



# GUJARAT UNIVERSITY

## BCA I SYLLABUS

<b>COURSE TITLE</b>	<b>HEALTH EDUCATION</b>
<b>COURSE CODE</b>	<b>EC-101</b>
<b>COURSE CREDIT</b>	<b>2</b>
<b>Session Per Week</b>	<b>2</b>
<b>Total Teaching Hours</b>	<b>20 HOURS</b>

### DETAIL SYLLABUS

UNIT	TOPIC / SUB TOPIC	TEACHING HOURS
1	a) Concept of Health & Health education b) Health Education – Aims, Principles, Contents and Methods. c) Levels of Health Care in India, 3-Tier system of health care d) Positive health : Meaning & Spectrums e) Role of Heredity & Environment	
2	a) Nutrition: <ul style="list-style-type: none"><li>• Proximate Principles</li><li>• Balance diet</li><li>• Malnutrition</li></ul> b) Effects of Smoking, Drugs and Alcohol c) School Health services & Programme <ul style="list-style-type: none"><li>• Aspects</li><li>• Role of the P.E. Teacher, Principal and Doctor</li></ul>	
3	Community & Environmental Health <ul style="list-style-type: none"><li>• Pollution:- Its causes &amp; effect on health</li></ul> i. Air Pollution ii. Water Pollution iii. Noise Pollution <ul style="list-style-type: none"><li>• Occupational Hazards</li><li>• Housing</li><li>• Population: - Policy, explosion, dynamics &amp; family welfare Programme</li></ul>	
4	a) Epidemiology of Communicable Disease <ul style="list-style-type: none"><li>• Small &amp; Chicken Pox</li><li>• Tuberculosis</li><li>• Measles &amp; Mumps</li><li>• Malaria, Dengue and Chickengunia</li><li>• Rabies, Jaundice &amp; Yellow fever</li></ul> b) Epidemiology of Non-Communicable Disease <ul style="list-style-type: none"><li>• Coronary Heart Disease (CHD)</li></ul>	

- |  |  |  |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Diabetes</li> <li>• Hypertension</li> </ul> <p>c) Sexually Transmitted Diseases</p> |  |
|--|--|--|

**REFERENCE BOOKS:**

- ♦ Park J.E., Park K. Text Book for preventive and social Medicine Jabalpur : Message Banarasidas Bhanet 1980 Edn.8
- ♦ Turner C.E. The School Health and health Education (st. Louis : The C.V. Mosby Co. 1952) Edn. 2
- ♦ Bedi, Yashpal, Social and preventive Medicine (Delhi: Atamaram & Sons 1983).