

SEMESTER-III

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-3-(4)-HEALTH EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-3-(4)-HEALTH EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective: To acquaint the students with basic aspects and practices with application to health, health education, and various health agencies.

Learning Outcomes:

1. The learners will learn the basic concepts of developing the practices of health along with the dimensions, spectrum, and determinants of health.
2. The learners will develop the ability to apply the scope and principles of health education in life.
3. The learners will be able to comprehend the role of personal and occupational hygiene in better health practices.
4. The learners will be able to understand and apply the causes and preventive measures of various communicable and non-communicable diseases.
5. The learners will gain knowledge and practices about the role and schemes of various health-promoting agencies like WHO, UNICEF, UNDP, MHFW, Red Cross etc.
6. The learners will be able to change their behavioral aspects related to personal health.
7. The learners will be able to create databases related to health and hygiene.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours

Practical: 30 hours

PART A: THEORY

Unit-1: Introduction to Health (10 Hours)

1. Meaning, Definition & Importance of Health
2. Dimensions of Health
3. Spectrum of Health
4. Determinants of Health

Unit-2: Introduction to Health Education (11 Hours)

1. Meaning and Definition of Health Education
2. Aim and Objectives of Health Education
3. Importance and Scope of Health Education
4. Principles of Health Education

Unit-3: Hygiene and Health Issues (12 Hours)

1. Personal Hygiene
2. Occupational Hygiene
3. Communicable Diseases: Meaning, Spread and Prevention
4. Non-Communicable Diseases: Meaning, Spread and Prevention

Unit-4: Health Agencies (12 Hours)

1. Introduction to International Health Agencies: WHO (World Health Organization), UNICEF (United Nations International Children's Fund), UNDP (United Nations Development Program)
2. Introduction to National Health Agencies: Ministry of Health and Family Welfare; Indian Red Cross Society, Hind Kushth Nivaran Sangh, Indian Council for Child Welfare, Tuberculosis Association of India, Bharat Sevak Samaj, Central Social Welfare Board

PART B: PRACTICAL (30 Hours)

1. Practicing various personal hygiene Habits – A report.
2. Prepare a report on any one national health agency.
3. Conduct a Survey on Communicable Disease
4. Conduct a Survey on Non-Communicable Disease

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Ansbaugh, D.J.; Ezell, G. and Goodman, K.N. (2006). Teaching Today's Health. Mosby Publishers. Chicago, USA.
2. Balayan, D. (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
3. Chopra, D. and Simon, D. (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
4. Dewan, A.P. (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
5. Dixit, S. (2006). Swasthya Shiksha. Sports Publication. Delhi.
6. Donatelle, R.J. (2005). Health the Basics. Sixth Edition. Oregon State University.
7. Floyd, P. M. and Yeilding, C. (2003). Personal Health: Perspectives and Lifestyles. Thomson Wads Worth. Belmont. California. USA.
8. Hales, D. (2005). An Invitation to Health. Thomson-Wadsworth, Belmont. California. USA.
9. Park, K. (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.
10. Snehlata (2006). Shareer, Vigyan Evam Swasthya Raksha. Discovery Pub. Houses. New Delhi.
11. Uppal, A.K. & Gautam, G.P. (2008). Health & Physical Education. Friends Publication. New Delhi.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.