

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)
Department of Home Science
Course Curriculum

Part A: Introduction			
Program: Bachelor in Arts (Degree/Honors)		Semester: V	Session: 2024-2025
1	Course Code	HSSC – 05 T	
2	Course Title	CLINICAL NUTRITION	
3	Course Type	DSC	
4	Pre-requisite(if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to understand: <ul style="list-style-type: none"> • Importance of Meal Planning. • Factors affecting nutritional requirements. • Normal nutrition. • Medical nutritional therapy in various diseases. • Conversion of Normal Diet to Disease Specific Diet. 	
6	Credit Value	3 C	1 Credit = 15 Hours - learning & Observation
7	Total Marks	Max. Marks: 100	Min Passing Marks : 40
Part B: Content of the Course			
No.of Teaching-learning Periods (1 hour per period : 45 Period (45 hours))			
Unit	Topics (Course Contents)		No. of Periods
1	<ul style="list-style-type: none"> • Definition of Health & Nutrition: Dimensions of Health and disease (Physical, Psychological, emotional& Spiritual). • Energy Requirements- Factor Affecting Energy Requirements- BMR, Activity, age, climate, Diet- induced thermogenesis (SDA Physiological Condition) • Nutritional assessment – methods of assessment 		12
2	<ul style="list-style-type: none"> • Principles of diet therapy- • Modification of normal diet for therapeutic purposes, full diet, soft diet, Fluid diet, Bland diet. • Energy modification and Nutrition For weight management - Identifying the overweight and Obese, etiological factors contributing to obesity. Prevention & treatment, Low energy diets. • Under weight- etiology and assessment. • High energy diet, diet for fever & surgical condition. 		11
3	<ul style="list-style-type: none"> • Etiology, Symptoms & diet management of the following – • GIT Disorders - Diarrhoea, Constipation, Peptic Ulcer. • Diseases of liver and Gall bladder- Jaundice, Viral Hepatitis, Cirrhosis. Musculoskeletal Diseases – Arthritis, Gout. • Diseases of the Cardio Vascular system- Atherosclerosis, Hypertension. 		11

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4	<ul style="list-style-type: none"> • Diet in disease of the endocrine- • Pancreas- Diabetes mellitus- Classification, Symptoms, Diagnosis, Dietary Care & Nutritional Management of diabetes mellitus, Insulin therapy, Oral Hypoglycemic agents, special dietetic food, sweeteners and sugar substitutes, Diabetic coma, Juvenile Diabetes. • Renal diseases – Nephritis, Nephrosis: Causes, Symptoms & Dietary management. 	11
<p>Keywords:Health & Nutrition, nutritional assessment, Principles of diet therapy, Energy Modification, GIT Disorders, Cardio Vascular system, disease of the endocrine.</p>		

Part C: Learning Resources	
Text Books. Reference Books, Other Resources	
Text Book Recommended	
<ul style="list-style-type: none"> • आहार एवंपोषण—डॉ. वृन्दा सिंह.Hindi edition, Panchsheel Publishers. • <i>Dietetics - B. Shrilaxmi</i> ,8th edition, new age international publishers. • <i>Human Nutrition and Dietetics- Passmore</i>,8th edition, Livingstone Publishers. • <i>Normal and Therapeutic Nutrition- Robinson</i>,17th edition, Mac Millan publishing Company. • <i>Food, Nutrition and Diet Therapy- Krause</i>, 11th edition, Saunders Publishers. • <i>Nutrition and Diet Therapy- Williams</i>,4th edition, C.V.Mosby Co. Publishers. • <i>Modern Nutrition in Health and Disease- Shils, M.E. Olson</i>,8th edition, Lea and Febiger Waverly Company Publishers. 	
OtherResources—	
<p>➤ E-Learning Resources:</p> <ul style="list-style-type: none"> • Principlesofdiettherapy- • https://www.google.com/search?q=principles+of+diet+therapy&rlz=1C1JJTC_enIN950IN950&oq=principle+of+diet+&aqs=chrome.2.69i57j0i1019.15376j0j15&sourceid=chrome&ie=UTF-8 • https://www.youtube.com/watch?v=OVM97v-Ysmw • https://onlinecourses.swayam2.ac.in/cec21_hs09/preview • Dietforcirrhosis- • https://www.google.com/search?q=diet+of+cirrhosis&rlz=1C1JJTC_enIN950IN950&oq=diet+of+chrrosis&aqs=chrome.1 • https://www.medtalks.in/articles/nutrition-and-prognosis-of-liver-diseases • DiseasesoftheCardio Vascularsystem- • https://www.google.com/search?q=disease+and+diet+of+cardiovascular+system&rlz=1C1JJTC ➤ https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-disease-and-food 	



Part D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks		
Continuous Internal Assessment (CIA): 30 Marks		
End Semester Exam (ESE): 70 Marks		
Continuous Internal Assessment(CIA): (By Course Teacher)	Internal Test / Quiz-(2): 20 +20 Assignment / Seminar - 10 Total Marks - 30	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
End Semester Exam (ESE):	Two section – A & B Section A: Q1 Objective-10x1=10 Mark; Q2.Short answer type-5x4=20 Marks Section B: Descriptive answer type qts.1 out of 2 from each unit-4x10=40 Marks	

Name and Signature of Convener & Members of CBoS:

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PART- A: Introduction			
Program: Bachelor in Arts (Degree/Honors)		Semester -V	Session: 2024-2025
1	Course Code	HSSC-05P	
2	Course Title	CLINICAL NUTRITION (PRACTICAL)	
3	Course Type	DSC	
4	Pre-requisite (if, any)	<i>As per requirement</i>	
5	Course Learning Outcomes (CLO)	<p>At the end of this course, the students will be enable to understand:</p> <ul style="list-style-type: none"> • Importance of Meal Planning. • Factors affecting nutritional requirements. • Normal nutrition. • Medical nutritional therapy in various diseases. <p>Conversion of Normal Diet to Disease Specific Diet.</p>	
6	Credit Value	1 Credits	<i>1 Credit =30 Hours Laboratory or Field learning/Training</i>
7	Total Marks	Max. Marks: 50	Min Passing Marks: 20
PART -B: Content of the Course			
Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)			
Module		Topics (Course contents)	No. of Period
Lab./Field Training/ Experiment Contents of Course		Planning-Preparation of Normal and Therapeutic diet in relation to special and nutrient requirements (any-10) <ol style="list-style-type: none"> 1 Constipation 2 Diarrhoea 3 Obesity 4 Underweight 5 Peptic ulcer 6 Jaundice 7 Viral hepatitis 8 Cirrhosis 9 Acute glomeruloenephritis 10 Chronic glomeruloenephritis 11 Diabetes mellitus (using food exchange list) <ol style="list-style-type: none"> i. With insulin ii. Without insulin 12 Hypertension 	30

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	13 Atherosclerosis Nutritional assessment – methods of assessment	
Keywords	Health & Nutrition, nutritional assessment, Principles of diet therapy, Energy Modification, GIT Disorders, Cardio Vascular system, disease of the endocrine.	

PART–C: Learning Resources		
Text Books, Reference Books and Others		
Text Books Recommended –		
<ul style="list-style-type: none"> • <i>Dietetics - B. Shrilaxmi ,8th edition, new age international publishers.</i> • <i>Human Nutrition and Dietetics- Passmore,8th edition, Livingstone Publishers.</i> • <i>Normal and Therapeutic Nutrition- Robinson,17th edition, Mac Millan publishing Company.</i> • <i>Food, Nutrition and Diet Therapy- Krause, 11th edition, Saunders Publishers.</i> • <i>Nutrition and Diet Therapy- Williams,4th edition, C.V.Mosby Co. Publishers.</i> • <i>Modern Nutrition in Health and Disease- Shils, M.E. Olson,8th edition, Lea and Febigera Waverly Company Publishers.</i> 		
Online Resources–		
<ul style="list-style-type: none"> • e-Resources / e-books and e-learning portals 		
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PART -D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 50 Marks		
Continuous Internal Assessment(CIA): 15 Marks		
End Semester Exam(ESE): 35 Marks		
Continuous Internal Assessment(CIA): (By Course Teacher)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz +obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Laboratory / Field Skill Performance: On spot Assessment A. Performed the Task based on lab. work - 20 Marks B. Spotting based on tools & technology (written) – 10 Marks C. Viva-voce (based on principle/technology) - 05 Marks	Managed by Course teacher as per lab. status

Name and Signature of Convener & Members of CBoS:

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