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ELECTIVE COURSE. ZY6CBT04

4. NUTRITION, HEALTH AND LIFESTYLE MANAGEMENT

72 Hrs.

3 Credits

Objectives:

1. To provide students with a general concept of health and the parameters that define health and wellness.
2. To understand principles of nutrition and its role in health.
3. To familiarize the students regarding food safety, food laws & regulations.
4. To provide knowledge and understanding regarding life style diseases.
5. To promote an understanding of the value of good life style practices, physical fitness and healthy food habits for life style disease management.

Module I

15 Hrs

Nutrition and health: Nutritional requirements of man, classification of major nutrients

including protein, vitamins and minerals, water, role of fibre, biological value of food components, food groups and sources, balanced diet, RDA, BMI, BMR, Calorie intake and expenditure, Healthy eating pyramid, Nutrition in infancy, preschool, school, adolescent, pregnancy, lactation and old age. Nutrition in diseases and special conditions. Food safety: Nutrition education, food sanitation and hygiene, food adulteration and consumer protection.

Module II

18 Hrs

Understanding of health: Define health, basic concepts, dimensions of health, basic parameters of health care. (Health Parameters: Individual normal standards, devices. 1. Blood pressure, 2. Brain activities and sleep, 3. Focus or attention, 4. Pulse, 5. Body temperature, 6. Daily physical activities, 7. Electrocardiogram (ECG), 8. Cardiac fitness 9. Stress, 10. Haematological parameters, 11. BMI

Module III

15 Hrs

Introduction to Life style diseases

Common life style diseases: Alzheimer's disease and other neural disorders, asthma, cancer, cardio vascular diseases - including hypertension, Atherosclerosis and stroke, chronic obstructive pulmonary disease, Diabetes Mellitus or Type 2 Diabetes, kidney disorders and chronic renal failure, constipation, depression, gastro-intestinal disturbances including diarrhoea and peptic ulcer, liver cirrhosis and other liver diseases, obesity, osteoporosis, occupational lifestyle diseases.

Modern lifestyle disorders: sleeping habits, junk food, poor eating habits, anxiety, food poisoning

Module IV

10 Hrs

Causes of lifestyle diseases: Defects of modern food habits and unbalanced diet options, food adulteration, environmental pollution, poor life style choices, drug abuse, tobacco smoking, alcohol and drug consumption, lack of adequate exercise, wrong body posture,

disturbed biological clock, stressful environmental conditions

Module V

14 Hrs

Prevention and control of life style diseases:

Healthy life style habits and practices, healthy eating habits, exercise and fitness, good sleep patterns, a strict no to alcohol, drugs, and other illegal drugs. Uncontrollable factors like age, gender, heredity and race.

Healthy diet: disease prevention through appropriate diet and nutrition, avoiding foods that are high in fats, salt and refined products. Avoid junk food and replace by natural food/ organic food.

Physical exercise: Moderate exercise for fitness of body, walking, stretching, right postures of sitting & standing, relaxation and cutting down of stress, sports, aerobic exercise and yoga.

Health literacy as a public health goal: Awareness programs in schools, colleges and through mass media.

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**13. COMPLEMENTARY ZOOLOGY COURSES OFFERED BY ZOOLOGY DEPARTMENT FOR - MODEL I – BSc BOTANY / BSc HOME SCIENCE
MODEL II – BSc BOTANY, BSc (AQUACULTURE)
MODEL III – BSc (BIOLOGICAL TECHNIQUES AND SPECIMEN PREPARATION)**