MPD-C303 HEALTH EDUCATION AND SPORTS NUTRITION

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

CO-1. Memorizing the concepts of health education and sports nutrition.
CO-2. Describing the concept of various communicable diseases, personal hygiene and health services.
CO-3. Articulating and planning for healthful school environment.
CO-4. Judging diet plan and managing body weight.
CO-5. Assessing health records for creating health awareness.

Unit - I Health Education

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

Communicable and Non Communicable Diseases
Obesity, Malnutrition, Adulteration in food, Environmental sanitation, 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 – Hygiene and Health

Meaning of Hygiene, Type of Hygiene, dental Hygiene
Effect of Alcohol on Health, Effect of Tobacco on Health
Life Style Management, Management of Hypertension
Management of Obesity, Management of Stress

Unit – IV- Introduction to Sports Nutrition and Nutrition and Weight Management

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat)
Role of carbohydrates, Fat and protein during exercise.
Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle
Weight management program for sporty child, Role of diet and exercise in weight management
Design diet plan and exercise schedule for weight gain and loss.

References: Hanlon, John J. "Principles of Public Health Administration" 2003.
Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
Ghosh, B.N. "Treaties of Hygiene and Public Health".
Moss "Health Education" (National Education Association of U.T.A.)Nemir A.

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