**OPEN COURSE**

ZY5OPT02  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 dseases-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

5. Tom Sanders and Peter Emery. (2004) Molecular basis of human nutrition: Taylor  & Francis  Publishers Ane Book 6. Pelczar M.J. Jr. E.C.S. Chane & N.R. Krieg, Microbiology (Concept & Applications). 5th edition. Tata McGraw Publishing Company Ltd.