

HEALTH AND FITNESS CLUB

Part – V Syllabus

Program Code: UHF

2023- Onwards



MANNAR THIRUMALAI NAICKER COLLEGE

(AUTONOMOUS)

Re-accredited with “A⁺” Grade by NAAC

PASUMALAI, MADURAI – 625 004

**MANNAR THIRUMALAI NAICKER COLLEGE (AUTONOMOUS),
MADURAI – 625 004
HEALTH AND FITNESS CLUB CURRICULUM**
(For the students admitted from the academic year 2023-2024 onwards)

Course Code	Title of the Course	Hrs	Credits	Maximum Marks		
				Int	Ext	Total
SIXTH SEMESTER						
Part – V	Extension activities					
23UHFET61	Health and Fitness Club	-	1	25	75	100
Total		-	1	25	75	100

SIXTH SEMESTER

MANNAR THIRUMALAI NAICKER COLLEGE (AUTONOMOUS)



HEALTH AND FITNESS CLUB CURRICULUM FOR THOSE WHO JOINED IN 2023-2024 AND AFTER

Name of the Course	Health and Fitness Club			
Course Code	23UHFET61	L	P	C
Category	Extension Activities	-	-	1

COURSE OBJECTIVES:

- To enable the students to understand the concept of physical, social, mental and spiritual dimensions of health
- To identify the various methods of preventive, social and community medicine in public health.
- To analyze the importance of nutrition and its consumption
- To examine the communicable and Non-communicable diseases
- 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, 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 -Definition. Communicable Diseases -Tuberculosis, smallpox, COVID-19, Sexually Transmitted Diseases and AIDS. Non-Communicable Diseases. Cancer, Diabetes,

UNIT - V Health policy and Health for All

National Health Policy and National Health Programmes in India. Ayushman Bharat (PM-JAY), Saksham Anganwadi and POSHAN 2.0 scheme, Tamil Nadu Chief Minister's Comprehensive Health Insurance Scheme (CMCHIS)

BOOKS FOR STUDY:

- Akhtar, R, **India: Health Care Pattern and Practices**, APH Publishing, New Delhi, 2004.
- Nirmala Nikethan, **Community Care and Support for Persons Living with HIV / AIDS – Challenges for the New Millennium**, Nirmala Nikethan, Bombay, 2004.

BOOKS FOR REFERENCES:

- Pomerleau, J. Mckee. M (Ed), **Issues in Public Health**, Tata McGraw Hill. New Delhi, 2006.
- Mishra, R.C, **HIV/AIDS Education**, APH Publishing Corporation, New Delhi, 2005.
- Ramasamy P., **General and Medical Sociology**, New Millennium Publications., Chennai, 2008
- Park, K. (2020). *Indian public health policy* (25th ed.). Banarsidas Bhanot.

WEB RESOURCES:

- ❖ <https://www.euro.who.int/en/health-topics/Health-systems/public-health-services/public-health-services>
- ❖ <https://www.unicef.org/media/60806/file/SOWC-2019.pdf>
- ❖ <https://vikaspedia.in/health/nutrition/nutrition-and-health-1>
- ❖ <https://www.medicalnewstoday.com/articles/communicable-diseases>
- ❖ <https://www.slideshare.net/maheswarijaikumar/health-for-all-84526863>
- ❖ https://www.nhp.gov.in/nhpfiles/national_health_policy_2017.pdf

Nature of Course	EMPLOYABILITY				SKILL ORIENTED		✓	ENTREPRENEURSHIP		
Curriculum Relevance	LOCAL		REGIONAL			NATIONAL			GLOBAL	✓
Changes Made in the Course	Percentage of Change			10%	No Changes Made				New Course	
* Treat 20% as each unit (20*5=100%) and calculate the percentage of change for the course.										

COURSE OUTCOMES:**K LEVEL**

After studying this course, the students will be able to:

CO1	Enable the students to understand the concept of health and disease	K1 to K2
CO2	Familiarize the public health concept and its function	K1 to K2
CO3	Develop an attitudes towards nutrition, importance and its consumption	K1 to K2
CO4	Sensitize the students on communicable and Non communicable disease.	K1 to K2
CO5	Examine health for all and health policy in India.	K1 to K2

MAPPING WITH PROGRAM OUTCOMES:

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
C01	3	1	1	2	2	3	3	1	1	2
C02	3	2	2	2	2	3	3	2	2	2
C03	2	3	3	3	3	3	2	3	3	3
C04	2	3	2	3	3	3	2	3	2	3
C05	2	2	3	3	3	3	2	2	3	3
S- STRONG				M – MEDIUM				L - LOW		