# **VIDYASAGAR UNIVERSITY**

Midnapore, West Bengal



PROPOSED CURRICULUM & SYLLABUS (DRAFT) OF

## BACHELOR OF SCIENCE WITH NUTRITION (MULTIDISCIPLINARY STUDIES)

### **3-YEAR UNDERGRADUATE PROGRAMME** (w.e.f. Academic Year 2023-2024)

Based on

Curriculum & Credit Framework for Undergraduate Programmes (CCFUP), 2023 & NEP, 2020

VIDYASAGAR UNIVERSITY, PASCHIM MIDNAPORE, WEST BENGAL

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#### VIDYASAGAR UNIVERSITY BACHELOR OF SCIENCE IN LIFE SCIENCES with NUTRITION (under CCFUP, 2023)

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks			
								CA	ESE	TOTAL	
	1 <sup>st</sup>	Ι	SEMESTER-I								
B.Sc. in Life Sc. with Nutrition			Major	NUTPMJ101	T: Fundamental Nutrition Part-I; P: Practical	4	3-0-1	15	60	75	
			(DiscA1)		(To be studied by the students taken Nutrition as Discipline-A)						
			SEC	SEC01	To be chosen from SEC-01 of Discipline A/B/C of their Hons. prog.	3	0-0-3	10	40	50	
			AEC	AEC01	Communicative English-1 (common for all programmes)	2	2-0-0	10	40	50	
			MDC	MDC01	Multidisciplinary Course-1 (to be chosen from the list)	3	3-0-0	10	40	50	
			VAC	VAC01	VAC-01: ENVS (common for all programmes)	4	2-0-2	50	50	100	
			Minor	NUT	T: Fundamental Nutrition Part-I; P: Practical	4	3-0-1	15	60	75	
			(DiscC1)	MI 01/C1	(To be studied by the students taken Nutrition as Discipline-C)						
			Semester-I Total							400	
			SEMESTER-II								
		п	Major		To be decided	4	3-0-1	15	60	75	
			(DiscB1)		(Same as like A1 for students taken Nutrition as Discipline-B)						
			SEC	SEC02	To be chosen from SEC-02 of Discipline A/B/C of their Hons. prog.	3	0-0-3	10	40	50	
			AEC	AEC02	MIL-1 (common for all programmes)	2	2-0-0	10	40	50	
			MDC	MDC02	Multi Disciplinary Course-02 (to be chosen from the list)	3	3-0-0	10	40	50	
			VAC	VAC02	VAC-02 (to be chosen from the list)	4	4-0-0	10	40	50	
			Minor	NUT	T: Fundamental Nutrition Part-II; P: Practical	4	3-0-1	15	60	75	
			(DiscC2)	MI 02/C2	(To be studied by the students taken Nutrition as Discipline-C)						
			Summer	CS	Community Service	4	0-0-4	-	-	50	
			Intern.								
					Semester-II Total	24				400	
					TOTAL of YEAR-1	44	-	-	-	800	

P MJ= Major Programme (Multidisciplinary), MI = Minor, A/B = Choice of Major Discipline; C= Choice of Minor Discipline; SEC = Skill Enhancement Course, AEC = Ability Enhancement Course, MDC = Multidisciplinary Course, VAC = Value Added Course; CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical, MIL = Modern Indian Language, ENVS = Environmental Studies

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#### MAJOR (MJ)

#### MJ A1/B1: Fundamental Nutrition Part-I

MJ A1/B1T: Fundamental Nutrition Part-I

Credits 04 (FM: 75)

Credits 03 [45L]

Credits 01

#### **Course contents:**

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#### 1. Food and Nutrition : Basic concepts

- Concept and definition of terms Nutrition, Nutrients, Nutritional status, Malnutrition and Health. Interrelationship in maintaining good health and well-being
- Food as source of nutrients, function of food, classification of food, Food groups. Food pyramid.
- Energy in Human Nutrition: Idea of energy and its unit, energy balance, Assessment of energy requirements, Deficiency and Excess, Determination of energy in food, BMI, BMR & influencing factors, S.D.A.
- Minimum Nutritional Requirements and RDA : Formulation of RDA and Dietary Guidelines: Reference Man and Reference Woman

#### 2. Nutrition awareness and Public Health:

- Nutritional awareness generation process.
- Concept of Public health, determinants of public health.
- 3. Undernutrition management from intrauterine life to adulthood:
  - PEM in the context of underweight, stunting, wasting,
  - SAM; Nutritional Anaemia with special reference to Iron Deficiency Anaemia; Vitamin A deficiency (Xeropthalmia); Iodine Deficiency Disorders;

#### MJ A1/B1P: Fundamental Nutrition Part-I (Practical) Course Outline:

- 1. Undernutrition and obesity risk assessment using BMI, weight for age, height for age, waist to hip ratio, MUAC.
- 2. Preparation of audio visual aids for nutrition awareness
- 3. Computation of BMI, BMR, SDA from the provided data.
- 4. Public health sensors assessment.

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#### MINOR (MI)

MI-1/C1: Same as Minor-1 (NUTMI01) of Nutrition (Hons) programme	Credits 04 Full Marks: 75

MI-2/C2: Same as Minor-2 (NUTMI02) of Nutrition (Hons) programme

Credits 04 Full Marks: 75

#### SKILL ENHANCEMENT COURSE (SEC)

TO BE CHOSEN FROM THE BUCKET OF SECs OF SELECTED DISCIPLINE A/B/C (As per A/B/C Hons. Prog. Syllabus)

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