

Course Recognized & Registered /Affiliated with SBTE



Health & Nutrition

Course period

12 weeks, 3 Months

Language of instruction

English /Urdu

Academic requirements

Matriculation

COURSE DESCRIPTION

Mission & Vision

Develop a mindset to acquire Health and Nutrition education, recognize environmental influences that affect health status and benefits of being physically active. Discover physical fitness components and activities that contribute to increased fitness and good health.

A flagship institution committed to spreading Islamically integrated health and nutrition education. Aspire to articulate the need for good choices in maintaining a healthy lifestyle by identifying environmental influences (home, school, workplace and community) on individual selections.

COURSE AIMS AND OBJECTIVES

- To support intellectual and professional skill development
- To impart knowledge of Health & Disease, Hygiene & Environmental Health management & Community Education as well as understand how to prevent diseases
- To cover health, hygiene, diseases & brief History of Nutrition & Balanced diet
- To gain a fundamental or physical understanding of physical health, exercise & physical science
- To provide knowledge of basic terminology & several aspects of Anatomy & Physiology of the human body

Theoretical Components:

- Anatomy
- Physiology
- State Of body
- Nutrition
- Hygiene
- Hormone Study
- Exercises
- Equipment

Practical Components:

Exercise for a healthy body
Exercise machines for practical

- Ellipticals
- Twister
- Treadmills
- Cable Cross
- Smith Machine
- Leg Curl Extension
- Bench Press
- Butterfly
- Cycling Machine



HIRA INSTITUTE
of Emerging Sciences

COURSE OUTLINE

Week	Lectures
1	<ul style="list-style-type: none"> • Anatomy of the Human body • Physiology of the Human body • Introduction of Equipment • Demonstration of Equipment
2	<ul style="list-style-type: none"> • Introduction Of Health & Disease • Definition Of Health & Disease • Concept Of Health & Disease • Cure & Prevention Of Spiritual Diseases • Spiritual Health by Quran & Hadith
3	<p>Factors affecting Health</p> <ol style="list-style-type: none"> 1. Social and economic factors 2. Environmental factors 3. Personal factors 4. Hereditary factors
3	<ul style="list-style-type: none"> • Hygiene • Physical Health • Fitness Science
4	<ul style="list-style-type: none"> • Exercise + Exercise Programming • Benefits/Types of Exercise
5	<ul style="list-style-type: none"> • Hormones • Definition • Mechanism • Role Of Hormones
6	<ul style="list-style-type: none"> • DietoTherapy 1 • Balanced Diet
7	Dieto Therapy 2
8	<ul style="list-style-type: none"> • Nutrition

	<ul style="list-style-type: none"> • Types • Introduction to the field of food and nutrition, • Composition of foods,
9	<ul style="list-style-type: none"> • The basic chemistry of vitamins and minerals • The role of vitamins and minerals in the body • The Impact of malnutrition on global disease burden
10	<ul style="list-style-type: none"> • Nutritional strategies to improve nutritional status and combat malnutrition • How to better weigh and interpret the information about nutrition and health
11	<p>Exercise for a healthy body</p> <p>Exercise Machines for practical</p> <ul style="list-style-type: none"> • Smith Machine • Leg Curl Extension • Bench Press • Butterfly • Cycling Machine
12	<p>Exercise for a healthy body</p> <p>Exercise machines for practical</p> <ul style="list-style-type: none"> • Ellipticals • Twister • Treadmill • Cable Cross