



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

PEOs, POs, PSOs and COs

M.Sc. HOME SCIENCE –

NUTRITION AND DIETETICS

Programme Educational Objectives (PEOs)

PEOs are broad statements that describe the career and professional achievements that the Programme is preparing the graduates to achieve within the first few years after graduation. PEOs are framed for each Programme and should be consistent with the Mission of the Institution.

Programme Outcomes (POs)

POs shall be based on Graduate Attributes (GAs) of the Programme. The GAs are the attributes expected of a graduate from a Programme in terms of knowledge, skills, attitude and values. The Graduate Attributes include Disciplinary Knowledge, Communication Skills, Critical Thinking, Problem Solving, Analytical Reasoning, Research Related Skills, Co-operation/Team Work, Scientific Reasoning, Reflective Thinking, Information/Digital Literacy, Multicultural Competence, Moral and Ethical Awareness/Reasoning, Leadership Qualities and Lifelong Learning.

On successful completion of the Programme, the students will be able to

- 1 Apply their in depth domain knowledge and practical skills in interdisciplinary fields for research-based endeavours, employment and entrepreneurship development.
(*Disciplinary Knowledge*)
- 2 Communicate proficiently and confidently with the ability to present complex ideas in a concise manner to assorted groups. (*Communication Skills*)

- 3 Identify, formulate and solve problems in a consistent and systematic way with updated skills using modern tools and techniques. (*Scientific Reasoning and Problem Solving*)
- 4 Analyze the data, synthesise the findings and provide valid conclusion by critical evaluation of theories, policies and practices for the betterment of society. (*Critical Thinking and Analytical Reasoning*)
- 5 Explore and evaluate globally competent research methodologies to apply appropriately in interdisciplinary research; Develop and sustain the research capabilities to meet the emerging needs for the welfare of the society. (*Research Related Skills*)
- 6 Use ICT to mould themselves for lifelong learning activities to face career challenges in the changing environment. (*Digital Literacy, Self - directed and Lifelong Learning*)
- 7 Self-manage and function efficiently as a member or a leader in diverse teams in a multicultural society for nation building. (*Co-operation/Team Work and Multicultural Competence*)
- 8 Uphold the imbibed ethical and moral values in personal, professional and social life for sustainable environment. (*Moral and Ethical Awareness*)

Programme Educational Objectives (PEOs)

The students will be able to

- become health professionals in hospitals, fitness centres, food service industries, teachers in educational institution or to be self – employed, to enhance the quality of life of the people.
- advance in the standards of academia through research which contribute the wellbeing of the people.
- follow the professional and ethical standards in their concerned fields and work with social concern, in promoting the health status of the family and community.

Key Components of the Mission Statement	PEO1	PEO2	PEO3
empower the students	√	√	√
providing quality education through scientific aspects of food science, nutrition and dietetics	√	√	√
ensure health for the family, community and nation.	√	√	√

Programme Specific Outcomes (PSOs)

Based on the Programme Outcomes, Programme Specific Outcomes are framed for each PG Programme. Programme Specific Outcomes denote what the students would be able to do at the time of graduation. They are Programme-specific and it is mandatory that each PO should be mapped to the respective PSO.

On successful completion of M.Sc. Home science – Nutrition and Dietetics Programme, the students will be able to

PO1: *Disciplinary Knowledge*

PSO1.a: apply professional knowledge and entrepreneurial skills involved in the various branches of Home Science for empowering themselves and the community.

PSO1.b: apply the obtained knowledge and skills efficiently to pursue research activities and to grab more career opportunities in educational institutions, hospitals, healthcare and service industries, food service institutions, government and non government organizations.

PO2: *Communication Skills*

PSO2: interact productively and transmit technical information in a clear and concise manner to the professionals, diverse workforce and to the public by using a variety of communication strategies.

PO3: *Scientific Reasoning and Problem Solving*

PSO3.a: synthesis the scientific and systematic thinking with their hands on experience in cookery, diet planning, diet counseling, food analysis, food preservation, food safety and quality control, bakery and confectionery, textiles and clothing, resource management, interior decoration and housekeeping to promote healthy environment in the community through various outreach programmes.

PSO3.b: apply modern techniques, updated resources and advanced technological tools to meet the needs and challenges of the contemporary society for promoting the holistic welfare of the family, community and the nation.

PO4: *Critical thinking and Analytical Reasoning*

PSO4: analyse critically the prevailing issues in global nutrition and find out valid solutions through experimentation and research for the welfare of the people.

PO5: *Research related skills*

PSO5: adopt appropriate statistical tools to analyze the data that enhances interdisciplinary research activities and find appropriate remedies for the existing health related problems in the society.

PO6: *Digital Literacy, Self - directed and Lifelong learning*

PSO6: develop higher order thinking skills and professionalism using the ICT to nurture the capability for lifelong self-learning.

PO7: *Cooperation/Team Work and Multi-Cultural Competence*

PSO7: build the interpersonal qualities of coordination, leadership, time management and team spirit through their group project, industrial visit and internship that enable them to become responsible citizens which help to uplift the nation.

PO8: *Moral and Ethical awareness*

PSO 8: practice the inculcated human values, constitutional values, moral values and ethics in their personal, professional and social life for the sustainable environment.



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester: I	PRINCIPLES OF FOOD SCIENCE	Hours/Week:6	
Core Course-1		Credits: 5	
Course Code 20PHSC11		Internal 40	External 60

COURSE OUTCOMES

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

CO1: explain the concept of food science, food components, process of new food product development and sensory attributes of food. [K2]

CO2: identify the role of food constituents in food and food industries, methods of sensory evaluation to standardize the new food products. [K3]

CO3: determine the effect of processing on food components and sensory attributes of food and new food products. [K3]

CO4: analyse the structure, classification and properties of food components and factors affecting properties of food and food product development. [K4]

CO5: assess the rheology of food, role of water, artificial sweeteners, transfat and fat replacers in food industries and interpret the formation of foam, emulsion and dough in new food products. [K5]

Course Code 20PHSC11	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO 1	H	H	M	L	L	L	L	H	-	-
CO 2	H	H	H	M	M	M	M	H	-	-
CO 3	H	H	H	M	M	H	H	H	-	-
CO 4	H	H	H	H	M	H	H	H	-	-
CO 5	H	H	H	H	M	H	H	H	-	L



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester I	APPLIED PHYSIOLOGY	Hours/Week:6	
Core Course - 3		Credits: 5	
Course Code 20PHSC13		Internal 40	External 60

COURSE OUTCOMES

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

CO1: describe the structure and parts of the cell, glands, vital organs and systems in the human body.[K2]

CO2: identify the functions of cell, glands, vital organs and systems in human body.[K3]

CO3: determine the physiological mechanism, process and formation of various organs and systems.[K3]

CO4: classify the types of various physiological system in human body.[K4]

CO5: predict the abnormalities found in various organs and systems in the human body by assessing the composition and secretions of various glands.[K5]

Course Code 20PHSC13	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO 1	H	H	H	-	-	L	M	L	-	-
CO 2	H	H	M	M	M	M	H	H	-	-
CO 3	H	H	M	M	M	M	H	H	-	-
CO 4	H	H	M	H	H	M	H	H	-	-
CO 5	H	H	M	H	H	H	H	H	-	H



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester: I	RESEARCH METHODOLOGY	Hours/Week:6	
Elective Course-1		Credits: 4	
Course Code 20PHSE11		Internal 40	External 60

COURSE OUTCOMES

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

CO1: explain the concept of good research, sampling, collection of data, reliability, validity and report writing. [K2]

CO2: apply the correct procedure to construct research design, select sampling methods, collect data, frame hypothesis and measure the quality of research to provide good report. [K3]

CO3: manipulate the data of the research process and present the results in a scientific manner to solve the research problems. [K3]

CO4: categorize research, hypothesis, variables, and collection of data, reliability, validity and report to pursue the research. [K4]

CO5: formulate research report of a contemporary problem and conclude the data by adopting software and research ethics. [K5]

Course Code 20PHSE11	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO 1	H	H	M	M	M	M	H	L	-	-
CO 2	H	H	M	H	H	H	H	L	-	M
CO 3	H	H	H	H	H	H	H	M	-	M
CO 4	H	H	H	H	H	H	H	M	-	M
CO 5	H	H	H	H	H	H	H	M	-	H



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester: I	INSTRUMENTATION IN FOOD ANALYSIS	Hours/Week:6	
Elective Course –1		Credits: 4	
Course Code 20PHSE12		Internal 40	External 60

COURSE OUTCOMES

On completion of the course, students will be able to

CO1: explain the concept and need of various instruments used in food and nutrition field.

[K2]

CO2: identify the working principle of various instruments used in food sectors. [K3]

CO3: illustrate the instrumentation and working mechanism of instruments used in food analysis. [K3]

CO4: categorize the instrumental techniques based on their applications in analysis of macro and micro food components. [K4]

CO5: choose the appropriate analytical instrument to measure, identify, separate and purify the unknown minor and major components in foods.[K5]

Course Code 20PHSE12	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO 1	H	H	M	L	L	M	H	H	-	-
CO 2	H	H	L	M	M	M	H	H	-	L
CO 3	H	H	M	H	H	H	H	H	-	L
CO 4	H	H	M	H	H	H	H	H	-	M
CO 5	H	H	M	H	H	H	H	H	-	M



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai
Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester: I	FOOD BIOTECHNOLOGY	Hours/Week:6	
Elective Course-1		Credits: 4	
Course Code 20PHSE13		Internal 40	External 60

COURSE OUTCOMES

On completion of the course students will be able to

CO1: explain the concept of biotechnology, single cell protein, fermentation technology and genetically modified foods. [K2]

CO2: apply the biotechnology techniques to produce SCP, enzymes, GMO and recovery process of the commercial products. [K3]

CO3: determine the applications of biotechnology in food processing, mushroom production, industries GMO and fermentation process. [K3]

CO4: analyze the role of biotechnology in food processing sectors and regulations to ensure the safety of biotechnology products.[K4]

CO5: evaluate the pros and cons of food biotechnology on public health and food safety. [K5]

Course Code 20PHSE13	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO 1	H	H	M	L	L	M	L	L	-	-
CO 2	H	H	M	H	H	M	M	M	-	L
CO 3	H	H	M	H	H	H	M	M	-	L
CO 4	H	H	M	H	H	H	H	M	-	H
CO 5	H	H	H	H	H	H	H	M	-	H



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester II	CLINICAL BIOCHEMISTRY	Hours/Week: 6	
Core Course -5		Credits: 5	
Course Code 20PHSC22		Internal 40	External 60

COURSE OUTCOMES

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

CO1: outline the basic concept of biomolecules, functions of liver and kidney in human body. [K2]

CO2: write the metabolic pathway and estimation of bio-components in human body. [K3]

CO3: identify the enzyme defect, clinical manifestations and treatment of various metabolic disorders associated with carbohydrate, protein, fat and nucleic acid metabolism. [K3]

CO4: analyze the role of macronutrients, enzymes and major organs in metabolism and clinical diagnosis. [K4]

CO5: interpret the diagnostic methods of various disorders. [K5]

Course Code 20PHSC22	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO 1	H	H	H	-	-	-	-	M	-	-
CO 2	H	H	H	M	M	M	-	H	-	-
CO 3	H	H	H	M	M	M	M	H	-	-
CO 4	H	H	M	M	M	H	M	H	-	-
CO 5	H	H	M	H	H	H	H	H	-	-



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester II	STATISTICS AND COMPUTER APPLICATIONS	Hours/Week:6	
Elective Course-2		Credits: 4	
Course Code 20PHSE21		Internal 40	External 60

COURSE OUTCOMES

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

CO1: explain the concepts of frequency distribution, classification and tabulation of data, statistical analysis and statistical tool packages. [K2]

CO2 : write the formulae and steps involved in the calculation of various statistical analysis by using various methods. [K3]

CO3: compute the statistical data using measures of central tendency, dispersion, parametric and non parametric methods. [K3]

CO4: analyse the properties, applications, merits and demerits of various statistical methods. [K4]

CO5: interpret the statistical skills in MS office and SPSS package for analyzing the data. [K5]

Course Code 20PHSE21	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO 1	H	H	M	M	M	M	M	L	-	-
CO 2	H	H	M	H	H	H	H	L	-	-
CO 3	H	H	M	H	H	H	H	L	-	-
CO 4	H	H	H	H	H	H	H	L	-	-
CO 5	H	H	H	H	H	H	H	L	-	-



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester II	FOOD PACKAGING TECHNOLOGY	Hours/Week:6	
Elective Course –2		Credits: 4	
Course Code		Internal	External
20PHSE22		40	60

COURSE OUTCOMES

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

CO1: describe the concept and functions of packaging, methods of packaging, packaging laws, types of packaging materials and its requirements for food items. [K2]

CO2: plan the packaging environment and laws needed for packing various food items safely. [K3]

CO3: apply the principles involved in food packaging, packaging materials, methods of packaging and packaging of various food items. [K3]

CO4: categories the levels of packaging, packaging methods, food regulations and packaging requirements for various food items. [K4]

CO5: evaluate the pros and cons of various packaging materials and methods of packaging by following the food standards. [K5]

Course Code 20PHSE22	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO 1	H	H	H	L	L	M	L	L	-	M
CO 2	H	H	H	H	H	H	M	L	-	M
CO 3	H	H	H	H	H	H	H	L	-	M
CO 4	H	H	H	H	H	H	H	L	-	H
CO 5	H	H	H	H	H	H	H	M	-	H



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai
Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester III	PUBLIC NUTRITION	Hours/Week: 6	
Core Course -8 Course		Credits: 5	
Course Code 20PHSC32		Internal 40	External 60

COURSE OUTCOMES

On completion of the course, students will be able to

CO1: outline the definition, need, scope, objectives and importance of public nutrition, malnutrition, nutritional assessment, nutrition education, intervention programmes and national and international organizations. [K2]

CO2: identify the factors influencing community nutrition and macro and micro nutrients problems, nutritional assessment, theory of nutrition education and functions of national and international organizations. [K3]

CO3: categorize the types of PEM, health and methods of assessing nutritional status, nutrition education, intervention programmes, preventive measures of PEM and role of national and international organizations. [K4]

CO4: assess the consequences of macro and micro nutrient problems, strategies to combat public nutrition, activities of national and international programmes and the process of nutrition education and communication. [K5]

CO5: recommend the suitable strategies to overcome the nutritional problems in the community. [K5]

Course Code 20PHSC32	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO1	M	M	M	-	-	-	H	M	-	-
CO2	M	M	M	H	H	H	H	H	-	-
CO3	H	H	H	H	H	H	H	H	-	-
CO4	H	H	M	M	M	M	H	H	-	-
CO5	M	M	H	H	H	H	M	M	-	-



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester: III	ENTREPRENEURSHIP AND FOOD SERVICE MANAGEMENT	Hours/Week:6	
Core Course-9		Credits: 5	
Course Code 20PHSC33		Internal 40	External 60

COURSE OUTCOMES

On completion of the course, students will be able to

CO1: write the definition and concept of entrepreneurship, food service establishment, styles of service, food laws, food, personnel and financial management. [K2]

CO2: identify the types of entrepreneur, food service establishment, menu, styles of service, equipment, budget and accounts. [K3]

CO3: focus the importance and functions of entrepreneurship and feasibility, food service establishment, food safety and hygiene, food, personnel and financial management. [K4]

CO4: assess the process of management, innovation, project proposal, personnel and financial management and analyze the purchasing, receiving, selection, care and maintenance of food and equipment. [K5]

CO5: predict the required skills for entrepreneurship and food service establishment. [K5]

Course Code 20PHSC33	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO	PSO	PSO	PSO	PSO	PSO	PSO	PSO	PSO	PSO
	1.a	1.b	2	3.a	3.b	4	5	6	7	8
CO1	H	L	M	-	-	-	L	L	-	L
CO2	H	L	M	M	L	M	L	M	-	L
CO3	H	M	M	M	H	M	L	M	-	L
CO4	H	M	H	M	M	H	L	M	-	-
CO5	H	H	H	H	H	H	M	H	-	H



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester III	THERAPEUTIC DIET LAB	Hours/Week: 6	
Core Practical – 3		Credits: 3	
Course Code 20PHSC31P		Internal 40	External 60

COURSE OUTCOMES

On completion of the course, students will be able to

CO1: write the aim, principles of diet and foods to be included and excluded for various diseases and disorders. [K3]

CO2: plan the menu for various types of diseases and disorders. [K3]

CO3: prepare and evaluate the planned menu for various diseases and disorders and completion of the record. [K3]

CO4: analyze the result and conclude the interpretation. [K4]

CO5: recommend the suitable therapeutic diet to overcome the health issues of the patients. [K5]

Course Code 20PHSC31P	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
	CO1	H	H	M	H	L	H	H	H	L
CO2	H	H	M	H	M	H	H	H	M	H
CO3	H	H	M	H	M	H	H	H	M	H
CO4	H	H	M	H	M	H	H	H	H	H
CO5	H	H	M	H	M	H	H	H	H	H



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester III	NUTRITION AND HEALTH	Hours/Week:5	
NMEC		Credits: 4	
Course Code 20PHSN31		Internal 40	External 60

COURSE OUTCOMES

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

CO1: define health, nutrition, nutrients, nutritional status and list the sources of nutrients. [K1]

CO2: classify food groups, macro and micro nutrients and write the Recommended Dietary allowances for different age groups of life span. [K2]

CO3: determine the importance of balanced diet, food pyramid and the effects of nutrient deficiency diseases on human health. [K3]

CO4: analyze the dimensions of health, energy value of food, BMR, RDA and functions of macro and micro nutrients. [K4]

CO5: recommend the dietary allowances of macro and micronutrients for different stages of life. [K5]

Course Code 20PHSN31	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	H	H	H	L	-	L	-	-
CO2	H	H	H	L	M	M	-	-
CO3	H	H	H	L	M	M	-	-
CO4	H	H	H	M	H	M	-	M
CO5	H	H	H	M	H	H	-	M



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester III	PRACTICE FOR SET/NET – GENERAL PAPER	Hours/Week:1
Course Code		Credit: 1
20PGOL31		Internal 100

COURSE OUTCOMES

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

CO1: discuss various concepts related to higher education system, teaching, communication, research, ICT and environmental studies. [K2]

CO2: apply the skills of communication, mathematical, internet and research aptitude in competitive examinations. [K3]

CO3: analyze the circumstances, instances, contents and arrive at / choose the best option. [K4]

CO4: interpret the data using ICT tools and logical reasoning. [K5]

CO5: build self-learning activities to face challenges in their life. [K6]

Course Code 20PGOL31	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	H	H	-	-	M	L	-	L
CO2	H	H	L	M	H	M	-	M
CO3	H	M	M	H	H	M	-	M
CO4	H	M	H	H	H	H	-	L
CO5	H	L	M	L	L	H	-	L



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester IV	DIETETICS TECHNIQUES AND COUNSELING	Hours/Week: 6	
Core Course – 10		Credits: 5	
Course Code 20PHSC41		Internal 40	External 60

COURSE OUTCOMES

On completion of the course, students will be able to

- CO1: state the definition, concept, objectives, need, importance, advantages and disadvantages of medical nutritional therapies, diet counseling, nutritional care, counseling strategies, clinical information, communication and AV aids and record maintenance. [K2]
- CO2: find out the types of dietician, counseling, theories and approaches to counseling, AV aids, counseling of various sectors, correlating relevant information and identifying areas of need and factors affecting and individual food choices. [K3]
- CO3: analyze the qualities and role of dieticians, techniques of obtaining clinical information, effective diet counseling, practical considerations in giving dietary advice and counselling and also need for collecting clinical information and focus the materials needed for counseling. [K4]
- CO4: assess the food and nutritional intake, diet counseling steps, impact of counseling, communication and nutritional care process, reporting, findings of counseling and dietary diagnosis. [K5]
- CO5: recommend the suitable method of diet counseling and communication process to prevent various disease conditions. [K5]

Course Code 20PHSC41	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO1	H	L	M	L	H	L	L	H	-	L
CO2	H	L	M	M	H	M	L	H	-	L
CO3	H	M	M	M	H	M	L	H	-	L
CO4	H	H	M	H	M	M	M	H	-	L
CO5	H	H	M	H	H	H	H	H	-	L



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester: IV	NUTRITION FOR HEALTH AND FITNESS	Hours/Week:6	
Core Course 11		Credits: 5	
Course Code: 20PHSC42		Internal 40	External 60

COURSE OUTCOMES

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

CO1: describe the concepts of fitness, physical fitness, body composition, assessment, body system, nutrients, health and diet. [K2]

CO2: write the changes that occur in body composition, body system, nutrients and modification of diet during physical activity and also find the inter relationship between the health and physical fitness. [K3]

CO3: analyse the role of physical activity in fitness, body composition, body system, nutrients and diet in the maintenance of weight and prevention of various diseased conditions and also the diet for sports persons. [K4]

CO4: recommend the suitable physical activity for various body systems, nutrients for better work performance, weight management, and dietary guidelines for normal, diseased conditions and sports persons. [K5]

CO5: assess the appropriate measures to maintain the nutritional status and fitness of the people. [K5]

Course Code 20PHSC42	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO1	H	H	H	L	L	M	L	H	-	-
CO2	H	H	M	H	H	H	L	H	-	-
CO3	H	H	M	H	H	H	L	H	-	-
CO4	H	H	M	H	H	H	L	H	-	-
CO5	H	H	M	H	H	H	L	H	-	L



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester: IV	NUTRITION FOR HEALTH AND FITNESS	Hours/Week:6	
Core Course 11		Credits: 5	
Course Code: 20PHSC42N		Internal 40	External 60

COURSE OUTCOMES

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

CO1: describe the concepts of fitness, physical fitness, body composition, assessment, body system, nutrients, health and diet. [K2]

CO2: write the changes that occur in body composition, body system, nutrients and modification of diet during physical activity and also find the inter relationship between the health and physical fitness. [K3]

CO3: analyse the role of physical activity in fitness, body composition, body system, nutrients and diet in the maintenance of weight and prevention of various diseased conditions and also the diet for sports persons. [K4]

CO4: recommend the suitable physical activity for various body systems, nutrients for better work performance, weight management, and dietary guidelines for normal, diseased conditions and sports persons. [K5]

CO5: assess the appropriate measures to maintain the nutritional status and fitness of the people. [K5]

Course Code 20PHSC42N	PO1		PO2	PO3		PO4	PO5	PO6	PO7	PO8
	PSO 1.a	PSO 1.b	PSO 2	PSO 3.a	PSO 3.b	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8
CO1	H	H	H	L	L	M	L	H	-	-
CO2	H	H	M	H	H	H	L	H	-	-
CO3	H	H	M	H	H	H	L	H	-	-
CO4	H	H	M	H	H	H	L	H	-	-
CO5	H	H	M	H	H	H	L	H	-	L



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR - 626 001

Semester IV	PROJECT	Hours/Week : 6	
Core Course - 13		Credits : 5	
Course Code 20PHSC41PR		Internal 40	External 60

COURSE OUTCOMES

On completion of the course, students will be able to

CO1: find out the existing problems of the community based on the secondary data and construct the objectives. [K3]

CO2: plan the research design, write the methodology for the study and carry out it. [K3]

CO3: make use of the collected data and statistical tools to interpret the data and prepare the research report. [K3]

CO4: analyze the results and infer it. [K4]

CO5: defend the research findings. [K5]

The Project work should be done in the IV Semester. Students have to submit their thesis and they have to appear the viva voce Examination.

Course Code 20PHSC41PR	PO1		PO2	PO3		PO 4	PO 5	PO 6	PO 7	PO 8
	PSO	PSO	PSO	PSO	PSO	PS	PS	PS	PS	PS
	1.a	1.b	2	3.a	3.b	O 4	O 5	O 6	O 7	O 8
CO1	H	H	H	H	H	H	H	H	-	L
CO2	H	H	H	H	H	H	H	H	-	H
CO3	H	H	H	H	H	H	H	H	-	H
CO4	H	H	H	H	H	H	H	H	-	H
CO5	H	H	H	H	H	H	H	H	-	H

