

CERTIFICATE COURSE ON LONG-TERM HEALTHCARE MANAGEMENT

DEPARTMENT OF ZOOLOGY

P S M O COLLEGE TIRURANGADI

[2 YEAR COURSE] [80 HOURS] [2 HOUR PER WEEK]

THEORY [45 HOURS]

SECTION-A [15 HOURS]

DIETERY NUTRITION [8 HOURS]

Definition, Principles of good nutrition, the basic food groups, vitamins, minerals, dietary fiber, energy, allowances, nutritional value, food groups, nutritional requirements for diseases, Major dietary supplements, childhood nutrition, adolescence nutrition, adult nutrition, causes, pregnancy dietary supplements, balanced diet, LCHF, major nutritional deficiency disorders

LIFE STYLE DISEASES [7HORS]

Various life style diseases, causes, symptoms, preventive measures, diabetes, hypertension, hypotension, obesity, degenerative diseases, atherosclerosis, heart disease, and stroke, diseases associated with smoking and alcohol and drug abuse, colon cancer

SECTION-B [15 HOURS]

HEALTH MANAGEMENT [8 HOURS]

First aids, trauma care, sudden management for electric shock, road accident, gas fire, burn injury and treatment, lightening struck and treatment, palliative treatment, heart attack and immediate treatment, geriatric problems and management

DENTAL HEALTH [7 HOURS]

Types of teeth, human dental formula, Nutrition and dental health: on the connection between nutrition and dental disease, Oral and Dental Histology, Supportive tissue, teeth, glands, saliva, lymph, Characteristics of groups of teeth - incisors, canines, premolars, molars, Morphological differences between deciduous and permanent dentition,

Understanding the relation between the morphology of the tooth and the dental hygienists work

SECTION-C [15 HOURS]

REPRODUCTIVE HEALTH AND SEX EDUCATION [10 HOURS]

Definition, social, economic, environmental, behavioral, and political factors that affect family planning, reproductive health, fertility, policies that affect reproductive health (with an emphasis on global policies and funding), governmental and non-governmental agencies who make global health policy, elements that contribute to effective interventions to improve the reproductive health of adolescents, men, and women, contraceptive services, sexually transmitted diseases (STD), syphilis, gonorrhea, genital herpes, genital warts, chlamydia, trichomoniasis, AIDS, preventive measures, infertility, reproductive technologies, IUT, IVF, in vivo fertilization, ZIFT, GIFT, IUI, ICSI

PERIODIC AND PERSONAL HEALTH CHECK UP [5 HOURS]

High blood pressure, high blood cholesterol, cardiovascular diseases and heart attack, dental health, hearing impairment, visual impairment, kidney diseases, osteoporosis, STDs, skin cancer and melanoma, testicular cancer, prostate cancer, breast cancer, cervical cancer, diabetes, glaucoma, overweight and obesity, insulin injection

SECTION-D

PRACTICALS [35 HOURS]

PHYSICAL EXERCISE AND YOGA

Types of exercise: Aerobic or endurance (jogging, playing, swimming, climbing), strength (lifting free weights), flexibility (Stretching various parts of the body and yoga) and balance (Standing on one foot and Heel-to-toe walking), Yoga (Tadasana, Vrksasana, Uthita Trikonasana, Uthita Parsvakonasana, Virabhadrasana, Prasaritha Padaottanasana, Uttanasana, Ado mukha Svanasana, Baddha Konasana, Virasana, Dandasana, Janusirsasana, Paschimottanasana, Upavista Konasana, Bharatvajasana, Sethubandha Sarvangasana, Viparita Karani, Savasana

