

FACULTY OF SCIENCES

SYLLABUS

FOR

Bachelor of Vocation (B.Voc.) (NUTRITION, EXERCISE & HEALTH) (SEMESTER: V-VI)

Examination: 2019-20



GURU NANAK DEV UNIVERSITY AMRITSAR

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Bachelor of Vocation in (B.Voc.)
(Nutrition, Exercise & Health) (Semester System)

SEMESTER-V

S.no	Paper title	Theory	Practical	Maximum marks
I.	Diabetic Education-IV	75	-	75
II.	Diet Assistant-IV	75	-	75
III.	Computer (Internet Applications)	50	-	50
IV.	Social welfare	75	-	75
V.	Cafeteria	-	75	75
VI.	Soft skill and communication	50	-	50
	Total	-	-	400

SEMESTER-VI

S.no	Paper title	Theory	Practical	Maximum marks
I.	Diabetic Education-V	75	-	75
II.	Diet Assistant-V	75	-	75
III.	Computer (Database Concepts)	50	-	50
IV.	Extension education and AV Aids	50	50	100
V.	Training	-	-	100
	Total	-	-	400

**Bachelor of Vocation (B.Voc) in
(Nutrition, Exercise and Health) (Semester-V)**

**PAPER-I: DIABETIC EDUCATION-IV
(Theory)**

Time: 3 Hours
6 Lectures/per week

Max. Marks: 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

CONTENTS

SECTION-A

1. Insulin and its types, syringe and pen injection types/ parts, usage techniques and safety measures while using insulin injections.

SECTION-B

2. Hypoglycaemia: Definition, complications, treatment and its management
3. Special care for diabetic patients: Hand care, Foot care, Eyes care and Weight management

SECTION-C

4. Initial assessment of diabetic patients: Biochemical and Anthropometric assessment, Disease history and current status evaluation

SECTION-D

5. Reassessment of diabetic patients and follow ups: Diet counselling, Diet and Drug Insulin management

NOTE: Students have to visit healthcare institutions and clinical attachments.

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College : 1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised & enlarged) B. app C-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

**Bachelor of Vocation (B.Voc) in
(Nutrition, Exercise and Health) (Semester-V)**

**PAPER-II: DIET ASSISTANT-IV
(Theory)**

Time: 3 Hours
6 Lectures /per week

Max. Marks: 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

CONTENTS

SECTION-A

Patient's right and environment

- Arrangement to ensure patient safety and comfort while taking food
- Cleanliness and hygiene environment while preparing and serving food.
- Sensitivities involved in the patients' right
- Dietary assistant role in maintaining patient's right

SECTION-B

Safety and first aid

- Precaution to ensure patient's safety
- Precaution to be taken to ensure food preservation while transporting
- Emergency conditions encountered during food management of patient.
- Common medical emergencies to raise an alarm
- Basic of first aid

SECTION-C

Sensitization towards organization policies and procedure

- Organization policies and procedure
- Techniques to remove spills in accordance with policies and procedures of the organization

SECTION-D

Dietary education

- Nutritional information of different food items
- Medical condition of the patient and required diet
- Importance of dietary prescription as stipulated by dietician/ physician
- Common drugs and nutrient interaction
- Consideration to personal preferences, culture aspects and religious restrictions while providing dietary education

**Bachelor of Vocation (B.Voc) in
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References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College : 1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised & enlarged) B. app C-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

**Bachelor of Vocation (B.Voc) in
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**PAPER-III: COMPUTER (INTERNET APPLICATIONS)
(Theory)**

**Time: 3 Hours
6 Lectures /per week**

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

CONTENTS

SECTION-A

Introduction about internet and its working, Business use of Internet Services offered by Internet.

SECTION-B

E-mail: Basic introduction, advantages and disadvantages, structure of an e-mail message, working of e-mail (sending and receiving message), managing e-mail (creating new folder, deleting message, forwarding messages, filtering messages)

SECTION-C

WWW: Introduction, working of WWW, Web Browsing, DNS & IP Addressing.

SECTION-D

Search Engine: About Search Engine, Components of search engine, working of search engine

**Bachelor of Vocation (B.Voc) in
(Nutrition, Exercise and Health) (Semester-V)**

**PAPER-IV: SOCIAL WELFARE
(Theory)**

**Time: 3 Hours
6 Lectures /per week**

Max. Marks: 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

CONTENTS

SECTION-A

1. Concept of Social Welfare:

- (a) Meaning, Importance.
- (b) Social welfare as distinguished from social work, social service, social reform and social action.

SECTION-B

- (c) Broad fields of social welfare
- (i) Family and child welfare (ii) Medical and psychiatric welfare (iii) Correctional service

SECTION-C

Social welfare agencies and institutions involved in social welfare:

- (a) Social welfare administration
- (b) Functioning of central and state government.
- (c) Ministeries and departments of social welfare
- (d) Trends in social welfare administration
- (e) Central social welfare board

SECTION-D

- (f) Kasturba Gandhi National Memorial Trust
- (g) BhartiyaGrameenMahilaSangh
- (h) All India women's conference
- (i) Women's voluntary service
- (j) The all India conference of social work
- (k) The home science association of India
- (l) Local Organization – Official and non-official, involved in social welfare. Books for

References:

1. Clarke, Helen, Principles and Practices of Social work, Acolaton, Century-crofts, Ince, New York, 1947.
2. Young Husband, Eileon, Social work and Social Change, George Allan and Unwin Ltd., Ruskin House Museum Street, London, 1964.
3. Fariodlander, Walter, A Concept and Methods of Social Work, Prentice Hall of India (Pvt). Ltd., New Delhi, 1964.
4. E. Wilson, Everett, E. and Convener, Merrill B. The Field of Social work, Henry Holt and Company, New York, 1958.
5. Nagpaul, Hans, The study of India society, Sociological Analysis of Social Welfare and Social Work Education, S. Chand and Co. Pvt. Ltd., New Delhi

**Bachelor of Vocation (B.Voc) in
(Nutrition, Exercise and Health) (Semester-V)**

PAPER-V: CAFETERIA

Time: 3 Hours

Max. Marks: 75

INSTRUCTION FOR THE PAPER SETTER: There will be eight questions in all. Question no. One will be compulsory: students will attempt five questions in all.

CONTENTS

1. Bulk Cooking for atleast 25 persons
2. Students have to cook min. 4 dishes
3. The cooking should be Theme based

**Bachelor of Vocation (B.Voc) in
(Nutrition, Exercise and Health) (Semester-V)**

**PAPER-VI: SOFT SKILLS AND COMMUNICATION
(Theory)**

Time: 3 Hours
6 Lectures /per week

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

CONTENTS

SECTION-A

1. Objection handling

SECTION-B

2. Telephone and Email etiquettes

SECTION-C

3. Basic computer working like feeding the data, saving and retrieving Analyze.

SECTION-D

4. Evaluate and apply the information, experience, reasoning, or communication to act efficiently

PAPER-I: DIABETIC EDUCATION-V
(Theory)

Time: 3 Hours
6 Lectures /week

Max. Marks: 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

CONTENTS

SECTION-A

1. Consent , observation, reporting and documentation of newly diagnosed prediabetic and diabetic patient

SECTION-B

2. Counselling of diabetic and pre-diabetic patients: Criteria, parameters, diet management, retention for the treatment plan and course of action for corrective lifestyle changes

SECTION-C

3. Patient's rights

SECTION-D

4. Diabetes awareness campaigning: weight management, diet management , regular checkups, lifestyle modifications

NOTE: Students have to visits healthcare institutions and clinical attachments.

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College : 1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised & enlarged) B. app C-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

PAPER-II: DIET ASSISTANT-IV

(Theory)

Time: 3 Hours
6 Lectures/ week

Max. Marks: 75

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

CONTENTS

SECTION-A

Observing and reporting

- Observing and reporting while food preparation and food handling
- Importance of verbal education informing the son in authority

SECTION-B

Documentation and records

- Guidelines for documentation
- Various type of records of importance for diet assistant
- Use and importance of records

SECTION-C

- Abbreviations and symbols
- Enter, transcribe, record, store or maintain information in written or electronic/magnetic form

SECTION-D

Professional behavior in healthcare setting

- Maintain restful environment learn general and specific etiquettes to be observed on duty
- Compliance of organizational hierarchy and reporting
- The legal and ethical issues
- Importance of conservation of resources

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College : 1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised & enlarged) B. app C-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

PAPER-III: COMPUTER (DATABASE CONCEPTS)

Time: 3 Hours
6 Lectures/ week

Max. Marks: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

Database Management System (DBMS): Meaning and need of a database, Advantages, Limitations of databases, Applications of Database, Meaning and need of DBMS, Database Components: Tables, Rows, Columns, Attributes, Queries, Record, Primary Key, Foreign Key, Creation and Relationship between tables.

SECTION-B

MS ACCESS

Database Basics: Databases, Records · Fields, data types, Introduction into Microsoft Access, Starting Up Microsoft Access, creating New, and Opening Existing Databases, Creating a database using a wizard, Creating a database without using a wizard.

SECTION-C

Tables - What they are and how they work, Create a table from scratch in Design view, Primary Keys, Switching Views, Entering Data, Manipulating Data, Linking multiple tables together.

SECTION-D

Forms -What they are and how they work.

Reports - What they are and how they work. Creating a Report Using a Wizard.

**PAPER-IV: EXTENSION EDUCATION AND AV AIDS
(Theory)**

Time: 3 Hours
6 Lectures/ week

Max. Marks: 100
Theory: 50
Practical: 50

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

CONTENTS

SECTION-A

Communication-definition, importance process model, scope, function and problem in communication.

SECTION-B

Selection of channel and teaching tools.
Feedback in communication.

SECTION-C

Audio-visual Aids – Meaning, types, choice planning and selecting theme, layout and design. Brief introduction of commonly used aids, posters, charts, flipcharts, exhibition, power- point presentation, bulletin, puppet, drama & talks, power-point presentation.

SECTION-D

Programme planning – meaning and principles.
Development & plan of work, importance format & elements, selection of subject matter

Reference Book :-

1. Education and Communication for development by O.P. Dhama and O.P. Bhatnagar

**EXTENSION EDUCATION AND AV AIDS
(Practical)**

Time: 3 Hours

Marks: 50

Note :- Paper will be set on the spot by the examiner.

1. Preparation of Visual Aid. Posters, charts, flash cards, pamphlets, power-point presentation.
2. Prepare a lesson plan on any subject matter to impart knowledge to the rural people.
3. Field visit to imparting extension education to rural people, submit the report that will be judged by the external examiner.

14
Bachelor of Vocation (B.Voc) in
(Nutrition, Exercise and Health) (Semester-VI)

PAPER-V: TRAINING

Time: 45 days

Max. Marks: 100

Internship in Dietetic Department of any of the multi speciality Hospital for a min. period of 45 days.