



University of Rajasthan Jaipur

SYLLABUS

Home Science

Career Oriented & Skill Development Course in Clinical
& Nutrition & Dietetics)

CERTIFICATE COURSE

Examination-2023-24

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Dr. Reshmi
Head of the Department
Home Science
University of Rajasthan
Jaipur

CLINICAL NUTRITION AND DIETETICS (CND)

These are add-on courses, which a regular student in UG or PG programme can pursue simultaneously. The certificate holder or a graduate in B.Sc. - Home

Science shall be eligible for admission to the Diploma in CND and the Diploma holder in CND or a post graduate in M.Sc.- Food and Nutrition shall be eligible for admission to the Advanced Diploma course in CND.

Candidates who have passed 10+2 examination from a recognized board shall be considered eligible for admission to the Certificate Course.

Nomenclature of the course	Duration	Eligibility Criteria
Certificate in Clinical Nutrition And Dietetics	1 academic year	10+2 of any recognized board
Diploma in Clinical Nutrition and Dietetics	1 academic year	Certificate in Clinical Nutrition and Dietetics Or Graduate in B Sc .Home Science
Advanced Diploma in Clinical Nutrition and Dietetics	1 Academic year	Diploma in Clinical Nutrition and Dietetics Or Post Graduate in Food and Nutrition

Teaching Schedule

The classes shall be conducted in the morning/evening hours. Apart from the regular faculty, senior professionals from the Quality Control units of various Hospitals And Health Centers, experienced doctors and dietitians shall be invited to offer guidance on the contemporary and technical aspects of the subjects under study.

Pedagogical Strategies

Apart from classroom lectures, activities and assignments, students shall be given opportunities to present and participate in seminars and symposia.

Annual Scheme of Examination

1. The number of papers and the minimum passing and maximum marks for each paper shall be shown in the syllabus. Each theory paper will be of three hours duration and the duration of practical examination shall be as prescribed in the syllabus.

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There shall be 3 sections in the question paper. Section 1 shall consist of objective type questions, section 2 shall consist of definitions/short answers type questions and section 3 shall consist of long essay type questions.

3. Result categorization: Pass with distinction.75% , I Div.60% and Pass 50% in the aggregate.
4. To pass the examination, a candidate is required to obtain at least 40% marks individually in the Internal Assessment and Annual Examination in each paper (theory & practical separately as prescribed in the syllabus).
5. Candidate needs to clear all papers in order to be eligible for promotion to the next level of courses.
6. A candidate failing in a maximum of one paper shall be allowed to take the exam in that paper only in the immediately successive year, otherwise, she will be required to appear in all papers..
7. Internal assessment will constitute 30% marks of the maximum marks for each paper (theory and practical separately) based on internal examinations, submissions and regularity in attendance.
8. A candidate passing the Certificate course shall only be admitted to the Diploma course.
9. A candidate passing the Diploma course shall only be admitted to the Advanced Diploma course.
10. A candidate with B.Sc. Home Sc. shall be eligible for direct admission to Diploma and M.Sc. Home Sc. (Foods & Nutrition) shall be eligible for direct admission to Advanced Diploma course.
11. The Certificate/ Diploma/ Advanced Diploma shall be awarded by the university of Rajasthan.

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CLINICAL NUTRITION AND DIETETICS

Certificate Course

	Paper	Credit Hour	Time Duration/ week (hrs.)	Distribution of Marks				Exam Duration (hrs.)
				Max. Marks	Min. Marks	Internal Assessment	External Assessment	
101	Human Physiology THEORY	5	3	100	40	30	70	3
	Basic Nutrition And Meal Management THEORY	5	3	100	40	30	70	3
	Basic Nutrition And Meal Management PRACTICAL	10	6	200	80	60	140	3
104	Project/ Field work	10	6	200	80	70	130	6
AL		30	18	600				

R. J. S.
 Director
 University
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**CERTIFICATE COURSE IN CLINICAL NUTRITION
AND DIETETICS**

**Paper I : HUMAN PHYSIOLOGY
(THEORY)**

Credit Hour - 05

Contact Hrs./ week -03

Total Hrs -75

Objectives:

To enable the students to

☐ To acquire knowledge regarding the human body

☐ To know in detail about various systems of body

Contents:

Structure and functions of ;-

- Cell and Tissues
- Circulatory System
- Lymphatic System
- Digestive System
- Excretory System
- Nervous System
- Endocrine System
- Sense Organs
- Skeletal system

Books Recommended:

1. Keele, C.A. and Neil, E. (1978) Samson Wright's Applied Physiology, Oxford University Press
2. Tortora, G.J. and N. P. Anagnostakos (1984), Principles of Anatomy and Physiology, Harper and Row Publisher, New York
3. Armstrong, K.F. Anatomy and Physiology for Nurses
4. Pearce, A. Anatomy and Physiology for Nurses, Faber and Faber Lt
5. Sears, W. G. Anatomy and Physiology for Nurses

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Paper II - Basic Nutrition and Meal Management
(THEORY)

Credit Hour - 05

Contact Hrs./ week - 03

Total Hrs - 75

Objectives:

- To enable the students: -
 - To understand the relationship between nutrition and human well being
 - To acquire knowledge regarding principles of planning diets for various stages of life cycle and diseases.
 - To understand the general structure and functions and various systems and organs in the body

Contents:

1. Introduction to nutrition – definition of nutrition, nutrients and health
2. Basic 5 food groups, food guide, food pyramid
3. Macro nutrients – carbohydrates, fats and proteins. Composition, classification, food sources, functions, requirements, deficiency and storage in body, metabolism.
4. Micro nutrients – minerals, fat-soluble vitamins and water-soluble vitamins
Composition, classification, sources, functions, requirements, deficiency and Storage
5. Water – functions, requirements, sources and balance
6. Introduction to meal management - balanced diet
7. Basic principles and steps in meal planning
8. Nutrition during the life cycle
 - Pregnancy
 - Lactation
 - Infancy
 - Pre-school
 - School age
 - Adolescence
 - Elderly
9. Therapeutic Nutrition
 - Role of dietitian and Nutritionist
 - Basic concept of diet therapy

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- Therapeutic adaptation of normal diet
- Dietary counselling
- Obesity - causes, prevention and dietary modification
- Etiology, symptoms and diet in gastro Intestinal diseases - diarrhea (acute and chronic), constipation (atonic and spastic)
- Hypertension
- Diabetes Mellitus
- Nutritional Anaemia

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Paper III : Basic Nutrition and Meal Management
(PRACTICAL)

Credit Hour - 10

Contact Hrs./ week -06

Total Hrs -150

Objectives:

To enable the students:

To learn planning and preparation of different types of diets

Contents:

1. Planning, preparation and serving of diet during pregnancy, lactation, Infancy, school age, adolescence and Elderly.
2. Planning and preparation of Therapeutic diets covered in the theory- obesity, diarrhea, constipation, anaemia, diabetes mellitus, hypertension.
3. Assessment of nutritional status - anthropometry, dietary intake, hemoglobin assessment, clinical.

Books Recommended:

1. Guthrie H.A. 'Introductory Nutrition' Mosby Publications. 1988
2. Mudambi S.R. and M.V. Rajgopal. 'Fundamentals of Food & Nutrition' II Edition. Wiley Eastern Limited. 1990.
3. Antia F.P. 'Clinical Dietetics and Nutrition'. III Edition. Oxford University Press. Bombay, 1989.
4. Modern Nutrition in Health and Disease. Shils, M.E. and Young V.R. Bombay K.M. Varghese Company (vi edition 1988)
5. Kinder, F. Meal Management Truswell, A.S. and Mann, J. Essentials of Human Nutrition. Oxford University Press
6. Sharma, S. Human Nutrition and Meal Planning . Jnanada Prakashan (P&D), New Delhi
7. Robinson C.H., Lawler M.R. 'Normal and Therapeutic Nutrition'. Macmillan Publishing Company. 17th Edition. 1986.
8. Krause, M.V. Food, Nutrition and Diet Therapy, W. B. Saunders Co. Philadelphia.

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8

Project / Field Work

On topics from Human Physiology, Basic Nutrition and Meal Management
Field work from hospitals, Anganwadi and Community.
A report will be submitted and presentation should be made.

Report 3 credits
Presentation 2 credits

Evaluation: External assessment will be made based on project report and viva voce

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By _____
Date _____

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