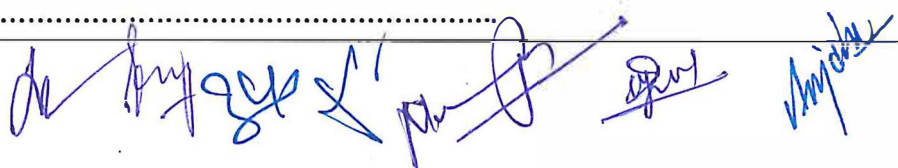


**For 4
Credits**

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 28)
Department of Anthropology
Course Curriculum

PART-A: Introduction			
Program: Bachelor in Science/Arts (Honors/Honors with Research)		Semester- VII	Session: 2024-2025
1	Course Code	ANSE- 07	
2	Course Title	HUMAN GROWTH & NUTRITION	
3	Course Type	DSE	
4	Pre-requisite (if, any)	As per program	
5	Course Learning Outcomes (CLO)	<p>*The entire life span of human growth and development, including the factor influencing growth at different stages, variations in growth patterns, and the methods employed to study these processes</p> <p>*The multifaceted factor influencing human growth, the adaptive strategies of human to different environment, and the diverse way age can be conceptualized and measured.</p> <p>*About the fundamental principles of nutrition, the importance of a balanced diet, and how nutritional issue can impact individuals at different stages of life.</p> <p>*They will also learn practical methods for evaluating nutritional status through both physical measurements and clinical observations.</p> <p>*This knowledge is relevant for individuals pursuing careers in public health, nutrition, healthcare management, and related fields.</p>	
6	Credit Value	4 Credits	Credit = 15 Hours -learning & Observation
7	Total Marks	Max.Marks: 100	Min Passing Marks: 40
PART -B: Content of the Course			
Total No.of Teaching-learning Periods(01 Hr. per period) – 60 Periods (60 Hours)			
Unit	Topics (Course contents)		No.of Period
I	Human growth and Development: Pre-natal and Post-natal growth, infancy, Childhood, adolescence ,adulthood, senility. Human growth curves Basic method of growth studies-cross-section Longitudinal, Mixed Longitudinal, Linked Longitudinal		15
II	Factor affecting human growth: Environmental, Hormone and Nutrition.		15
III	Nutrition: Basic term and concepts Concept of Balanced Diet, Malnutrition, Under nutrition, Over nutrition, Obesity etc. Evaluation of nutritional status through Anthropometric and Clinical signs of malnutrition		15
IV	Growth Programmes: ANP, ICDS, Mid-Day meal programme ; Vitamin-A Vitamin-C Vitamin- D deficiency, Goitre control programme. Problem of Malnutrition. IMR. Role of maternal education Immunization programme in india.		15
Keywords		



PART-C: Learning Resources

Text Books, Reference Books and Others

Text Books Recommended –

1. Tanner, J.M. 1962, Growth at Adolescence, Blackwell Scientific publications, Oxford.
2. Lowrey, G.H. 1978 Growth & Development of children year book Medical Publishers, Chicago-London.
3. Swaminathan, M. 1985 Essentials of Food and Nutrition, The Bangalore Printing and Publishing Co.
4. Gopalan, C., Rama Sastri, B., V. & Balasubremian, S., C. 2002. Nutritive value of Indian Foods. National Institute of Nutrition, ICMR, Hyderabad.
5. Parasmanidas gupta and Roland Hauspie, 2001. Perspectives in Human Growth, Development and Malnutrition, Kluwer Academic Publishers, London.
6. Marshall, W. 1977. Human Growth and its Disorders, Academic Press, London.
7. Harrison, W. A., Weiner, J. S., Tanner, J.M and Barnicot, N.A. Human Biology: An Introduction to Human Evolution, Variation and Growth, Clarendon Press, Oxford.
8. Tanner, J.M., Fetus into Man.
9. Jelliff, D.B., Community Nutritional Assessment with Special Reference to Less Developed Countries.
10. Dixit. Human Nutrition: Principal and Applications in India.
11. Shanti, G Nutrition and Child Care: A Practical Guide.
12. Srilaxmi, Nutrition Science.
13. Margart Schay, Nutrition.
14. Rao, V.K.R.V. Food Nutrition and Poverty.
15. Nelson, A Text Book of Paediatrics.
16. Garrow, J.S and James, W.P.T: Human Nutrition and Dietetics.
17. Swaminathan. M., Essentials of Food and Nutrition: Applied Aspect.
18. Eveleth PB and Tanner, JM Worldwide Variation in Human Growth.
19. Forbes, GB, Human Body Composition.

Online Resources–

1. epathshala.inic.in
2. egyankosh.ac.in

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	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 30 Marks
	Assignment/Seminar- 10	
	Total Marks - 30	

End Semester Exam (ESE):	Two section – A & B Section A: Q1. Objective – 10 x 1 = 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

[Handwritten signatures in blue ink]