

# HEALTH EDUCATION

Semester – 6<sup>th</sup>

ES - 6

HE (605)

Credit – 2 + 0 = 2

---

## Objectives :-

- To aware the students about health educational health services.
- Be familiar with the individual health habits and infection diseases.
- To aware the students about firstaid, physical fitness and latest methods of diagnosis.

## Unit – 1 Health Education & Health Services.

- Health concept, Factors affecting personal Hygiene, qualities of good health, main objectives of Health education.
- Types of school Health programmes & Health Services, Facilities for Health Education.

## Unit – 2 Individual health habits & Infectious diseases.

- Good Habits, some bad habits, characteristics of Infections diseases, Protective measures, Types of Disinfectants.
- Air-borne diseases, water borne disease, Insect-bore diseases, Infectious diseases, common characteristics of sexual diseases.

## Unit – 3 First AID & Nutrition.

- Shock, Drowning, Poisoning, Food – Poisoning, Brain Hemorrhage, Bleeding Massage, Bandages and Splints, First AID Box.
- Balanced Diet, Importance of Food Constituents, Factors for affecting to need of balanced diet.

## Unit – 4 Physical Fitness.

- Different aspects on physical fitness, strength, speed, Endurance, Flexibility, Co-ordination.
- Latest Methods of Diagnosis: C.T.Scane, M.R.I, Endoscopy, Plastic Surgery, Telemedicine's.

## Reference:

- OPF IUZLX VFZ EĤ4 OPF 5βDL VFZ EĤ; 1999 XZLZIJ 7FG VFZMl XF: + VG[ZDTIJ 7FG; WJ, 5\$FXG