care of teeth.

UNIT-IV Introduction of Nutrition to fitness

Meaning, definition and importance of Nutrition, concepts of nutrition- Nutrition for tissue maintenance, Nutrition and Growth, Nutrition and Immune function, Nutrients, classes of Nutrients, food pyramid, Functions of food, Fast food, Vegetarian Diet, Balance diet, Dietary allowance and daily values, Basic Food pyramid, food hygiene, food consumption.

UNIT-V Macro Nutrients & Micro Nutrients

Carbohydrates: Meaning, nature, source, classification & functions of carbohydrate, Protein & Fats. Vitamins: Need and importance of vitamins, classification of vitamins: Fat soluble and water soluble vitamins, Minerals: Importance of Minerals, sodium, chloride, potassium, calcium, phosphorus, Magnesium and sulfur, recommendations of minerals and its sources, deficiencies, Water and body fluids: water balance and recommended intakes, fluid and electrolyte balance, acid base balance.

References:

1. Dan Benardot.(2012). Advanced sports Nutrition, Second Edition, human kinetics.
2. Ira Wolinsky.(1998). Nutrition in Exercise and Sports, Third Edition, CRC Press, New York.
3. James L. Groff and Sareen S. Gropper.(2000). Advanced Nutrition and Human Metabolism, Third Edition, Wardsworth Thomson learning.
4. Williams.(1992) Basic Nutrition and Diet therapy, Ninth Edition, Mosby year book.
5. Eleanor N. Whitney.(1999) Understanding Nutrition, Wards worth publishing company, USA.

****Scheme of Examination: as per CUTN norms for skill enhancement courses***

Concept of Mapping

