

## **OPEN COURSE (FOR OTHER STREAMS)**

### **ZY5OPT02**

#### **2. 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**

Principles of Accident prevention

Health and Safety in daily life.

Health and Safety at work.

First aid and emergency care.

Common injuries and their management.  
 Modern life style and hypokinetic diseases.  
 Diabetese, Cardiovascular disorders-Prevention and  
 Management.

**Module 4 Life Skill Education 8 Hrs**

Life skills, emotional adjustment and well being,. Yoga, Meditation and Relaxation,  
 Psychoneuroimmunology

**PART II PUBLIC HEALTH AND SANITATION**

**Module 5 Public health and water quality. 11 Hrs**

Potable water, Health and Water quality  
 Faecal bacteriae and pathogenic microorganisms transmitted by water. Determination of  
 sanitary quality of drinking water, water purification techniques

**Module 6 Public health and diseases 15 Hrs**

**Water borne diseases**-Cholera and Typhoid.Prevention of Water borne diseases.

**Food borne diseases and Prevention**

Botulinum, Salmenellosis, Hepatitis A

**Vector borne diseases & Control measures**

Chikungunya , Filariasis and Dengu fever

**Zoonotic disease**-Leptospirosis & its control

**Emerging diseases** - Swine flue (H1N1), bird flue (H5N1),  
 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