

M.P.E. - 403 Health Education and Nutrition Care

Unit –I:

- Health Education its contains aims, concepts
- Use of Audivisual aids
- Medical care in rural and urban area
- Primary Health centre
- Three tires system of Health care
- W.H.O.

Unit –II: School health programme

- Medical Chequeup
- Common Childhood diseases
- Dental, Mental, health, eye troubles
- Heath Cards
- Role of PT teacher, class teacher and doctor
- School Service
- Need of sex education

Unit –III:

- Water borne diseases
- Ideal well and maintances
- Light, noice, temperature and raditions their effect on health
- Milk and Food borne diseases AIDS
- Alcoholism
- T.B., Teatnus, Malaria, Rabies
- Chickenpox, Mompchs and Measles

Unit –IV: Nutritions

- Nutritions Proximate Principles and their balance brief Description of nutritions in various Food
- Nutritions and sports performance
- Nutritions in sports
- Food for children at primary and middle and secondary level
- Nutritions and dietary manipulations

Unit –V:

- Food toxins
- Food borne illness,
- Vegetarion Food,
- Behavior advantages of Vegetarion diet
- Non nutritives Foods
- Food Poisoning

Reference

- Allen G. Stull, 1980, Encyclopedia of Physical Education and Fitness and sports, Brighten Publishing Cp.NewYouk
- The School health and Health Education/USA St.Louis, C.V.Mosbi-1952
- Turner, Personal and community, Health St.Louis, C.V.Mosbi-1971