

### GOVERNMENT GENERAL DEGREE COLLEGE, NARAYANGARH

## **PROGRAMME OUTCOME (PO)**

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## **COURSE OUTCOME (CO)**

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

# **DEPARTMENT OF NUTRITION**

# **BACHELOR OF SCIENCE (HONOURS) MAJOR IN NUTRITION SCIENCE**

(From Academic Session 2023-2024)

### **PROGRAMME OUTCOME (PO)**

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

After completing this course outcomes are as follows: -

- 1. Critical Thinking Apply of the knowledge of nutrition and dietetics, related to scientific issues so as to prevent or treat diseases being faced by humans
- 2. Design/development of solutions Develop innovative food products or substitutes or alternate solutions to create value and wealth for the betterment of the individual and society at large.
- 3. Problem analysis Identify, formulate, research literature, and solve nutritional deficiencies using fundamentals of clinical nutrition and dietetics, physiology, food science and biochemistry and relevant domain disciplines
- 4. Being familiar with nutrients, their function in an organism, bioavailability, requirements and recommended quantities, as well as the bases of energetic and nutritional balance.
- 5. Examining and evaluating the relationship between food and nutrition in health and/or illness.
- 6. Interpreting a nutritional diagnosis, evaluating nutritional aspects of a clinical record and implementing a dietary treatment plan.
- 7. Modern tool usage Create, select, adapt and apply appropriate techniques, resources and modern devices to compute nutritional needs with a thoughtfulness of the limitations.
- 8. Environment and sustainability Recognize and assess societal, environmental, health, safety, and cultural issues related to food within local and global contexts.
- 9. Individual and team work Function objectively as an individual and as a member in diverse teams.
- 10. Professional Ethics Hold up and commit to professional ethics and ethical regulations, responsibilities, and norms of professional nutrition and dietetics practice.

- 11. Self-Directed and Life Long Learning Recognize the need and have the ability to engage in independent learning for continual development as a health and food science professional.
- 12. Applying scientific knowledge of physiology, pathophysiology, nutrition and food to individual or group diet planning and counselling, both in healthy (dietetics) and ill (diet therapy) clients, at every stage of life.
- 13. Understanding the structure of food services, nutrition departments and hospital nutritionists, and identifying and developing the functions of a nutritionist-dietician in a multidisciplinary team.
- 14. Aims to equip with the confidence and skills to become entrepreneurs within the highly competitive nutrition sector.
- 15. Aims to provide with foundational skills and knowledge across the three pillars of public health: prevention, protection, and promotion.

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# **BACHELOR OF SCIENCE (HONOURS) MAJOR IN NUTRITION SCIENCE**

(From Academic Session 2023-2024)

### **PROGRAMME SPECIFIC OUTCOME (PSO)**

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

By the end of the program, students will be able to:

- 1. Apply knowledge of nutrition and dietetics to address scientific issues and design strategies for the prevention and treatment of diseases affecting human health.
- 2. Develop innovative food products, substitutes, or alternative solutions to enhance individual and societal well-being, creating value and contributing to societal advancement.
- 3. Identify and analyze nutritional deficiencies by researching relevant literature and applying principles from clinical nutrition, physiology, food science, and biochemistry to formulate effective solutions.
- 4. Understand and apply knowledge of nutrients, including their functions, bioavailability, requirements, and recommended quantities, to maintain energetic and nutritional balance in individuals.
- 5. Examine and evaluate the relationship between food and nutrition in both health and illness, using this understanding to inform dietary recommendations and interventions.
- 6. Interpret nutritional diagnoses, evaluate clinical records, and implement dietary treatment plans based on comprehensive nutritional assessments.
- 7. Utilize modern techniques, resources, and devices to accurately compute nutritional needs, while being mindful of their limitations and ensuring effective application.
- 8. Recognize and assess the impact of societal, environmental, health, safety, and cultural issues related to food within both local and global contexts.

- 9. Function effectively both as an individual and as a member of diverse teams, contributing to collaborative efforts in various professional settings.
- 10. Uphold and commit to professional ethics, regulations, responsibilities, and norms within the field of nutrition and dietetics.
- 11. Engage in independent learning and continual development to maintain and enhance professional competence as a health and food science professional.
- 12. Apply scientific knowledge of physiology, pathophysiology, nutrition, and food to plan and counsel diets for individuals and groups, addressing both healthy and clinical needs.
- 13. Understand the structure and functions of food services, nutrition departments, and the role of nutritionists-dieticians within multidisciplinary teams.
- 14. Develop the confidence and skills necessary to become an entrepreneur in the competitive nutrition sector.
- 15. Acquire foundational skills and knowledge in the three pillars of public health prevention, protection, and promotion—essential for advancing public health goals.



### BACHELOR OF SCIENCE (HONOURS) MAJOR IN NUTRITION SCIENCE

(From Academic Session 2023-2024)

### **COURSE OUTCOME (CO)**

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

#### **SEMESTER – I**

#### **MJ-1T: Basic Concept of Food and Nutrition**

After the completion of the course, students will be able to

- 1. Importance of nutrition for basic requirements of life.
- 2. Understand the chemistry of food components.
- 3. Identifying and classifying food and food, knowing their composition, properties, nutritive value.
- 4. Importance of nutrition awareness for prevention of diseases and early recovery.
- 5. Dietary management of undernutrition at different phases of the human life cycle.
- 6. Understand the impact of the digestive system on nutrition.
- 7. Fundamental concept about various food commodities.
- 8. Interpret and use of food composition tables and databases properly.

#### **SEC 1: Community Nutrition**

After the completion of the course, students will have ability to

- 1. To know programme formulation and its different components.
- 2. To understand the programme planning, designing and implementation.
- 3. To know the programme management and evaluation.

### <u>SEMESTER – II</u>

#### **Basic concept of Public Health and Nutrition**

After the completion of the course, students will be able to;

- 1. Learn the importance of nutrients for the health care of mother and child.
- 2. Understand the way of food safety and quality control for improving public health.
- 3. Importance of Nutrition education communication and behavior alteration for health promotion, disease prevention and early recovery from diseases.
- 4. Know the different components of the health care system & concept development about the health care ecosystem.
- 5. Understanding the importance of additional nutritional demand during pregnancy and lactation.
- 6. Interpret a nutritional diagnosis, evaluating nutritional aspects of a clinical record and implementing a dietary treatment plan.

#### SEC 2: Food Adulteration

After the completion of the course, students will have ability to

- 1. To understand the detection of food additives and adulteratives in different food items.
- 2. To understand the impact of food adulteration on different health hazards.