



**St. Joseph's Degree College  
Kurnool.**

**Certificate Course on  
HEALTH & NUTRITION  
Academic Year 2021-2022**

**Organized by  
The Department of Zoology**

## LETTER TO IQAC

To

The IQAC Coordinator,  
St. Josephs Degree College,  
Kurnool.

20-11-2021

Sub: Seeking Permission to conduct a Certificate Course on Health & Nutrition.

Dear Sir,

This is to bring to your kind notice that, Department of Zoology is planning to conduct a Certificate course on **HEALTH & NUTRITION** for the students of life sciences in the academic year 2021-22. We hope and trust that this course will be beneficial to all the students. Please give permission to conduct this course for this academic year.

Please accept this proposal and permit us to conduct this certificate course.

Thanking you.

Dr. C.S.SREENIVASA RAO  
Head,  
Department of Zoology  
SJDC, KURNOOL



St. Joseph's Degree College  
Sunkesula Road, Kurnool-518004  
(Affiliated to Rayalaseema University, Kurnool, A.P.)

## **CIRCULAR**

Dear students,

This is to inform you that The Department of Zoology is going to conduct a six months certificate course on **Health & Nutrition** from 1<sup>st</sup> January 2022. Interested students are requested to register their names in the Zoology department.

Dr. C.S.SREENIVASA RAO  
Head,  
Department of Zoology & Bio- Chemistry  
SJDC, KURNOOL

**CERTIFICATE COURSE ON**  
**HEALTH & NUTRITION**

**Syllabus**

**(Duration: 6 months)**

- 1) Basic concepts of health, food and nutrition. Understanding relationship between food, nutrition and health.
- 2) Nutrients: Functions and dietary sources of carbohydrates, fats, proteins.
- 3) Vitamins: Functions, dietary sources and deficiency diseases of water soluble and fat soluble vitamins.
- 4) Minerals: Functions, dietary sources and deficiency diseases of calcium, iron and iodine.
- 5) Food groups and concept of balanced diet. Calorific values of different foods. Determination of calorific values of various foods.
- 6) Basal metabolic rate (BMR) and factors affecting it.
- 7) Physiological changes, recommended dietary allowances and healthy food choices for pregnant woman and lactating mother.
- 8) Growth and development, recommended dietary allowances and healthy food choices for infants and children.
- 9) Nutritional problems and their implications: Under nutrition-Protein energy malnutrition, kwashiorkor and marasmus.
- 10) Nutritional anemia's-types, causes, symptoms, treatments and preventions.
- 11) Over nutrition: Obesity, coronary heart diseases
- 12) Etiology, clinical features, diagnosis and nutritional management of diabetes
- 13) Etiology, clinical features, diagnosis and nutritional management of food allergy and food intolerance.
- 14) Role of nutrition in fitness. Importance of physical activity, diet and exercise for weight management.
- 15) Social health problems: Smoking, Alcoholism, Drug addiction.

### **Course Aims**

The certificate course "HEALTH & NUTRITION" is aimed to enable students to gain knowledge about interaction between food, body and health under normal and special circumstances.

### **Course Objectives**

- To provide students with the knowledge of basic terminology and several aspects of nutrition and the functions of food in healthy life sustenance;
- To ensure that students are familiar with the food classification, nutrition during special conditions and role of special functional food;
- To equip students with knowledge and understanding of modern aspects of nutritional science and novel food usage

### **Learning Outcomes of the Course**

A successful completion of this course will enable students to: -

- Understand the importance of nutritional diet to maintain good health and dietary requirements of children, pregnant and lactating women.
- summarize and critically discuss/ understand both fundamental and applied aspects of food science.
- They will be able to explain functions of specific nutrients in maintaining health, identifying nutrient specific foods and apply principles from the various facets of food science and related disciplines to solve practical as well as real-world problems.
- - use current information technologies to locate and apply evidence-based guidelines and protocols and get imparted with critical thinking to take leadership roles in fields of health, dietetics, special nutritional needs and nutritional counseling.



