

MAR ATHANASIOUS COLLEGE, KOTHAMANGALAM
DEPARTMENT OF SOCIOLOGY
VALUE ADDED COURSE- SOCIOLOGY OF HEALTH AND NUTRITION

Lecture Hours: 30

COURSE OBJECTIVES (CO)

- To understand the Socio-psychological aspects of Health
- To understand the food and nutritional requirements
- To critically examine the physical and mental benefits of increased fitness activity.

COURSE OUTCOMES

CO Course Outcome

CO 1 Analyse basic human nutritional needs to maintain good health throughout life

CO 2 Develop a balanced diet to improve the general wellness of an individual.

CO 3 Examine energy and nutritive demand of adults.

CO 4 Categorize dietary principles and guidelines to overcome malnutrition problems.

CO 5 Critically Examine the physical and mental benefits of increased fitness activity.

Module I (15 hrs)

Unit 1 Introduction to health and nutrition

Explanation of terms- Health, Nutrition, Socio-Psychological aspects of health, Dietary standards, Recommended Dietary Allowance, Balanced diet, Food in relation to health

Unit II Planning a balanced diet

Principles of planning a diet, Guidelines for planning a balanced diet, Food Exchange list, Nutritional- Importance of functional foods.

Module 2 (15 hrs)

Unit I

Nutrition and Weight management

Over nutrition-Obesity: Aetiology, Assessment- Body weight, BMI, Waist circumference, Diet therapy- principles of dietetic management and dietary guidelines

Undernutrition- Under Weight: Limitations of underweight, Aetiology, Nutritional and food requirement, Dietary guidelines

Unit II

Fitness for health

Fitness- Physical and Mental. Role in prevention of disease and health promotion, Stress relieving techniques. Yoga for fitness, Role of exercise, dance, games and martial arts in fitness

REFERENCES

- Apple Dorain(ed)Sociological studies of Health and Sickness., Mc Graw Hill Company, New York
- Scambler, g. (2002) Health and Social Change: A Critical Theory. Buckingham: Open University Press.

- . Busfield, J. (ed) (2001) Rethinking the Sociology of Mental Health (Sociology of Health and Illness Monographs). London:Blackwell.
- Pilgrim, D. and Rogers, A. (2005) A Sociology of Mental Health and Illness. Buckingham: Open University Press.
- American dietetic association-www.eatright.org
- Personalised nutrition counselling site-www.nutricise.com
- Wardlaw, G. M. and Hampl, J.S. (2007). Perspectives in Nutrition. (7 th ed.). New York, USA: McGraw-Hill.
- L. Kathleen Mahan, Sylvia EscottStump,Krause's Food & Nutrition Therapy, International Edition, (12 th ed.). Canada

.