

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

Name of the Program	B.A. / B.Sc. (LIBERAL EDUCATION)			Year/ Semester:	3 rd / 5 th				
Course Name	Health, Disease and Nutrition	CourseNH302Code:		Туре:	Theory				
Credits	(04		Total Sessions Hours:	ours: 60 Hou				
Evaluation Spread	Internal Continuous Assessment:	50 Marks		End Term Exam:	50 Marks				
Type of Course	C Compulsory	Core		C Creative	0	Life Skill			
Course Objectives	 The course is designed to enable the students to acquire knowledge: To enable the students to develop a scientific point of view of health with reference to traditional and modern concept of health. To enable the students to identify health problems and understand their own role on health. To enable the student to take interest in current events related to health. To enable the students to set an example of desirable health behavior. 								
Course Outcontract of attributes:	Course Outcomes(CO): After the successful course completion, learners will develop following attributes:								
Course Outcome (CO)	Attributes								
CO1	Students will develop a scientific point of view of health with reference to traditional and modern concept of health.								
CO2	Identifying the problems(diseases) and finding the solutions for meeting health challenges.								
CO3	Identifying the issues related to reproductive health and finding the solutions for meeting challenges.								
CO4	Using the current information for leading healthy life.								
Pedagogy	Interactive, discussion-bases, student-centered, presentation.								
Internal Evaluation Mode	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								
Session Details			Торіс		Hours	Mapped CO			
Unit 1	Basic Concept Of Health and wellbeing 15 CO1 • Meaning And Definition of Health and wellbeing 15 CO1 • Changing concepts of health 15 CO1 • Dimensions of health 15 CO1 • Factors affecting health 15 CO1								

		Activi	itv: Pre	eparatic	on and	present	auon oi	i incaiu	i and w	vellbein	g by			
		Activity: Preparation and presentation on health and wellbeing by means of posters /chart etc							8 5					
Unit 2			Health and Diseases								15	CO2	, CO4	
Onit 2											15		, сот	
		• Introduction												
		Illness: meaning and concept												
						e Diseases: classification, mode of								
		transmission, and prevention												
		Non–communicable Diseases :its types, Prevention and							1					
		Cure												
		Activity: Role play on creating awareness: pan masala, gutkha,												
		khaini or cigarettes for creating awareness												
Unit 3		Repro	ductive	e Healtl	1							15	C	03
		Reproductive Tract Infections (RTIs) and Sexually												
		Transmitted Infections (STIs)												
		HIV and AID												
	Activity: Prepare a list of myths and misconceptions regarding HI						HIV							
		and AIDS and discuss with other students. Prepare two slogans each for generating awareness about												
								bout						
Unit 4		prevention of HIV among your peer group and community								15	CO4			
Unit 4		Life style diseases and its managementHeart Disease.									13		Т	
		Obesity. True 2 Dickets												
• Type 2 Diabetes.														
		Activity: Survey conduction												
CO-PC) and I	PSO M	apping	-	PO5	PO6	PO7	-					1	
			PO3	PO4				DOQ	DSO1	DSO1	DCO2	DSO4	Dens	DSO(
CO CO1	PO1 2	PO2	PO3	PO4	105	100	10/	PO8	PSO1 3	PSO2	PSO3	PSO4	PSO5	PSO6
CO CO1 CO2	PO1		2	PO4			107	PO8		PSO2 2	3	PSO4		PSO6
CO CO1 CO2 CO3 CO4	PO1 2	PO2	2 2			2	3	PO8				PSO4	PSO5	PSO6
CO CO1 CO2 CO3 CO4 Strongcon	PO1 2 <i>intribution</i>	PO2	2 2 eragecont	PO4			3	PO8			3 2	PSO4		
CO CO1 CO2 CO3 CO4 Strongcon Sugges	PO1 2 ntribution sted Re	PO2	2 2 eragecom	tribution	2, La	2 wcontribu	3 <i>ution-1,</i>		3	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcon	PO1 2 ntribution sted Re	PO2	2 2 eragecom : A read	tribution	2, La aterial	2 wcontribu will be	3		3	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcon Sugges	PO1 2 ntribution sted Re	PO2 3, Av. adings Note: 1. 2.	2 2 eragecom A reac Srila Josh	tribution- ling ma kshmi, ni Shub	<i>2, Lo</i> aterial B. Die hangini	2 wcontribu will be tetics i: Nutrit	3 <i>ution-1,</i> provid	ed by 1	3 the face	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- H	PO1 2 ntribution sted Re Books	PO2 -3, Av. adings: Note: 1. 2. Preve	2 2 eragecom A read Srila Josh	<i>tribution-</i> ling m kshmi, ni Shub and so	<i>2, Lo</i> aterial B. Die hangini	2 wcontribution will be tetics	3 <i>ution-1,</i> provid	ed by 1	3 the face	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcon Sugges Text- I	PO1 2 ntribution sted Re Books	PO2 -3, Av. adings: Note: 1. 2. Preve	2 2 eragecom A reac Srila Josh	<i>tribution-</i> ling m kshmi, ni Shub and so	<i>2, Lo</i> aterial B. Die hangini	2 wcontribu will be tetics i: Nutrit	3 <i>ution-1,</i> provid	ed by 1	3 the face	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- I Refer Boo	PO1 2 ntribution sted Re Books Pence	PO2 3, Av. adings: Note: 1. 2. Preve 1.	2 2 eragecom : A read Srila Josh entive K. P.	<i>tribution-</i> ling m kshmi, ni Shub and so	<i>2, Lo</i> aterial B. Die hangini	2 wcontribu will be tetics i: Nutrit	3 <i>ution-1,</i> provid	ed by 1	3 the face	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- I Refer	PO1 2 ntribution sted Re Books Pence	PO2 -3, Av. adings: Note: 1. 2. Preve 1. Unit 1	2 2 A read Srila Josh entive K. P.	tribution- ling ma kshmi, ni Shub and so ARK	2, Lo aterial B. Die hangini ocial m	will be tetics i: Nutrit	3 <i>ution-1,</i> provid ion & E e	ed by t	3 the fact	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- I Refer Boo	PO1 2 ntribution sted Re Books Pence	PO2 -3, Av. adings: Note: 1. 2. Preve 1. Unit 1	2 2 A read Srila Josh Entive K. P.	tribution- ling ma kshmi, ni Shub and so ARK	2, Lo aterial B. Die hangini ocial m	will be tetics i: Nutrit	3 <i>ution-1,</i> provid	ed by t	3 the fact	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- I Refer Boo	PO1 2 ntribution sted Re Books Pence	PO2 3, Av. adings: Note: 1. 2. Preve 1. Unit 1 https: Unit 2 https://	2 2 A read Srila Josh Entive K. P. I: //www 2: //www.	tribution- ding ma kshmi, ni Shub and so ARK	aterial B. Die hangini ocial m	will be tetics : Nutrit redicin	3 <i>ution-1,</i> provid ion & E e	ed by the second	3 the fact s	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- I Refer Boo	PO1 2 ntribution sted Re Books Pence	PO2 3, Av. adings: Note: 1. 2. Preve 1. Unit 1 https:/ Unit 2 https:// Unit 3	2 2 A reac Srila Josh Entive K. P. I: //www 2: //www. 3:	tribution- ding ma kshmi, ni Shub and so ARK .youtub	2, La aterial B. Diet hangini ocial m	2 will be tetics i: Nutrit redicin	3 <i>ation-1</i> , provid ion & E e v=hG11 v=tcMX	ed by 1 Dietetic 7PA8n 5PD1k	3 the fact s	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- I Refer Boo	PO1 2 ntribution sted Re Books Pence	PO2 PO2 PO2 PO2 PO2 PO2 PO2 PO2	2 2 A read Srila Josh entive K. P. I: //www. 3: //www.	tribution- ding ma kshmi, ni Shub and so ARK .youtub	2, La aterial B. Diet hangini ocial m	2 will be tetics i: Nutrit redicin	3 ution-1, provid ion & I e v=hG11	ed by 1 Dietetic 7PA8n 5PD1k	3 the fact s	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- H Refer Boo	PO1 2 ntribution sted Re Books Pence	PO2 PO2 PO2 Preve 1. Preve 1. Unit 1 https:/ Unit 2 https:// Unit 4	2 2 A read Srila Josh Entive K. P. (//www. 2: //www. 3:	tribution- ding ma kshmi, ni Shub and so ARK .youtub youtub	2, La aterial B. Diet hangini ocial m	vill be tetics i: Nutrit redicin	3 <i>ation-1</i> , provid ion & I e <u>v=hG11</u> /=tcMX /=0HiZS	ed by f Dietetic 7PA8n 5PDlk SpX9E	3 the fact s <u>nzA</u> <u>HM</u> <u>cI</u>	2	3 2 1		1	
CO CO1 CO2 CO3 CO4 Strongcor Sugges Text- H Refer Boo	PO1 2 ntribution sted Re Books Pence	PO2 PO2 adings: Note: 1. 2. Preve 1. Unit 1 https:/ Unit 2 https:// Unit 3	2 2 A read Srila Josh Entive K. P. (//www. 2: //www. 3:	tribution- ding ma kshmi, ni Shub and so ARK .youtub youtub	2, La aterial B. Diet hangini ocial m	vill be tetics i: Nutrit redicin	3 <i>ation-1</i> , provid ion & E e v=hG11 v=tcMX	ed by f Dietetic 7PA8n 5PDlk SpX9E	3 the fact s <u>nzA</u> <u>HM</u> <u>cI</u>	2	3 2 1		1	

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

Course created by:

Dr. Shazia Fatima Dr. Pooja Verma Approved by: Prof. Afrozul Haq

Ang

Signature:

Signature: