

**MPED – II Semester
PART – A
THEORY COURSES**

**MPCC – 201:
Course Title: HEALTH EDUCATION AND SPORTS NUTRITION**

Credit			Teaching Hours		
Lecture/Tutorials	Practical/Internship	Total	Lecture/Tutorials	Practical/Internship	Total
3	1	4	48	32	80

THE COURSE OBJECTIVE IS

- To appraise the concept of holistic health through fitness and wellness
- To explain the students about the concept of physical fitness , health related and motor fitness
- To describe the contemporary health issues.
- To apply practical principles of the fitness & wellness

COURSE LEARNING OUTCOMES:

- Understand the concept of holistic health through fitness and wellness
- Explain the concept of physical fitness , health related and motor fitness
- Evaluate primary health status
- Prepare fitness schedules& evaluate fitness

UNIT I: Health Education

- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance instruction in personal hygiene
- Level of Health Care – Primary, Secondary, Tertiary
- Concept of Well Being and its components

UNIT II: Hygiene, Sanitation, Communicable and non-communicable disease

- Meaning and Types of Hygiene and Sanitation
- Care of Skin, Nails, Clothing, Bathing, Eyes, Mouth and Teeth.
- Rural and Urban Health problem
- Environmental sanitation, Personal and Environmental Hygiene for schools
- Communicable (Tuberculosis, AIDS, Rabies, Cholera) and Non Communicable Diseases (Cardiovascular Diseases, Cancer, Diabetes)

UNIT III: Schools Health Services

- Meaning & Objective of School Health Service
- Health Problem of School Child
- Role of health education in schools
- Health Services - Health record, Healthful school environment, first- aid and emergency care
- Mid-day School Programme

UNIT IV: Food, Nutrition and Health Problem:

- Meaning of Food & Nutrition.
- Sources and functions of various nutrients.
- Balance diet.

- Obesity, Malnutrition, Adulteration in food

LIST OF PRACTICUM

- Visit to factory and note down the occupational hazards/accidents that occur due to working conditions and prevention.
- Visit to Milk dairy and prepare a report based on the observation of the process of preparing milk.
- Visit to Institute Mess and/or Hotel and suggest steps to improve the hygiene there.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Volunteering/Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations

TEXT & REFERENCES:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger&
- Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York
- Benardot, D. (2012). Advanced sports nutrition. Champaign, IL: Human Kinetics. ISBN 9781450401616
- Burke, L. (2007). Practical sports nutrition. Champaign, IL: Human Kinetics ISBN. 9780736046954
- Connolly, M. (2012). Skills-based health education. Sudbury, MA: Jones & Bartlett Learning. ISBN 9781449630201
- Koelen, M., & Ban, A. (2004). Health education and health promotion. Wageningen, Netherlands: Wageningen Academic Publishers. ISBN 9789076998442
- Gilbert, G., Sawyer, R., & McNeill, B. (2011). Health education. Sudbury, Mass.: Jones and Bartlett Publishers. ISBN 9780763759292