

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

| Name of the<br>Program            | B.A. / B.Sc. (LIBERAL EDUCATION)  |                  |       | Year/ Semester:              | 3 <sup>rd</sup> / 5 <sup>th</sup> |              |  |  |  |
|-----------------------------------|---|------------------|-------|------------------------------|-----------------------------------|--------------|--|--|--|
| Course<br>Name                    | Health, Disease<br>and Nutrition  | CourseNH302Code: |       | Туре:                        | Theory                            |              |  |  |  |
| Credits                           | (   | 04               |       | <b>Total Sessions Hours:</b> | ours: 60 Hou                      |              |  |  |  |
| Evaluation<br>Spread              | Internal<br>Continuous<br>Assessment:   | 50 Marks         |       | End Term Exam:               | 50 Marks                          |              |  |  |  |
| Type of<br>Course                 | C Compulsory  | Core             |       | C Creative                   | 0                                 | Life Skill   |  |  |  |
| Course<br>Objectives              | <ol> <li>The course is designed to enable the students to acquire knowledge:</li> <li>To enable the students to develop a scientific point of view of health with reference to traditional and modern concept of health.</li> <li>To enable the students to identify health problems and understand their own role on health.</li> <li>To enable the student to take interest in current events related to health.</li> <li>To enable the students to set an example of desirable health behavior.</li> </ol> |                  |       |                              |                                   |              |  |  |  |
| Course Outcontract of attributes: | <b>Course Outcomes(CO):</b> After the successful course completion, learners will develop following attributes:   |                  |       |                              |                                   |              |  |  |  |
| Course<br>Outcome<br>(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<br>Evaluation<br>Mode    | Mid-term Examination: 20 Marks<br>Activity: 10 Marks<br>Class test: 05 Marks<br>Online Test/Objective Test: 05 Marks<br>Assignments/Presentation: 05 Marks<br>Attendance: 05 Marks  |                  |       |                              |                                   |              |  |  |  |
| Session<br>Details                |   |                  | Торіс |                              | Hours                             | Mapped<br>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.<br>Prepare two slogans each for generating awareness about              |   |  |   |  |   |  |  |               |             |      |             |             |
|  |   |   |   |  |   |  |   | bout   |  |               |             |      |             |             |
|  |   |   |   |  |   |  |   |  |  |               |             |      |             |             |
| Unit 4   |   | prevention of HIV among your peer group and community   |   |  |   |  |   |  |  | 15            | CO4         |      |             |             |
| Unit 4   |   | <ul><li>Life style diseases and its management</li><li>Heart Disease.</li></ul>                                   |   |  |   |  |   |  |  |               | 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<br>CO1  | <b>PO1</b> 2  | PO2   | PO3   | PO4  | 105   | 100  | 10/   | PO8  | <b>PSO1</b> 3  | PSO2          | PSO3        | PSO4 | PSO5        | PSO6        |
| CO<br>CO1<br>CO2   | PO1   |   | 2   | PO4  |   |  | 107   | PO8  |  | <b>PSO2</b> 2 | 3           | PSO4 |             | PSO6        |
| CO<br>CO1<br>CO2<br>CO3<br>CO4   | <b>PO1</b> 2  | PO2   | 2<br>2  |  |   | 2  | 3   | PO8  |  |               |             | PSO4 | <b>PSO5</b> | <b>PSO6</b> |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcon                                      | PO1<br>2<br><i>intribution</i>                                    | PO2   | 2<br>2<br>eragecont   | PO4  |   |  | 3   | PO8  |  |               | 3<br>2      | PSO4 |             |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcon<br>Sugges                            | PO1 2 ntribution sted Re  | PO2   | 2<br>2<br>eragecom  | tribution  | 2, La   | 2<br>wcontribu                                   | 3<br><i>ution-1,</i>  |  | 3  | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcon                                      | PO1 2 ntribution sted Re  | PO2   | 2<br>2<br>eragecom<br>:<br>A read   | tribution  | 2, La<br>aterial                                    | 2<br>wcontribu<br>will be                        | 3   |  | 3  | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcon<br>Sugges                            | PO1 2 ntribution sted Re  | PO2<br>3, Av.<br>adings<br>Note:<br>1.<br>2.  | 2<br>2<br>eragecom<br>A reac<br>Srila<br>Josh   | tribution-<br>ling ma<br>kshmi,<br>ni Shub                                       | <i>2, Lo</i><br><b>aterial</b><br>B. Die<br>hangini | 2<br>wcontribu<br>will be<br>tetics<br>i: Nutrit | 3<br><i>ution-1,</i><br><b>provid</b>   | ed by 1  | 3<br>the face  | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- H                 | PO1<br>2<br>ntribution<br>sted Re<br>Books                        | PO2<br>-3, Av.<br>adings:<br>Note:<br>1.<br>2.<br>Preve   | 2<br>2<br>eragecom<br>A read<br>Srila<br>Josh   | <i>tribution-</i><br><b>ling m</b><br>kshmi,<br>ni Shub<br><b>and so</b>         | <i>2, Lo</i><br><b>aterial</b><br>B. Die<br>hangini | 2<br>wcontribution<br>will be<br>tetics          | 3<br><i>ution-1,</i><br><b>provid</b>   | ed by 1  | 3<br>the face  | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcon<br>Sugges<br>Text- I                 | PO1<br>2<br>ntribution<br>sted Re<br>Books                        | PO2<br>-3, Av.<br>adings:<br>Note:<br>1.<br>2.<br>Preve   | 2<br>2<br>eragecom<br>A reac<br>Srila<br>Josh   | <i>tribution-</i><br><b>ling m</b><br>kshmi,<br>ni Shub<br><b>and so</b>         | <i>2, Lo</i><br><b>aterial</b><br>B. Die<br>hangini | 2<br>wcontribu<br>will be<br>tetics<br>i: Nutrit | 3<br><i>ution-1,</i><br><b>provid</b>   | ed by 1  | 3<br>the face  | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- I<br>Refer<br>Boo | PO1<br>2<br>ntribution<br>sted Re<br>Books<br>Pence               | PO2<br>3, Av.<br>adings:<br>Note:<br>1.<br>2.<br>Preve<br>1.  | 2<br>2<br>eragecom<br>:<br>A read<br>Srila<br>Josh<br>entive<br>K. P.                     | <i>tribution-</i><br><b>ling m</b><br>kshmi,<br>ni Shub<br><b>and so</b>         | <i>2, Lo</i><br><b>aterial</b><br>B. Die<br>hangini | 2<br>wcontribu<br>will be<br>tetics<br>i: Nutrit | 3<br><i>ution-1,</i><br><b>provid</b>   | ed by 1  | 3<br>the face  | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- I<br>Refer        | PO1<br>2<br>ntribution<br>sted Re<br>Books<br>Pence               | PO2<br>-3, Av.<br>adings:<br>Note:<br>1.<br>2.<br>Preve<br>1.<br>Unit 1   | 2<br>2<br>A read<br>Srila<br>Josh<br>entive<br>K. P.                                      | tribution-<br>ling ma<br>kshmi,<br>ni Shub<br>and so<br>ARK                      | 2, Lo<br>aterial<br>B. Die<br>hangini<br>ocial m    | will be<br>tetics<br>i: Nutrit                   | 3<br><i>ution-1,</i><br><b>provid</b><br>ion & E<br><b>e</b>  | ed by t  | 3<br>the fact  | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- I<br>Refer<br>Boo | PO1<br>2<br>ntribution<br>sted Re<br>Books<br>Pence               | PO2<br>-3, Av.<br>adings:<br>Note:<br>1.<br>2.<br>Preve<br>1.<br>Unit 1   | 2<br>2<br>A read<br>Srila<br>Josh<br>Entive<br>K. P.                                      | tribution-<br>ling ma<br>kshmi,<br>ni Shub<br>and so<br>ARK                      | 2, Lo<br>aterial<br>B. Die<br>hangini<br>ocial m    | will be<br>tetics<br>i: Nutrit                   | 3<br><i>ution-1,</i><br><b>provid</b>   | ed by t  | 3<br>the fact  | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- I<br>Refer<br>Boo | PO1<br>2<br>ntribution<br>sted Re<br>Books<br>Pence               | PO2<br>3, Av.<br>adings:<br>Note:<br>1.<br>2.<br>Preve<br>1.<br>Unit 1<br>https:<br>Unit 2<br>https://            | 2<br>2<br>A read<br>Srila<br>Josh<br>Entive<br>K. P.<br>I:<br>//www<br>2:<br>//www.       | tribution-<br>ding ma<br>kshmi,<br>ni Shub<br>and so<br>ARK                      | aterial<br>B. Die<br>hangini<br>ocial m             | will be<br>tetics<br>: Nutrit<br>redicin         | 3<br><i>ution-1,</i><br><b>provid</b><br>ion & E<br><b>e</b>  | ed by the second | 3<br>the fact<br>s   | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- I<br>Refer<br>Boo | PO1<br>2<br>ntribution<br>sted Re<br>Books<br>Pence               | PO2<br>3, Av.<br>adings:<br>Note:<br>1.<br>2.<br>Preve<br>1.<br>Unit 1<br>https:/<br>Unit 2<br>https://<br>Unit 3 | 2<br>2<br>A reac<br>Srila<br>Josh<br>Entive<br>K. P.<br>I:<br>//www<br>2:<br>//www.<br>3: | tribution-<br>ding ma<br>kshmi,<br>ni Shub<br>and so<br>ARK<br>.youtub           | 2, La<br>aterial<br>B. Diet<br>hangini<br>ocial m   | 2<br>will be<br>tetics<br>i: Nutrit<br>redicin   | 3<br><i>ation-1</i> ,<br><b>provid</b><br>ion & E<br><b>e</b><br>v=hG11<br>v=tcMX                   | ed by 1<br>Dietetic<br>7PA8n<br>5PD1k  | 3<br>the fact<br>s   | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- I<br>Refer<br>Boo | PO1<br>2<br>ntribution<br>sted Re<br>Books<br>Pence               | PO2<br>PO2<br>PO2<br>PO2<br>PO2<br>PO2<br>PO2<br>PO2  | 2<br>2<br>A read<br>Srila<br>Josh<br>entive<br>K. P.<br>I:<br>//www.<br>3:<br>//www.      | tribution-<br>ding ma<br>kshmi,<br>ni Shub<br>and so<br>ARK<br>.youtub           | 2, La<br>aterial<br>B. Diet<br>hangini<br>ocial m   | 2<br>will be<br>tetics<br>i: Nutrit<br>redicin   | 3<br>ution-1,<br>provid<br>ion & I<br>e<br>v=hG11   | ed by 1<br>Dietetic<br>7PA8n<br>5PD1k  | 3<br>the fact<br>s   | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- H<br>Refer<br>Boo | PO1<br>2<br>ntribution<br>sted Re<br>Books<br>Pence               | PO2<br>PO2<br>PO2<br>Preve<br>1.<br>Preve<br>1.<br>Unit 1<br>https:/<br>Unit 2<br>https://<br>Unit 4              | 2<br>2<br>A read<br>Srila<br>Josh<br>Entive<br>K. P.<br>(//www.<br>2:<br>//www.<br>3:     | tribution-<br>ding ma<br>kshmi,<br>ni Shub<br>and so<br>ARK<br>.youtub<br>youtub | 2, La<br>aterial<br>B. Diet<br>hangini<br>ocial m   | vill be<br>tetics<br>i: Nutrit<br>redicin        | 3<br><i>ation-1</i> ,<br><b>provid</b><br>ion & I<br><b>e</b><br><u>v=hG11</u><br>/=tcMX<br>/=0HiZS | ed by f<br>Dietetic<br>7PA8n<br>5PDlk<br>SpX9E   | 3<br>the fact<br>s<br><u>nzA</u><br><u>HM</u><br><u>cI</u> | 2             | 3<br>2<br>1 |      | 1           |             |
| CO<br>CO1<br>CO2<br>CO3<br>CO4<br>Strongcor<br>Sugges<br>Text- H<br>Refer<br>Boo | PO1<br>2<br>ntribution<br>sted Re<br>Books<br>Pence               | PO2<br>PO2<br>adings:<br>Note:<br>1.<br>2.<br>Preve<br>1.<br>Unit 1<br>https:/<br>Unit 2<br>https://<br>Unit 3    | 2<br>2<br>A read<br>Srila<br>Josh<br>Entive<br>K. P.<br>(//www.<br>2:<br>//www.<br>3:     | tribution-<br>ding ma<br>kshmi,<br>ni Shub<br>and so<br>ARK<br>.youtub<br>youtub | 2, La<br>aterial<br>B. Diet<br>hangini<br>ocial m   | vill be<br>tetics<br>i: Nutrit<br>redicin        | 3<br><i>ation-1</i> ,<br><b>provid</b><br>ion & E<br><b>e</b><br>v=hG11<br>v=tcMX                   | ed by f<br>Dietetic<br>7PA8n<br>5PDlk<br>SpX9E   | 3<br>the fact<br>s<br><u>nzA</u><br><u>HM</u><br><u>cI</u> | 2             | 3<br>2<br>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.                            |  |  |  |  |
|                                      |       | <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 marks</b> . |  |  |  |  |
| Activity                             | 10    | Will be decided by subject teacher.  |  |  |  |  |
| Class Test                           | 05    | Contains <b>05 descriptive questions.</b> Each question carries <b>01</b> mark.  |  |  |  |  |
| Online Test/ Objective<br>Test       | 05    | Contains <b>10 multiple choice questions.</b> 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.   |  |  |  |  |
| Total Marks                          | 50    |  |  |  |  |  |

Course created by:

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

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Signature:

Signature: