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Syllabus for Applied Nutrition and Dietetics at U.G Level

Semester I ANCC1: HUMAN PHYSIOLOGY (CREDITS: THEORY-4, PRACTICAL-2)

Contents:

Unit: I Cell Structure and Function

- Structure of a cell.
- Functions of cell.
- Classification of tissues.
- Structure and Functions of basic tissues.

Unit: II Digestive and Excretory System

- Organs of the gastrointestinal tract.
- Digestion of food
- Absorption of food.
- Structure and function of kidneys.

Unit: III Circulatory and Respiratory System

- Blood composition, coagulation and blood groups
- Structure and working of heart
- Structure and functions of respiratory organs.
- Mechanism of respiration

Unit: IV Reproductive and Endocrine System

- Structure and function of reproductive organs.
- Menstrual Cycle.
- Types of endocrine glands
- Functions of endocrine glands.

ANCCP1: HUMAN PHYSIOLOGY

PRACTICAL

1. Parts of microscope.
2. Microscopic examination of basic tissues
3. Blood group identification.
4. Hemoglobin estimation using Sahli's method.
5. RBC count (demo)
6. Estimation of blood sugar level by kit method.
7. Pulse and respiratory rate at rest and after exercises
8. Measurement of body temperature
 - Oral Cavity
 - Axilla
 - Groin
9. Measurement of blood pressure

RECOMMENDED READINGS

1. Guyton, A.C. and Hall, J.B. (latest edition). Text book of medical physiology., W.B. Sanders Company, Prism Books (Pvt.) Ltd. Bangalore.
2. Jain, A.K. (latest edition), Text book of Physiology. Volume I and II. Avichal publishing Company, New Delhi.
3. Tortora, G.J. & Grabowshi, S.R. (latest edition).Principles of anatomy & physiology. Harper Collis Publishers.
4. Wilison, K.J.W. & Waugh, A. (latest edition). Ross and Wilson Anatomy and Physiology in Health and illness ,Churchill Livingstone.