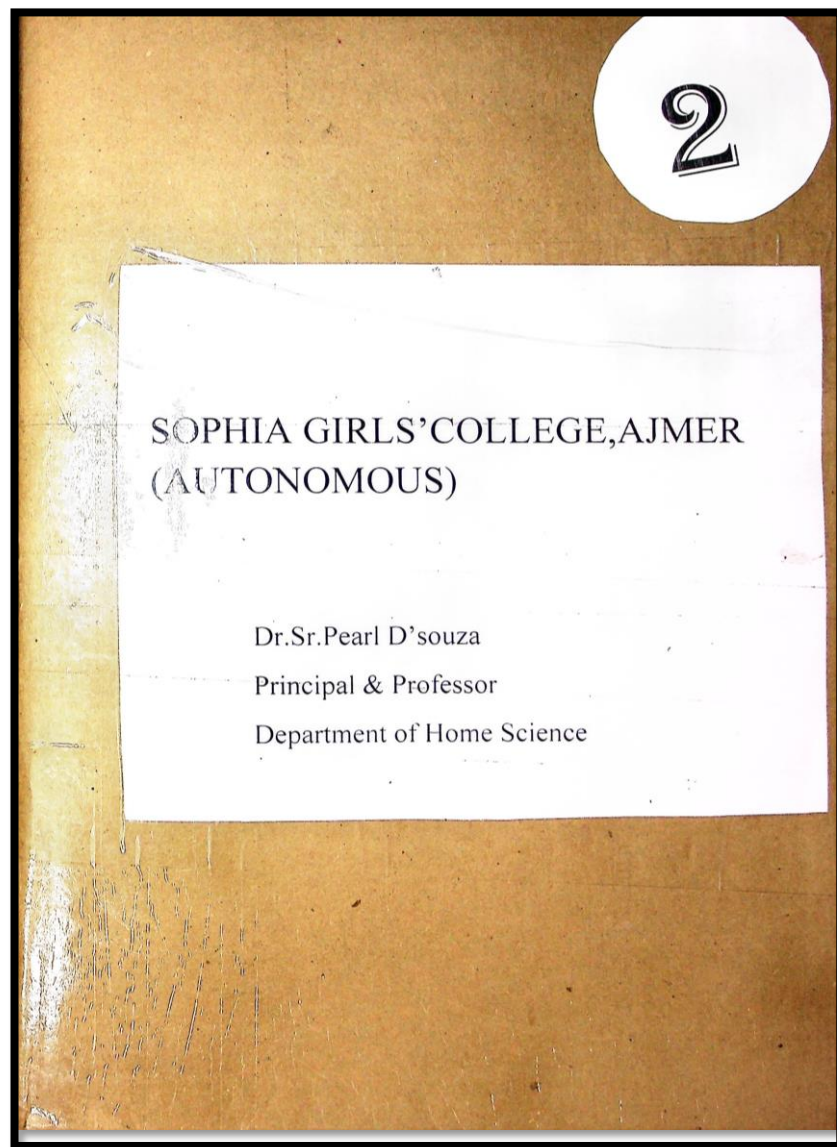




## SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER



**COURSE\_PLAN\_2022-23\_PROF\_SR\_PEARL\_DSOUZA**



**SOPHIA GIRL'S COLLEGE, AJMER (AUTONOMOUS)**

**B.A I (SEMESTER I)  
Human Physiology –I (PAPER I) -101)**

Max. Marks : 100 ( 75 Ext, 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 04

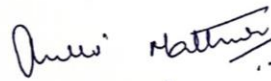
**COURSE PLAN**

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I July August	1. Cell: a. Structure and functions of a cell.	To explain the structure and functions of cell	PPT, Chart, Diagrams, videos	Identify the concepts of structure and functions of cells and tissues of the body	Define Cell  What are Epithelial tissues? Explain the structure and functions of Connective tissues	Knowledge--60 Understanding-30 Higher Order-10
	a. Tissues of the body-General characteristics and functions.	To Illustrate the various tissues of the body with their structure and functions	Diagrams , Ppt , E-content development	To explain the structure and functions of Heart		
	1. Heart: a. Structure and functions of heart and blood vessels. b. Blood pressure c. Pulse rate.	Structure and functions of heart and blood vessels.	Diagrams , Ppt , online videos		Discuss the structure of Heart.	

*Sr Pearl*



October	UNIT II 1. <b>Skeletal system:</b> a. Structure of Bone. b. Functions of bone	To Illustrate and understand the structure and functions of bones.	Diagrams ,Ppt	Illustrate the Structure and functions of different synovial joints  Analyze the structure and classification of different joints.	Knowledge--60 Understanding-30 Higher Order-10
	a. Joints - Classification of joints b. Structure and classification of synovial joints.	Illustrate Structure and classification of synovial joints.	Diagrams, Presentations, E- content and online videos		
	1. <b>Respiratory system:</b> a. Structure and functions of all Respiratory organs.	Explain the structure and functions of all Respiratory organs.	Diagrams, Presentations, E- content and online videos		
End Of November to last December	UNIT III a. Mechanism of breathing b. External and Tissue Respiration	Illustrate the mechanism of respiration.	Diagrams and Ppt	Analyze the structure and functions of respiratory and digestive organs.	
	6. <b>Digestive system:</b> a. Structure and functions of all digestive organs. b. Mechanism of digestion c. Absorption of proteins, fats and carbohydrates.	Mechanism of digestion and absorption of nutrients	PPT, Demonstration,  Group Discussion		

  
**Head**  
**Department of Home Science**  
**Sophia Girls' College**  
**(Autonomous), Ajmer**



  
**PRINCIPAL**  
**SOPHIA GIRLS' COLLEGE**  
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**AJMER**

**COURSE PLAN**  
**DEPARTMENT OF HOME SCIENCE**  
**SOPHIA GIRL'S COLLEGE, AJMER**  
**(Autonomous)**

**Session 2022-23**  
**Semester II**



## B.A I (SEMESTER II)

### H.SC 201(Community Nutrition and Public Health)

Max. Marks : 75 (50Ext; 25 Int)

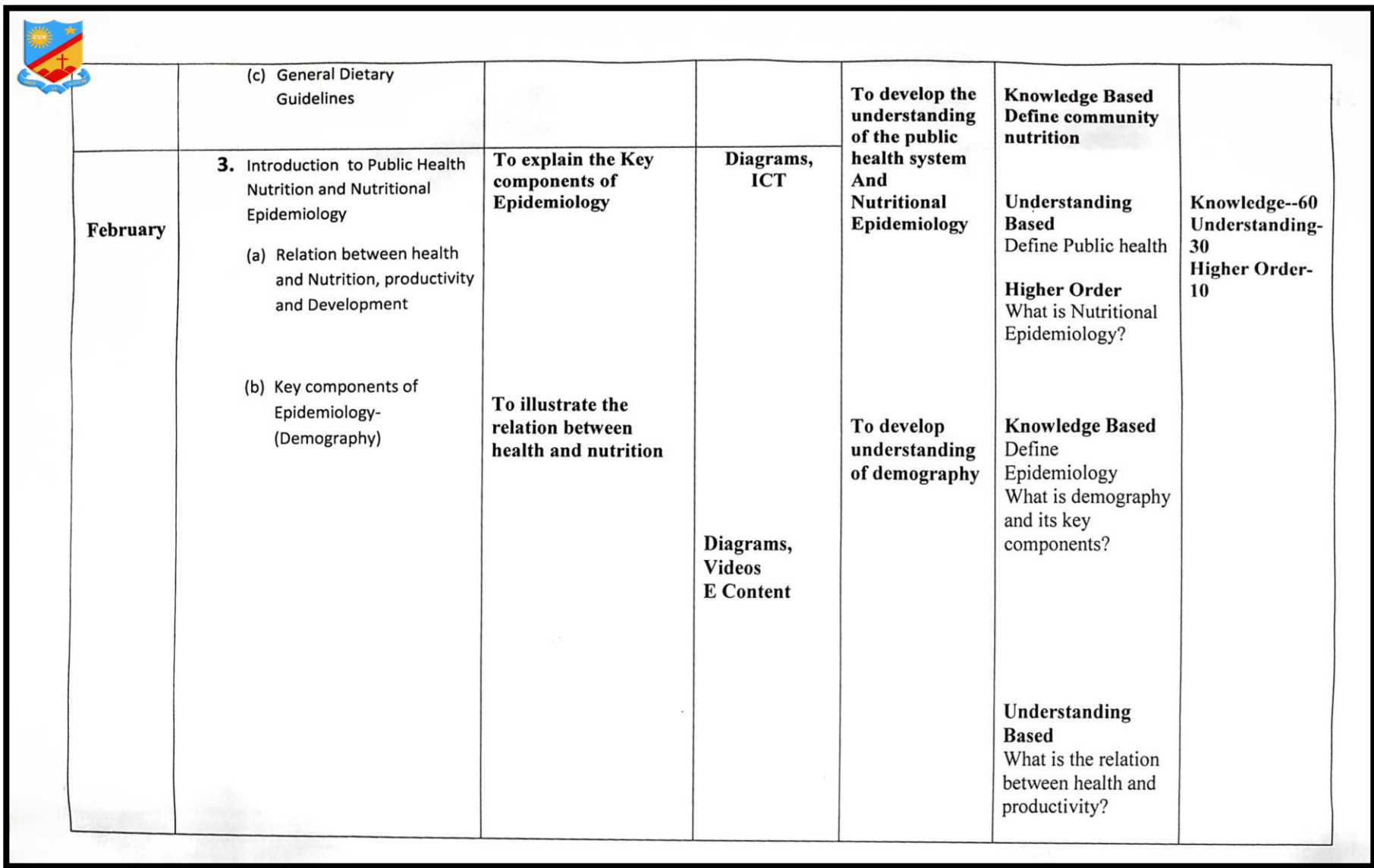
Min. Marks: 30(20 Ext;10 Int)

Credit: 03

#### COURSE PLAN

SEM II Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
January	<b>UNIT I</b> <b>1.</b> Definition and Meaning: Health, Health Care, Nutrition, Public Nutrition and Primary health care.  <b>2.</b> Introduction to Community Nutrition (a) Meaning and Definition:, Community Nutrition (b) Relation between health and Nutrition, productivity and Development	To understand the concept of health and community Nutrition.	PPT, Diagrams E Content	Understanding the meaning and definition health and public nutrition  Analyze the relation between health and nutrition	<b>Knowledge Based</b> -Define Health  <b>Understanding Based</b> Illustrate the General dietary guidelines  <b>Higher Order</b> Explain the meaning and definition of community nutrition	Knowledge--60 Understanding- 30 Higher Order- 10







## Unit II

### 4. Assessment of Nutritional Status and Nutritional Surveillance :

Introduction, definition, objectives, methods advantages and disadvantages of Assessing Nutritional Status:

(a) Anthropometry

(b) Biochemical

(c) Clinical

(d) Dietary

(e) Vital statistics – indicators and their use.

### 5. Approaches and Strategies for improving health and Nutritional Status and methods of improving Nutritional quality:

**To learn about the Different methods of assessment of Nutritional Status**

**To illustrate the approaches of improving health and nutritional status**

**PPT Presentations**

**To develop the understanding of Nutritional Surveillance**

To clarify the concept of vital statistics, their indicators and their use

### Higher Order

Illustrate the various methods of assessing the Nutritional status

Explain the approaches and strategies for improving health And nutritional status

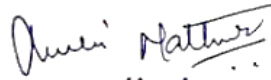


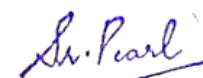
	<p>(a) Health based – PHC, Family Welfare Programme</p> <p>(b) Food Fortification- definition and methods</p> <p>(c) Nutrient Supplementation: Definition and types of supplements.</p> <p>(d) Nutrition Education and Participatory training</p>	<b>To explain the methods of food fortification and supplementation</b>		To develop the understanding of Nutrition supplementation		
<b>March and April</b>	<p><b>UNIT – III</b></p> <p><b>6. Common Nutritional Problems-their causes, incidence ,general signs and symptoms and treatment of:</b></p> <p>(a) PEM</p> <p>(b) Vitamin A</p> <p>(c) Iron</p> <p>(d) Iodine</p>	<b>To Explain the causes symptoms and treatment of nutritional problems</b>	<b>Diagrams, PPT</b>	To develop understanding of the common nutritional problems	<p><b>Knowledge Based</b> Define Food Consumption pattern</p> <p><b>Understanding Based</b> What are the values underlying the food choices?</p>	





	<p>(e) Fluorosis</p> <p>7. Food Consumption pattern and Public Distribution System</p> <p>(a) Values underlying food choices.</p> <p>(b) Effect of food beliefs and ideologies education, food availability, food prices</p> <p>8. Food balance sheets: Introduction, Definition and Objectives</p>	<p>To explain the food consumption pattern and public distribution system</p> <p>To explain the objectives of food balance sheets</p>	<p>Assignments And PPT Presentations</p>	<p>To develop understanding of food consumption pattern and public distribution system.</p>	<p><b>Higher Order</b> Explain the Causes, symptoms and incidence of:</p> <ul style="list-style-type: none"> <li>Vitamin A Deficiency</li> </ul> <p><b>Knowledge Based</b></p> <p>Define food distribution system?</p> <p><b>Understanding Based</b></p> <p>Explain the effect of food beliefs and ideologies.</p> <p><b>Higher Order</b></p> <p>Illustrate the objectives of food balance sheets.</p>	
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