

HEALTH AND FITNESS CLUB

Part – V Syllabus

Program Code: HFC

2021- Onwards



MANNAR THIRUMALAI NAICKER COLLEGE

(AUTONOMOUS)

Re-accredited with “A” Grade by NAAC

PASUMALAI, MADURAI – 625 004



MANNAR THIRUMALAI NAICKER COLLEGE (AUTONOMOUS)
HEALTH AND FITNESS CLUB
 (For those who joined in 2021-2022 and after)

Course Name	HEALTH AND FITNESS			
Course Code	21UELAG45	L	P	C
Category	Extension Activity	-	-	1
Nature of course:	EMPLOYABILITY	✓	SKILL ORIENTED	ENTREPRENURSHIP
Course Objectives:				
1: To enable the students to understand the concept of physical, social, mental and spiritual dimensions of health				
2: To identify the various methods of preventive, social and community medicine in public health.				
3: To analyze the importance of nutrition and its consumption				
4: To examine the communicable and Non communicable diseases				
5: To support the health policy and health for all.				
Unit: I	Health & Disease			
Concept of Health and Disease, Physical, Social, Mental and Spiritual Dimensions of Health. Indicators of Health – Vital Statistics and its Importance, Mortality, Morbidity.				
Unit: II	Public Health			
Public Health – Definition, Meaning, Functions and Importance. Preventive, Social and Community Medicine.				
Unit: III	Nutrition and its importance			
Health and Illness, Reproduction, Fertility and Contraception. Nutrition and Health, Importance of Nutrients and its Consumption. Deficiency Diseases – Their Prevention and Control. Balanced Diet.				
Unit: IV	Communicable and Non communicable diseases			
Communicable and Non-Communicable Diseases like, Tuberculosis, Malaria. Small Pox, Cancer, Diabetes, Sexually Transmitted Diseases and AIDS.				
Unit: V	Health policy and Health for All			
Health Planning and Management – Process and Techniques. Health for All by 2000 AD -Objectives, Targets. National Health Policy and National Health Programmes in India.				
Books for Study:				
1. Akhtar, R, India: Health Care Pattern and Practices , APH Publishing, New Delhi, 2004.				
2. Nirmala Nikethan, Community Care and Support for Persons Living with HIV / AIDS – Challenges for the New Millennium , Nirmala Nikethan, Bombay, 2004.				
Books for References:				
1. Pomerleau, J. Mckee. M (Ed), Issues in Public Health , Tata McGraw Hill. New Delhi, 2006.				
2. Mishra, R.C, HIV/AIDS Education , APH Publishing Corporation, New Delhi, 2005.				
3. Ramasamy P., General and Medical Sociology , New Millennium Publications., Chennai, 2008.				
Web Resources:				
1. https://www.euro.who.int/en/health-topics/Health-systems/public-health-services/public-				

health-services	
2. https://www.unicef.org/media/60806/file/SOWC-2019.pdf	
3. https://vikaspedia.in/health/nutrition/nutrition-and-health-1	
4. https://www.medicalnewstoday.com/articles/communicable-diseases	
5. https://www.slideshare.net/maheswarijaikumar/health-for-all-84526863	
Course Outcomes	K Level
On the successful completion of the course, The students will be able to	
CO1:	Enable the students to understand the concept of health and disease
CO2:	Familiarize the public health concept and its function
CO3:	Develop an attitudes towards nutrition, importance and its consumption
CO4:	Sensitize the students on communicable and Non communicable disease.
CO5:	Examine health for al and health policy in India.
	K1
	K2
	K2
	K2
	K2

CO & PO Mapping:

CO's	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6
CO 1	3	1	1	2	2	3
CO 2	3	2	2	2	2	3
CO 3	2	3	3	3	3	3
CO 4	2	3	2	3	3	3
CO 5	2	2	3	3	3	3

*3 – Advanced Application; 2 – Intermediate Development; 1 - Introductory Level

Course Designed by:

Mr. R.Ramachandran, Assistant Professor.