

DEPARTMENT OF PHYSIOLOGY

Report on field survey 2019



Conducted By

Department of Physiology
Katwa College

Syllabus

Paper -DSE3A (HUMAN NUTRITION AND DIETETICS)

[TOTAL CREDITS:6(THEORY-4,PRACTICAL-2)]

Theory:

Total Lecture-60

Concepts in theory

1. Constituents of food and their significance.
2. Basal metabolic rate-factors, determination by Benedict-Roth apparatus.
3. Respiratory quotient.
4. Specific dynamic action.
5. Basic concept of energy and units.
6. Calorific value of foods.
7. Body calorific requirements –adult consumption unit
8. Dietary requirements of carbohydrate, protein, lipid and other nutrients.
9. Balanced diet and principles of formulation of balanced diets for growing child, adult man and woman, pregnant woman and lactating woman.
10. Nitrogen balance, essential amino acids, biological value of proteins.
11. Supplementary value of protein.
12. Protein efficiency ratio and net protein utilization of dietary proteins.
13. Dietary fibres.
14. Vitamins.
15. Principle of diet survey.
16. Composition and nutritional value of common food stuffs.
17. Physiology of starvation and obesity.
18. Sources and physiological significances of vitamins and minerals.
19. Space nutrition.

Practicals

Nutrition and Dietetics – Diet Survey (Field Study Record)

1. Diet survey report (hand-written) of a family (as per ICMR specification): Each student has to submit a report on his/her own family.
2. A report (hand-written) on the basis of field survey from ONE of the followings:
 - a) Physiological parameters of human (at least three parameters).
 - b) Anthropometric measurements on human (at least three parameters).

Epidemiological studies on human.

Brief report on Field work

A field survey on the topic of "comparative study of physiological parameters of smoker and non-smoker college students" was organised by the department of Physiology, Katwa college on dated / /2019 under the supervision of Mr. Chandan Banerjee, Department of Physiology, Katwa college with the participation of sixteen students of semester VI in the academic year of 2019-2020. In this field work students surveyed our college students assessed some anthropometric and physiological parameters like age, sex, height, weight, oxygen saturation, peak flow rate, vital capacity, oxygen saturation rate.

Photography



