Semester ITheory courses

BPD-C103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following…….

CO-1. Identifying the concepts of health education and environmental studies.
CO-2. Observing the issues related to Health & environment.
CO-3. Practicing various tools for measuring health services.
CO-4. Analysing & evaluating health records for creating health awareness.
CO-5. Creating healthy, hygienic and environmental friendly environment.

Unit – I Health Education (10 Hrs.)

Concept, Dimensions, Spectrum and Determinants of Health
Definition of Health, Health Education, Health Instruction, Health Supervision
Aim, objective and Principles of Health Education
Health Service and guidance instruction in personal hygiene

Unit – II Health Problems in India (15 Hrs.)

Communicable and Non Communicable Diseases
Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population
Personal and Environmental Hygiene for schools
Objective of school health service, Role of health education in schools
Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit – III Environmental Science (15 Hrs.)

Definition, Scope, Need and Importance of environmental studies.
Concept of environmental education, Historical background of environmental education,
Celebration of various days in relation with environment.
Plastic recycling & probation of plastic bag / cover.
Role of school in environmental conservation and sustainable development.

Unit – IVNatural Resources and related environmental issues: (15 Hrs.)

Water resources, food resources and Land resources
Definition, effects and control measures of:Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
Management of environment and Govt. policies , Role of pollution control board.

References:

Agrawal, K.C. (2001). *Environmental biology*.Bikaner: Nidhi publishers Ltd.
Frank, H. &Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
Nemir, A. (n.d.). The school health education. New York:Harber and Brothers.
Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4								
CO 5								