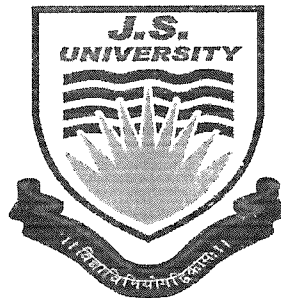


J.S. University, Shikohabad

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Value Added Course HEALTH EDUCATION AND NUTRITION

Department of Physical Education

HEALTH EDUCATION AND NUTRITION

Health education and Nutrition is not to impart knowledge only, but, to reinforce or change behavior and practices among students community. Education is also necessary for helping individuals to select the best diet possible from the food available, whether it is home-produced or must be purchased, often within limited funds. Finally, it is essential that students gain an appreciation of the therapeutic value of food and its role in the maintenance of health.

Learning Outcome:

This Course will provide knowledge of Health Education and Nutrition

Duration: 30 Hours. (Theory and Practical)

Course Outcomes: -

1. To develop nutrition advisory services and nutrition education of the students.
2. To participate in nutrition awareness programmes.
3. To improve nutritional levels in the students community.
4. To maintain their body physical fit.
5. To aware about the adulteration process.

Unit: 1 Health Education

Aims and objective, scope and evaluation, problems of health education, different methods and schemes, mental fitness and positive and negative aspects of health.

Suggested Activity: Simple Aerobic and Yogic Exercises

Unit: 2 Health Developments

Fitness programs, routine examination, Physical development, and exercise. Role of family and school in health development. Safety education in the home, school, and road.

Suggested Activity: Conducting Nutritional games in group, Preparing Homemade simple foods

Unit: 3 Wealth Educations

Meaning and definition of Wealth of health- the wealth of ear, eye, and teeth. Human systems- respiratory, circulatory, muscular and digestive systems.

Suggested Activity: Puppet show to maintain the wealth education

Unit: 4 Science of Nutrition

Food and its sources, Balanced diet- definition, Malnutrition, Diet maintenance for controlling obesity (BMI), Basic Principles of dietetic management. Underweight and weight management.

Suggested Activity: Awareness Programme - Mal Nutrition – childhood, Adolescence, Adulthood – Documentary film

Unit: 5 Food adulteration and diseases

Food adulteration- meaning, types, adverse effects and control measures. Diseases - Infectious and contagious and non contagious diseases.

Suggested Activity: Conducting seminar to create awareness of food adulteration- Chart, Posters preparation

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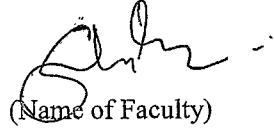

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