



**TEERTHANKER MAHAVEER UNIVERSITY  
DEPARTMENT OF PHYSIOTHERAPY  
OPEN ELECTIVE COURSES**

**Under**

**Choice Based Credit System**

**[w.e.f. 2020-21]**

<b>Course Code:</b> <b>OEPHY101</b>	<b>Elective course</b> <b>FITNESS AND HEALTH MANAGEMENT</b>	<b>L-3</b> <b>T-0</b> <b>P-0</b> <b>C-3</b>
<b>Course Outcomes:</b>	<b>On completion of the course, the students will be :</b>	
<b>CO1.</b>	Understanding the fundamental concepts of managing health and fitness	
<b>CO2.</b>	Explaining the use of knowledge of health and fitness in various populations.	
<b>CO3.</b>	Describing the prevention practices in various bodily conditions.	
<b>CO4.</b>	Demonstrating the assessment and screening for fitness.	
<b>CO5.</b>	Analyzing the use of fitness exercise.	
<b>Course Content:</b>		
<b>Unit-1:</b>	1.Prevention practice: a. Defining Health b. Predictions of Health Care c. Comparing Holistic Medicine and Conventional Medicine d. Distinguishing Three Types of Prevention Practice.  2.Healthy People :  a. Definition Of Healthy People b. Health Education Resources	<b>3</b> <b>Hours</b>
<b>Unit-2:</b>	1. Key concepts of fitness a. Defining & Measuring Fitness b. Assessment of Stress with a Survey c. Visualizing Fitness d. Screening for Mental and Physical Fitness e. Body Mass Index calculations.  2. Fitness training a. Physical Activities Readiness Questionnaire b. Physical Activities Pyramid c. Exercise Programs	<b>6</b> <b>Hours</b>
<b>Unit-3:</b>	1.Health, Fitness, And Wellness Issues During Childhood and Adolescence 2.Health, Fitness, And Wellness During Adulthood 3. Women's Health Issues: Focus On Pregnancy	<b>8</b> <b>Hours</b>

	4.Prevention Practice For Older Adults	
<b>Unit-4:</b>	1.Prevention Practice For Musculoskeletal Conditions 2.Prevention Practice For Cardiopulmonary Conditions 3.Prevention Practice For Neuromuscular Conditions 4.Prevention Practice For Integumentary Disorders 5.Prevention Practice For Individuals With Developmental Disabilities	<b>8 Hours</b>
<b>Unit-5:</b>	Practical Demonstration of Fitness Exercises	<b>5 Hours</b>
<b><u>Text Books:</u></b>	1. <i>ACSM Guidelines for exercise testing &amp; prescription.</i> 2. <i>ACSM guides to exercise &amp; cancer survivorship.</i> 3. <i>ACSM health related physical fitness assessment manual</i> 4. <i>ACSM fitness book.</i>	
<b><u>Reference Books:</u></b>	1. <i>Dena Gardiner K, Principles of Exercise Therapy, Macmillan.</i> 2. <i>Margaret Hollis Lab Exercise Therapy, Pub. Wiley.</i> <b>Note:</b> Latest edition of the suggested books are recommended	

<p><b>Course Code:</b> OEPHY102</p>	<p style="text-align: center;"><b>Elective course</b></p> <p style="text-align: center;"><b>NUTRITION FOR HEALTH</b></p>	<p><b>L-2</b> <b>T-0</b> <b>P-0</b> <b>C-2</b></p>
<p><b>Course Outcomes:</b></p>	<p><b>On completion of the course, the students will be :</b></p>	
<p><b>CO1.</b></p>	<p>Understanding the concepts and principles of nutritional assessment, diagnosis and care, therapeutic modification of diet and routine hospital diets.</p>	
<p><b>CO2.</b></p>	<p>Explaining the etiology, symptoms and metabolic changes and diet management in various diseases</p>	
<p><b>CO3.</b></p>	<p>Outlining the principles for calculating ideal body weight and risk factors of nutritional therapy for underweight and overweight individuals.</p>	
<p><b>CO4.</b></p>	<p>Applying the concepts of diet management in various diseases.</p>	
<p><b>Course Content:</b></p>		
<p><b>Unit-1:</b></p>	<p><b>1 Nutritional care process:</b></p> <p>Overview of assessment, diagnosis, intervention, monitoring, evaluation and documentation; Patient care and counseling and screening.</p> <p><b>2. Therapeutic modification of diet:</b></p> <p>Consistency, nutrients, texture; Modes of feeding- oral, enteral and parenteral; Routine hospital diets- liquid diet, normal/generic diet, soft diets.</p>	<p style="text-align: center;"><b>4</b> <b>Hours</b></p>
<p><b>Unit-2:</b></p>	<p><b>1. 1. Nutritional management of infections and fevers-</b></p> <p>Metabolic changes during infection, etiology, metabolic alterations and diet management in acute and chronic fever.</p> <p><b>2. Etiology, symptoms, metabolic changes and diet management in disorders of gastrointestinal tract-</b></p> <p>Oesophagitis, peptic ulcer, duodenal ulcer, gastric ulcer, gastritis and gastric carcinoma, diarrhoea, constipation, irregular bowel syndrome, maldigestion and malabsorption, diverticulitis, diverticulosis, chronic irritable bowel syndrome, chron's disease, ulcerative</p>	<p style="text-align: center;"><b>4</b> <b>Hours</b></p>

	colitis.	
<b>Unit-3:</b>	<p><b>1. Nutrition in Weight related disorders</b></p> <p>Risk factors and principle of nutritional therapy in underweight and overweight, weight imbalance, guidelines for calculating IBW.</p> <p>Obesity- etiology, energy balance, metabolic aberrations, clinical manifestations, consequences and management.</p> <p>Under weight- etiology, metabolic aberrations, clinical manifestations and dietary management.</p> <p><b>2.Nutrition in Diabetes Mellitus</b></p> <p>Etiology, clinical symptoms, medical nutrition therapy, diet and feeding practices, complications during diabetes, types of insulin and their action, different artificial sweeteners.</p>	<b>4 Hours</b>
<b>Unit-4:</b>	<p><b>1. Nutrition in cardiovascular disorders (atherosclerosis, coronary heart disease and hypertension):</b></p> <p>Etiology, clinical symptoms, medical nutrition therapy, diet and feeding practices.</p> <p><b>2. Nutrition in Liver diseases and Gall Bladder (infective hepatitis, cirrhosis of liver, hepatic encephalopathy, jaundice, cholelithiasis, cholecystitis, pancreatitis)</b></p> <p>Etiology, Clinical Symptoms, medical nutrition therapy, Diet and feeding pattern.</p>	<b>4 Hours</b>
<b>Unit-5:</b>	<p><b>1. Nutrition in renal disorders (glomerulonephritis, nephrotic syndrome, acute and chronic renal failure):</b></p> <p>Etiology, clinical symptoms, medical nutrition therapy, diet and feeding practices.</p> <p><b>2. Nutrition in infection, burn, cancer and AIDS:</b></p> <p>Etiology, clinical symptoms, medical</p>	<b>4 Hours</b>

	nutrition therapy, diet and feeding practices,	
<b><u>Text Books:</u></b>	<ol style="list-style-type: none"> <li>1. ICMR.1994. <i>Recommended Dietary Allowances for Indians</i>. Indian council of Medical Research.</li> <li>2. Khanna, Kumud; Gupta, S.; Passi, S.J.; Seth, R.; Mahna, R. and Puri, S. 1997. <i>Textbook of Nutrition and Dietetics</i>. Elite Publishing House Pvt. Ltd.355p</li> </ol>	
<b><u>Reference Books:</u></b>	<ol style="list-style-type: none"> <li>1. Robinson, C.H. and Lawler, M.R.1982. <i>Normal and Therapeutic Nutrition</i>. Oxford &amp;IBH.</li> <li>2. William SR (1997). <i>Nutrition and Diet Therapy</i>. St. Louis: Times Mirror/ Mosby Publishing.</li> <li>3. Bendich A and Derelbaum RJ (EDS) 2001. <i>Primary and Secondary Preventive Nutrition</i>. Totowa NJ : Human Press.</li> <li>4. Mahan K and Escott- Stumps S. 2000. <i>Krauses, Food Nutrition and Diet Therapy</i>.USA: Saunders.</li> </ol> <p><b>* Latest editions of all the suggested books are recommended.</b></p>	