

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

Of

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester: I to VI)

(Under Credit Based Continuous Evaluation Grading System)

(Session: 2022-2023)



The Heritage Institution

KANYA MAHA VIDYALAYAJALANDHAR

(Autonomous)

Programme Specific Outcomes for Bachelor of Vocation (Nutrition, Exercise & Health)

Session: 2022-23

- PSO (1):- To gain basic knowledge of nutrients.
- PSO (2):- To gain knowledge about food preparation.
- PSO (3):- To develop knowledge about carbohydrates, proteins, fat.
- PSO (4):- To develop the knowledge of different food preparation methods.
- PSO (5):- To demonstrate different asan to the students.
- PSO (6):- Enable the students to have a proper knowledge about the benefits of posture of different asan.
- PSO (7):- To give knowledge about structure and function of human body.
- PSO (8):- To provide knowledge about regulation of blood glucose in human body and role of pancreas towards blood glucose level.
- PSO (9): To develop the roles and responsibilities of diabetic educator also provide knowledge about first aid and different medical responses.
- PSO (10):- To give knowledge about bio medical waste management their categories, color coding and types.
- PSO (11): To identify different health care system and functions of hospitals and facilities provided by dietetics department.
- PSO (12):- To develop the role and functions of diet assistant.
- PSO (13): To develop the knowledge about balanced diet and food groups.
- PSO (14): To enhance the knowledge of personnel hygiene of diet assistant. Teach them different aspects of healthy living.
- PSO (15): To enhance the soft skills of communication of diet assistant.
- PSO (16): Able to provide nutrition counseling and education to individuals, groups and communities throughout the lifespan using a variety of communication strategies.
- PSO (17). Able to apply technical skills, knowledge of health behaviour , clinical judgement and decision making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.
- PSO (18). Students can implement strategies for food access, procurement, preparation and safety for individuals, families and communities.
- PSO (19). Apply food science knowledge to describe functions of ingredients in food.

Session 2022-23

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester I

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1421

COURSE OUTCOMES

CO1: ਆਤਮ ਅਨਾਤਮ' ਪੁਸਤਕ ਦੇ ਕਵਿਤਾ ਭਾਗ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਵਿਤਾ ਪ੍ਰਤੀ ਦਿਲਚਸਪੀ, ਸੂਝ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਤਾਂ ਕਿ ਉਹ ਆਧੁਨਿਕ ਦੌਰ ਵਿਚ ਚੱਲ ਰਹੀਆਂ ਕਾਵਿਧਾਰਾਵਾਂ ਅਤੇ ਕਵੀਆਂ ਬਾਰੇ ਗਿਆਨ ਹਾਸਿਲ ਕਰ ਸਕਣ। ਇਸ ਦਾ ਹੋਰ ਮਨੋਰਥ ਕਵਿਤਾ ਦੀ ਵਿਆਖਿਆ, ਵਿਸ਼ਲੇਸ਼ਣ ਤੇ ਮੁਲੰਕਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਤੋਂ ਜਾਣੂ ਕਰਾਉਣਾ ਵੀ ਹੈ ਤਾਂ ਕਿ ਉਹ ਸਮਕਾਲੀ ਸਮਾਜ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਸਮਝ ਸਕਣ ਅਤੇ ਆਲੋਚਨਾਤਮਕ ਦ੍ਰਿਸ਼ਟੀ ਬਣਾ ਸਕਣ।

CO2: ਗਿਆਨ ਮਾਲਾ (ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜ ਵਿਗਿਆਨਕ ਲੇਖਾਂ ਦਾ ਸੰਗ੍ਰਹਿ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨ ਗਿਆਨ ਦੇਣਾ ਹੈ।

CO3: ਪੈਰੂਾ ਰਚਨਾ ਅਤੇ ਪੈਰੂਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO4: ਧੁਨੀ ਵਿਉਂਤ ਪੜ੍ਹਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਧੁਨੀਆਂ ਦੀ ਉਚਾਰਨ ਪ੍ਰਣਾਲੀ ਤੋਂ ਵਾਕਫ਼ ਹੋਣਗੇ।

Session 2022-23
Session 2022-23

**Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/
Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor
of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of
Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of
Vocation(Artificial Intelligence and Data Science)**

**Semester I
BASIC PUNJABI**

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1031

Course outcomes

CO1:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦਾ ਮੌਕਾ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ।

CO2:ਇਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਅਧਿਐਨ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO3:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਸ਼ਬਦ ਰਚਨਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO4:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ ਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO5:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲ ਕਰਨਾ ਹੈ।

CO6:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਵਿਚ ਹਫਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤੱਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ਸਿਖਾਉਣਾ ਹੈ।

Session 2022-23
COMMUNICATION SKILLS IN ENGLISH
(Theory)
**Course Code: BJML/BFDL/BHSL/BCAL/BITL/
BBTL/BACL/BOML/BOPL/BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/ BVAI/BVHL-1102**

COURSE OUTCOMES

At the end of this course, the students will develop the following Skills:

CO 1: Reading skills that will facilitate them to become an efficient reader

CO 2: Through reading skills, the students will have an ability to have a comprehensive understanding of the ideas in the text and enhance their critical thinking

CO 3: Writing skills of students which will make them proficient enough to express ideas in clear and grammatically correct English

CO 4: The skill to use an appropriate style and format in writing letters (formal and informal) and resume, memo, notices, agenda, minutes

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)
(Session 2022-2023)

HOSPITAL FRONT DESK COORDINATOR SEM-I
(Theory)

COURSE CODE: BVNL-1283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO (1): Understand important functions of hospital front desk coordinator
- CO (2): Handle different categories of patients
- CO (3): Understand the concept of quality improvement process
- CO (4): Understand the importance of various types of records to maintain
- CO (5): Understand the importance of consent & and methods of obtaining consent
- CO (6): Understand the importance of medical terminology
- CO (7): Understand the management of different types of spillage and their management
- CO (8): Understand the importance of good etiquettes and communication in hospital

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)
(Session: 2022-2023)

BASIC FOODS AND NUTRITION

(THEORY)

COURSE CODE: BVNL- 1284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To gain basic knowledge of nutrients.

CO2:- To gain knowledge about food preparation.

CO3:- To develop knowledge about carbohydrates, proteins, fat.

CO4:- To develop the knowledge of different food preparation methods.

CO5:- To develop the knowledge of food as source of energy and determine basal metabolism rate

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)

(Session 2022-2023)

INTRODUCTION TO PSYCHOLOGY

(Theory)

COURSE CODE: BVNM-1285

COURSE OUTCOMES

- Upon Completion of this Course the student should be able to
- CO (1) – To enable them to understand the personality of an individual
- CO (2) – To gain knowledge about attention and intelligence of an individual
- CO (3) – To understand the emotions of an individual.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)
(Session 2022-2023)

INTRODUCTION TO PSYCHOLOGY

(Practical)

COURSE CODE:BVNM-1285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO (1) – to enable them to understand the personality of an individual

CO (2) – To gain knowledge about attention and intelligence of an individual

CO (3) – To understand the emotions of an individual

Bachelor of Vocation
(Nutrition Exercise & Health) (Semester-I)
Basics of Computer - I
Course code: BVNM- 1126

Course Outcomes:

After successful completion of this course, students will be able to:

- CO1: use Microsoft Word to prepare documents required for routine office work
- CO2: edit, format, spell-check save and print documents as required on routine basis.

Bachelor of Vocation (Nutrition Exercise & Health)

(Semester– I)

(Session: 2022-2023)

YOGA AND BODYFITNESS

(Practical)

COURSE CODE:BVNP-1287

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO (1):- To demonstrate different asan to the students.

CO (2):- Enable the students to have a proper knowledge about the benefits of posture of different asan.

CO (3):- To make them understand the use of exercise in daily life.

Bachelor of Vocation(Nutrition Exercise & Health) (Semester– I)

(Session 2022-2023)

BASIC FOODS AND NUTRITION

(Practical)

COURSE CODE: BVNP- 1288

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

Co (1) – To identify the different food stuff, weight and measures and cooking.

CO (2) – To distinguish between different types of cooking methods.

CO (3) – To develop the knowledge about cleaning of kitchen equipment's, utensils, floor and cupboard.

Session 2022-23

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester II

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL -2421

COURSE OUTCOMES

CO1:ਆਤਮ ਅਨਾਤਮ ਪੁਸਤਕ ਦੇ ਕਹਾਣੀ ਭਾਗ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਲ ਕਰ ਕੇ

ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਹਾਣੀ ਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਕਹਾਣੀ ਜਗਤ ਨਾਲ ਜੋੜਣਾ ਹੈ।

CO2:ਗਿਆਨ ਮਾਲਾ ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ।

CO3:ਸੰਖੇਪ ਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਮੇਂ ਅਤੇ ਮਿਹਨਤ ਦੀ ਬੱਚਤ ਕਰਨ ਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO4:ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ-ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

CO5:ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

Bachelor of Vocation (Nutrition Exercise & Health)
(Semester– I)
(Session 2022-2023)

Punjab History and Culture (From Earliest Times to C. 320) (Special Paper in lieu of Punjabi compulsory)
Course Code: BVNL-2431

Course Outcomes:

After completing Semester II and course on Ancient History of Punjab, students of History will be able to identify and have a complete grasp on the sources & writings of Ancient History of Punjab

CO 1: Analyse the emergence of Mauryan, Gupta empires during the classical age in India

CO 2: To understand the various factors leading to rise and fall of empires and emergence of new dynasties and their Culture, society, administration , polity and religion specifically of Kushans and Vardhanas in the Punjab

CO 3: Students will be adept in constructing original historical argument based on primary source material research

CO 4: To have an insight on the existing Literature of this period and understand the past developments in the light of present scenario.

CO 5: To enable students to have thorough insight into the various forms/styles of Architecture and synthesis of Indo - Muslim Art and Architecture in Punjab

Bachelor of Vocation (Nutrition Exercise & Health)
(Semester– I)
(Session 2022-2023)

COMMUNICATION SKILLS IN ENGLISH
Course Code: **BJMM/BFDM/BHSM/BCAM/BITM/
BBTM/BACM/BOMM/BOPM/BVRM/BVMM/BVAM/BVTM/BVNM/BVBM/BVPM/ BVAI/BVHM-
2102**

COURSE OUTCOMES

At the end of this course, the students will develop the following skills:

CO 1: Enhancement of listening skills with the help of listening exercises based on conversation, news and TV reports

CO 2: The ability of Note-Taking to be able to distinguish the main points from the supporting details and the irrelevant information from the relevant one using Listening Skills

CO 3: Acquisition of knowledge of phonetics which will help them in learning about correct pronunciation as well as effective speaking

CO 4: Speaking skills of the students enabling them to take active part in group discussion and present their own ideas

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2022-23)

ROLE OF DIETASSISTANT

(Theory)

COURSE CODE: BVNL -2284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To identify different healthcare system and functions of hospitals and facilities provided by dietetics department.

CO2:- To develop the role and functions of diet assistant.

CO3:- To develop the knowledge about food and nutrition.

CO4:- To develop the knowledge about balanced diet and food groups.

CO5:- To enhance the knowledge of personnel hygiene of diet assistant. Teach them different aspects of healthy living.

CO6:- To enhance the soft skills of communication of diet assistant.

CO7:- To develop the knowledge about art of effective communication.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

HOSPITAL FRONT DESK COORDINATOR - II

(Theory)

COURSE CODE:BVNL-2285

(Session 2022-2023)

COURSE OUTCOME:

CO (1): Understand the various rights and responsibilities of Patient

CO (2): Understand the ways to make patient comfortable

CO (3): Understand the characteristics and basic functioning of Hospital information system

CO (4): Understand the importance of maintaining records

CO (5): Understand the various bill payment modes, authenticity of currency, importance of providing bill to the carers.

CO (6): Understand the importance of maintaining empathetic relationship with the patient

CO (7): Understand how to maintain proper body language and dress code

CO (8): Understand the principles of Basic life support

CO (9): Understand the protocols of giving life support during choking

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

(Session: 2022-23)

Advance Nutrition

(Theory)

COURSE CODE: BVNL-2286

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To develop the knowledge to classify different functions and requirements of fat soluble vitamin and water soluble vitamin.

CO2:- To identify the bio-availability, requirement and deficiency of different vitamins.

CO3:- To develop the knowledge of food preservation, food spoilage and principle of food preservation.

CO4:- To develop the knowledge of food adulteration and standards, toxic effects of food adulteration.

CO5:- To develop the knowledge of food hygiene in purchasing, preparation, cooking and serving of food.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2022-23)

Advance Nutrition (Practical)
COURSE CODE: BVNP-2287

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To develop knowledge about different nutrients.

CO 2:- To develop knowledge about therapeutic diets.

CO3:- To enhance the cooking skills with absorbing more nutrients.

CO4:- To develop knowledge about different food group.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2022-23)
B.Voc (RM, MSP, Animation, TDAT, NEH,)
DRUG ABUSE Problem, Management and Prevention (Compulsory)
Course Code: AECD-2161

Subject Outcomes:

- CO1. This information can include factual data about what substance abuse is; warning signs of addiction; information about how alcohol and specific drugs affect the mind and body;
- CO2. How to be supportive during the detoxification and rehabilitation process.
- CO3. Main focus of substance abuse education is teaching individuals about drug and alcohol abuse and how to avoid, stop, or get help for substance use disorders.
- CO4. Substance abuse education is important for students alike; there are many misconceptions about commonly used legal and illegal substances, such as alcohol and marijuana.

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester III)
Session: 2022-23

SOFT SKILLS AND COMMUNICATION
(THEORY)

COURSE CODE: BVNL-3101

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: improve their communication skills

CO2: learn techniques to organise ideas for paragraph writing

CO3: get better insight into the usage of Standard English, grammar and effective sentence skills

CO4: enrich their vocabulary, and usage of new words

CO5: develop the ability to write notices and memos

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)

(Session 2022-2023)

Human physiology

(Theory)

COURSE CODE: BVNL-3282

COURSE OUTCOMES

Upon Completion of this Course the student should be able to:

CO1. To develop the knowledge of cell structure and functions of inclusionbodies.

CO2. To understand the elementary knowledge of structure and functions of cardiovascular system.

CO3. To develop the knowledge of different types of endocrine glands and its functions.

CO4. To develop the knowledge about digestive system and its structure, function, digestion and absorption of carbohydrates, proteins and fats.

CO5. To develop the knowledge of structure and function of urinary system.

CO6. To develop the knowledge of respiratory system and reproductive system.

Bachelor of Vocation Nutrition, Exercise & Health (Semester– III)

(Session 2022-2023)

Nutrition, Exercise and Immunity

(Theory)

COURSE CODE: BVNL-3283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about nutrition and its component.

CO2. To understand the elementary knowledge of immune system and role of nutrients in immune functions.

CO3. To develop the knowledge about infections.

CO4. To develop the knowledge about role of nutraceuticals and functional foods.

CO5. To develop the knowledge about HIV, Tuberculosis.

CO6. To develop the knowledge about prebiotics, probiotics and food allergy.

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)

(Semester– III)

(Session: 2022-23)

DIABETES EDUCATION-II

(Theory)

COURSE CODE: BVNM -3284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To give detail introduction to diabetes.

CO2:- To provide knowledge about types of Diabetes: Type I, Type II, Prediabetes, Gestational Diabetes, and Impaired Glucose Tolerance (IGT).

CO3:- To give knowledge about pathology of diabetes and complications of diabetes.

CO4:- To provide knowledge about hand care, foot care, eye care for diabetes patients.

CO5:- To provide knowledge about initial assessment and reassessment of diabetic patients.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– III)
Diabetes Education -II
(Practical)

COURSE CODE: BVNM -3284
(Session 2022-2023)

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To make them understand about Biochemical and Anthropometric assessment, Disease history and current status evaluation.

CO2. To develop the knowledge of diet counseling, diet and drug insulin management.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Food science & quality control Standards
(Theory)
COURSE CODE: BVNM-3285
(Session 2022-2023)

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO1. To knowledge about principal of food science.
- CO2. To develop the knowledge about starchy food, flours, fats and oils.
- CO3. To develop the knowledge about meat structure, egg, milk and milk products.
- CO4. To develop the knowledge about pulses, legumes, fruits and vegetables.
- CO5. To develop the knowledge about sampling procedure and sensory evaluation.
- CO6. To develop the knowledge about grading and marketing standards.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Food science and quality control Standards
(Practical)
COURSE CODE: BVNM-3285
(Session 2022-2023)

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To knowledge about evaluation of food grains.

CO2. To develop the knowledge about chemistry of cereals.

CO3. To develop the knowledge about chemistry of colloidal particles.

CO4. To develop the knowledge about food colours, preservation of food and new product development.

Bachelor of Vocation (Nutrition Exercise & Health) SEM –III
Community Nutrition
(Theory)

COURSE CODE: BVNM-3286
(Session 2022-2023)

COURSE
OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To understand the factors affecting food consumption and malnutrition.

CO2. To gain knowledge about agricultural production and socio- economic and psychological factors related to malnutrition and family size and composition.

CO3. To understand the measures to overcome malnutrition and to apply basic principle of nutrition to improve the dietary practices of community.

CO4. To gain knowledge about economics of sanitation of food nutrition.

CO5. To understand the national and international organization engaged in food and nutrition activity.

CO6. To understand the role of voluntary agencies their state programmes community development and extension programmes.

CO7. To understand the principles of planning, executing and evaluating the nutrition education programme.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Community Nutrition
(Practical)

COURSE CODE: BVNM -3286
(Session 2022-2023)

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To understand the planning and conducting nutrition education programmes.

CO2. To develop the knowledge about standardization of cheap, nutritious recipes using food suitable for vulnerable groups.

CO3. To enable them to conduct survey regarding vulnerable groups.

CO4. To understand the preparation of teaching aids for imparting nutrition education programmes.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– III)
Internship (Practical)
COURSE CODE: BVNP -3287
(Session 2022-2023)

COURSE OUTCOME

CO1:- To understand the importance of quality control and assurance

CO2:- To get understanding of various Food Acts

CO3:- To get the information about composition and structure of various food groups.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV) (Session: 2022-23)
Diabetes Education -III (Theory)
COURSE CODE: BVNL -4281

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To give detail introduction to diabetes.

CO2:- To provide knowledge about glucometer.

CO3:- To give knowledge about treatment plan for type I and II Diabetes.

CO4:- To provide knowledge about weight management for diabetes patients.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV) (Session: 2022-23)

SEMESTER-IV

**SOFT SKILLS AND COMMUNICATION
(THEORY)**

COURSE CODE: BVNL-4102

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: improve their communication skills

CO2: identify problems and be equipped with problem solving skills

CO3: learn techniques to write reports and take notes

CO4: imbibe and practise conversational skills **CO5:**

develop work ethics

CO6: imbibe and practise presentation skills and public speaking

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV)
Food Microbiology
(Theory)

SESSION 2022-23

Course Code: BVNL-4283

COURSE OUTCOME

Upon Completion of this Course the student should be able to

- CO1. To knowledge about brief introduction to industrial hygiene, sanitation, public health.
- CO2. To knowledge about types of disinfection and different surfaces and materials.
- CO3. To knowledge about brief history of microbiology and sub disciplines of microbiology.
- CO4. To develop the knowledge about harmful bacteria, methods of transmission and anti microbiology agents: antibiotics, germicides.
- CO5. To understand the knowledge about types of food spoilage and food preservation.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

SESSION 2022-23

**Patient Relation Associate
(Theory)**

COURSE CODE: BVNL -4284

COURSE OUTCOME:

- CO (1): Understand functions of patient relation associate,
- CO (2): Understand the concept of report delivery process, employee's responsibility
- CO (3): Understand the concept of quality improvement process
- CO (4): Understand the basic procedures and policies of hospital
- CO (5): Understand the patient leaving policy such as LAMA
- CO (6): Understand the various standards of NABH
- CO (7): Understand the cash management system and fundamentals of accounting

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV)
Nutritional Biochemistry
Session: 2022-2023
(Theory)

Course code: BVNM:4285

Course Outcome:

CO (1): To Understand the knowledge of Classification and properties of bio molecules.

CO (2): To Understand the concept of Intermediary Metabolism of Carbohydrates, Proteins and lipids

CO (3): To review the knowledge of Enzymes, Hormones and Inborn errors of metabolism

CO (4): to Understand the Concept of Vitamins, Minerals and Antioxidants

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)
Nutritional Biochemistry
(Practical)
COURSE CODE: BVNM:4285

Course Outcome:

CO (1): To knowledge about Qualitative analysis of monosaccharide, disaccharide and polysaccharide.

CO (2): To knowledge about Quantitative estimation of glucose.

CO (3): To knowledge about test the reaction of protein fats and carbohydrate in bread, milk and egg.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

SESSION: 2022-23

**MEAL
MANAGEMENT
(Practical)**

COURSE CODE: BVNM-4286

COURSE OUTCOME:

- CO (1): To understand the concept of Standardize Proportion Size.
- CO (2): To discuss meal planning and nutritional requirements of men and women with different conditions
- CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.
- CO (4): To understand the nutritional requirement during infancy with their Calculations.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

(Session: 2022-23)

INTERNSHIP

(Practical)

COURSE CODE: BVNI -4287

COURSE OUTCOMES:

CO1. To understand about roles and responsibilities of diabetes educator

CO2. To get the concept of first aid and emergency medical response.

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester V)
Session: 2022-23

SOFT SKILLS AND COMMUNICATION
(THEORY)

COURSE CODE: BVNL-5102

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: enhance their communication skills

CO2: learn techniques to organize ideas for email writing and handling responses

CO3: identify problems and be equipped with problem solving skills

CO4: imbibe and practice leadership skills

CO5: develop the ability to communicate through situational dialogues and telephonic Conversations.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2022-23)
Fundamentals of dietetics
(Theory)
Course code: BVNL -5282

COURSE OUTCOMES

- (CO)1.To gain the knowledge about Indian dietetic association and its membership.
- (CO)2. To gain insight into objectives and concept of therapeutic diet.
- (CO)3. To develop adaptations of normal diets into therapeutic diets.
- (CO)4. To understand the concept about hospital dietary department and patient education.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)

(Session 2022-23)

Duty Manager

(Theory)

Course code: BVNL -5283

Course outcomes:

(CO)1.To gain the knowledge about health care and referral system of India.

(CO)2. To gain insight into objectives and concept of Quality in health care service.

(CO)3. To develop the knowledge about fundamentals of accounting.

(CO)4. To understand the concept about fire safety, security , hand hygiene , grooming, biomedical waste management and hospital management system.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session :2022-23)

**Introduction to Sports Nutrition
(Theory)**

COURSE CODE: BVNL-5284

Course outcomes:

CO1. To develop the knowledge about concept of sports Nutrition .

CO2. To understand the knowledge about carbohydrate , fat and protein intake during exercise.

CO3. To develop the knowledge about concept of energy balance and energy requirement in athletic performance.

Bachelor of Vocation
(Nutrition Exercise & Health) (Semester-V)

Internet Applications
Course code: BVNM- 5125

Course Outcomes:

After successful completion of this course, students will be able to:

CO1: understand working of internet, services it offers

CO2: communicate via email effective and manage email accounts in efficiently

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session: 2022-23)
Extension education and AV Aids
(Theory)
COURSE CODE: BVNM-5286

Course outcomes:

- (CO)1. To understand the knowledge about communication skills and its functions.
- (CO)2. To gain the knowledge about audio visual Aids.
- (CO)3. To develop the knowledge about programme planning.

Bachelor of Vocation (Nutrition, Exercise & Health)(Semester –V)
(Session :2022-23)

**Extension education and AV Aids
(practical)**

COURSE CODE: BVNM-5286

Course Outcomes:

- (CO)1. To enable them to make posters, templates, flashcards, pamphlets and PowerPoint presentation.
- (CO)2. To gain the knowledge about how to prepare lesson plan.
- (CO)3. To gain the knowledge about field visits and imparting extension education to rural people.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2022-23)

**Food service
management (Theory)**
Course code: BVNM -5287

COURSE OUTCOMES :

(CO)1. To gain in depth knowledge of food service management .

(CO)2. To understand basic managerial skills.

CO3. To develop the knowledge about meal planning in institution , menu types and standardization of common food preparation.

CO4. To understand the knowledge about management, organization and communication process and method.

CO5. To develop the knowledge about personnel management, methods of recruitment, welfare provision for employees- health, safety and recreation.

CO6. To understand the knowledge about types of equipment, kitchen unit, storage units, serving units and dishwashing.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session: 2022-23)

**Food service management
(Practical)
COURSE CODE: BVNM-5287**

Course outcomes:

- CO1. To develop the knowledge about standardization and cost calculation of recipes.
- CO2. To enhance the supervising quality of a student in which they have to plan cafeteria and calculate its cost.
- CO3. To gain the knowledge about market survey of food service equipment.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2022-23)

**Diet Therapy and Applied Nutrition
(Theory)**

COURSE CODE: BVNM-5288

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To knowledge about principles of therapeutic diets.

CO2. To develop the knowledge about diet in metabolic and chronic disorder – diabetes , gout, cardiovascular disease.

CO3. To develop the knowledge about nutrition and cancer.

CO4. To develop the knowledge about AIDS and skin disease.

CO5. To develop the knowledge about Drug – Nutrient interaction.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)

(Session : 2022-23)

Diet therapy and applied nutrition

(Practical)

COURSE CODE: BVNM-5288

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about planning, preparation and serving diets for all the conditions.

CO2. To develop knowledge functioning of hospital in patient care and to plan diet for different patients.

CO3. To develop the knowledge of preparing innovative recipes for therapeutic conditions such as diabetes, hypertension.

Bachelor of Vocation Nutrition, Exercise & Health (Semester –V)
(Session :2022-23)

Cafeteria (practical)
COURSE CODE: BVNP-5289

Course outcomes:

Upon Completion of this Course the student should be able to

CO1. To knowledge about preparation of recipes suitable for cafeteria.

CO2. To develop the knowledge about standardization and cost calculation of recipes selected for cafeteria.

CO3. To enhance the supervising quality of a student in which they have to plan cafeteria and calculate its cost.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

Session: 2022-23

Nutrition and Fitness

(Theory)

COURSE CODE: BVNL -6281

COURSE OUTCOME

Upon completion of this course the student should be able to

CO (1)- To Understand the basic concept of fitness and its assessment.

CO (2)- To understand the role of nutrition in fitness.

CO (3)- To understand the nutritional guidelines for fitness and nutritional supplements.

CO (4)- To understand the importance of physical activity.

CO (5)- To understand the assessment, etiology and complications of overweight and obesity.

CO (6)- To understand the concept of fad diets.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

Session: 2022-23

Food Safety

(Theory)

COURSE CODE: BVNL -6282

COURSE OUTCOME

Upon completion of this course the student should be able to

CO (1)- To Understand the concept of food safety and hygiene.

CO (2)- To understand the concept of food borne illness and food hazards.

CO (3)- To understand the food laws and regulations (National as well as International).

CO (4)- To understand the design and implementation of food safety management system such as ISO, HACCP.

CO (5)- To understand the concept of food safety management.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)
Session: 2022-23
(Theory)
Pediatric Nutrition

COURSE CODE: BVNL-6283

COURSE OUTCOME

Upon completion of this course the student should be able to

CO (1)- To Understand the concept of anthropometric measurements.

CO (2)- To understand the concept of Childhood obesity; Underweight and Under nutrition.

CO (3)- To understand the Nutritional screening and nutritional status assessment of the critically ill.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)
Session-2022-23
SOFT SKILLS AND COMMUNICATION
Course Code: BVNM-6104

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: enhance interpersonal skills

CO2: learn the technique of video conferencing

CO3: develop the ability to write job application and resume

CO4: practise group discussion and develop interview skills

CO5: develop the ability to provide good customer service

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

**Therapeutic Nutrition
(Theory)**

COURSE CODE: BVNM -6285

Course outcomes:

1. To gain insight into objectives and concept of therapeutic Diets
2. To develop adaptations of normal diets into therapeutic.
3. To understand the concept of therapeutic nutrition in different diseases infections and fevers.
4. To gain knowledge of dietary modifications and management techniques.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)
Therapeutic Nutrition
(Practical)

COURSE CODE: BVNM -6285

Course outcomes

1. To develop therapeutic diets according to special requirements of nutrients.
2. To calculate the nutritive value of diets.
3. To study the nutritive value of diets given in different diseases.
4. To develop entrepreneurship skills in students.
5. To encourage the students to set up a diet clinic.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

SESSION: 2022-23

QUANTITY FOOD PRODUCTION & SERVICE

(Theory)

COURSE CODE: BVNM-6286

COURSE OUTCOME:

CO (1). To understand about different food services.

CO (2). To get the concept of menu planning and importance of personal hygiene of food handlers.

CO (3). To discuss about food management, food purchasing and preparation of different foods.

CO (4). To understand the effective use of leftover food, food production system and effect of cooking method on nutritional quality of food.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

SESSION: 2022-23

QUANTITY FOOD PRODUCTION & SERVICE

(PRACTICAL)

COURSE CODE: BVNM-6286

COURSE OUTCOME:

CO 1: To prepare them for event management.

CO 2: To give hands on training for commercial cooking

CO 3: To make them clear about the nutritive calculations of various recipes.