



Far Western University
Faculty of Education
B.Ed in Health and Physical Education

Course Title: **Maternal and Child Health Care**
 Course No.: HP.Ed.233
 Level: Undergraduate
 Semester: Third

Nature: Theoretical
 Credit: 3
 Teaching Hrs: 48

1. Course Description:

This course provides an in-depth exploration of maternal and child health (MCH) cares within the context of Nepal. It examines the prevailing health challenges faced by mothers and children, explores cultural influences on MCH practices, evaluates existing health systems and policies, and discusses strategies to improve MCH outcomes. Through a combination of theoretical learning and practical insights, students will gain comprehensive knowledge to address maternal and child health issues effectively. The course is structured into four units, each delving into crucial aspects of maternal and child health.

2. Course Objectives: By the end of this course students will be able to:

- Ascertain the scope and significance of maternal and child health care, particularly in the context of Nepal.
- Identify common health challenges encountered during motherhood and childhood, including nutritional deficiencies, infectious diseases, and mental health issues.
- Analyze the socio-cultural factors influencing maternal and child health care practices, including cultural taboos, stigmas, and traditional healing practices.
- Evaluate existing health systems, policies, and community-based programs aimed at improving maternal and child health outcomes.
- Develop strategies to promote male involvement, community engagement, and digital health initiatives for enhancing maternal and child health care services in Nepal.

3. Contents in Detail with Specific Objectives

<ul style="list-style-type: none"> • Provide an overview of maternal health, its scope, and importance in the context of Nepal. • Discuss the prevalent maternal health situation in Nepal, including morbidity and mortality rates. • Identify common health challenges during motherhood and their impact on child well-being. • Explore the role of maternal nutrition, prenatal and postnatal care, breastfeeding practices, and mental health in ensuring 	<p>Unit 1. Maternal Health (15 hrs.)</p> <p>1.1 Introduction to Maternal Health</p> <p>1.2 Scope and Importance of Maternal Health</p> <p>1.3 Maternal Health Situation in Nepal (morbidity and mortality)</p> <p>1.4 Common Health Challenges in Motherhood</p> <p>1.5 Mother's Health and Child Well-being</p> <ul style="list-style-type: none"> • Maternal Nutrition • Prenatal Care • Postnatal Care • Breastfeeding Practice
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<p>maternal well-being.</p> <ul style="list-style-type: none"> • Examine the implications of teenage pregnancy on maternal and child health. • Evaluate the roles of Female Community Health Volunteers (FCHVs) and nursing care in maternal health services. • Discuss the concept of Prevention of Mother-to-Child Transmission (PMTCT) of HIV and infertility issues. • Be familiar with infertility and sub-fertility 	<ul style="list-style-type: none"> • Mental Health <p>1.6 Teenage Pregnancy and its Impact on MCH</p> <p>1.7 Role of FCHV and Nursing Care in Maternal Care</p> <p>1.8 Role of Male Involvement in MCH Care</p> <p>1.9 Concept of Prevention of Mother-to-Child Transmission (PMTCT) of HIV</p> <p>1.10 Concept of Infertility and Sub fertility and Contributing Factors</p>
<ul style="list-style-type: none"> • Define child health and assess the child health situation in Nepal, including morbidity and mortality rates. • Identify major determinants of childhood morbidity and mortality. • Discuss the importance of nutrition in child growth and development, focusing on key nutrients and common nutritional challenges in Nepal. • Explore childhood immunization and child health surveillance methods, including the use of technology for monitoring health indicators. 	<p>Unit 2. Child Health (12 hrs.)</p> <p>2.1 Concept of Child Health</p> <p>2.2 Child Health Situation of Nepal (morbidity and mortality)</p> <p>2.3 Major Determinants of Childhood Morbidity and Mortality.</p> <p>2.4 Nutrition and Child Health</p> <ul style="list-style-type: none"> • Importance of Nutrition in Child Growth and Development • Key Nutrients for Children • Common Nutritional Challenges in Nepal <p>2.5 Concept and Situation of Childhood Immunization in Far-Western Province</p> <p>2.6 Child Health Surveillance</p> <ul style="list-style-type: none"> • Significance of Child Health Surveillance • Methods of Monitoring Child Health Indicators (Vaccination Coverage, Behavioural Risk Factors, Environmental Factors, Infectious Disease, Injuries and Trauma) • Use of Technology in Child Health Monitoring
<ul style="list-style-type: none"> - Examine the influence of culture on maternal and child health care practices, including taboos and social norms. - Discuss menstrual and postnatal Chhau and their relevance to menstrual hygiene management in Nepal. - Explore the roles of indigenous healers and alternative medications in maternal and child health care. - Analyze the impact of digital health 	<p>Unit 3. Socio-cultural Aspect of Maternal and Child Health Care (9 hrs.)</p> <p>3.1 Culture as an Influencing Factor of Maternal and Child Health Care: Useful and Harmful Effects</p> <p>3.2 Cultural Taboos, Stigmas and Social Norms in MCH</p> <p>3.3 Menstrual <i>Chhau</i> and Postnatal <i>Chhau</i> Concerning Menstrual Hygiene Management in Nepal</p> <p>3.4 Role of Indigenous Healers and Alternative Medications in Nepal</p> <p>3.5 Maternal and Child Health in the Digital Age</p>



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initiatives on maternal and child health care, addressing challenges and opportunities in Nepal.	3.6 Digital Health Initiatives for Maternal Care in Nepal <ul style="list-style-type: none"> Challenges and Opportunities in Digital MCH in Nepal Community Engagement and Awareness in the Digital Era
<ul style="list-style-type: none"> Review policies, strategies, and programs aimed at addressing maternal health in Nepal. Evaluate policies and programs focusing on newborns, infants, and under-five children in Nepal. Discuss the Right to Safe Motherhood and the RH Act of 2018. Explore health equity issues and access to maternal and child health services. Assess the impact of community-based health programs and public-private partnerships (PPP) on maternal and child health care in Nepal. 	Unit 4. Health Systems and Policies in Maternal and Child Health in Nepal (12 hrs.) <p>4.1 Policies, Strategies and Programmes to address MCH in Nepal</p> <p>4.2 Right to Safe Motherhood and RH Act, 2018</p> <p>4.3 Health Equity and Access to Maternal and Child Health Services</p> <p>4.4 Community-based Health Programs and their Impact on MCH in Nepal</p> <ul style="list-style-type: none"> Maternal Health Education Immunization Initiatives Nutritional Support Programmes Community Monitoring and Evaluation <p>4.5 Public-Private Partnerships (3Ps) in Maternal and Child Health</p>

4. Methods and Techniques

Teaching learning methods of this course include didactic lectures, seminars, group work, and discussion in a classroom setting. The specific instructional techniques are as follows:

Unit	Suggested Instructional Techniques and Activities
I	<p>Lecture Presentation: Utilize lecture presentations to introduce concepts such as maternal health, its scope, importance, and the maternal health situation in Nepal.</p> <p>Group Discussion: Organize group discussions to explore common health challenges in motherhood, the role of maternal nutrition, prenatal and postnatal care, breastfeeding practices, and mental health.</p> <p>Case Study: Present case studies related to maternal health issues, teenage pregnancy, and the impact on maternal and child health (MCH).</p> <p>Role-Playing Exercises: Conduct role-playing exercises to simulate scenarios involving FCHVs, nursing care providers, and male involvement in MCH care.</p> <p>Field Visits: Organize field visits to healthcare facilities, maternity wards, or community health centers to observe firsthand the delivery of maternal health services and interact with healthcare providers.</p>
II	<p>Lecture: Begin with a comprehensive lecture defining child health, emphasizing physical, mental, and social well-being.</p> <p>Group Discussion: Encourage students to discuss their understanding of child health and its importance.</p> <p>Data Analysis: Provide students with data on child morbidity and mortality in Nepal.</p>

	<p>Have them analyze the data and identify trends.</p> <p>Field Visit: Arrange a visit to a local healthcare facility to observe firsthand how determinants influence child health outcomes.</p> <p>Nutrition Workshop: Conduct a workshop highlighting the importance of nutrition in child growth and development. Include interactive activities on meal planning and balanced diets.</p> <p>Field Visit: Visit a vaccination centre to observe the immunization process and discuss its significance with healthcare professionals.</p> <p>Technological Showcase: Introduce students to various technological tools used in child health surveillance, such as mobile applications for data collection and analysis.</p> <p>Role of Community Health Worker: Discuss the role of community health workers in conducting child health surveillance and addressing health disparities at the grassroots level.</p>
III	<p>Lecture: Begin with a comprehensive lecture defining child health, emphasizing physical, mental, and social well-being.</p> <p>Group Discussion: Encourage students to discuss their understanding of child health and its importance.</p> <p>Data Analysis: Provide students with data on child morbidity and mortality in Nepal. Have them analyze the data and identify trends.</p> <p>Field Visit: Arrange a visit to a local healthcare facility to observe firsthand how determinants influence child health outcomes.</p> <p>Nutrition Workshop: Conduct a workshop highlighting the importance of nutrition in child growth and development. Include interactive activities on meal planning and balanced diets.</p> <p>Field Visit: Visit a vaccination centre to observe the immunization process and discuss its significance with healthcare professionals.</p> <p>Technological Showcase: Introduce students to various technological tools used in child health surveillance, such as mobile applications for data collection and analysis.</p> <p>Role of Community Health Worker: Discuss the role of community health workers in conducting child health surveillance and addressing health disparities at the grassroots level.</p>
IV	<p>Policy Analysis: Assign students to analyze existing maternal health policies and strategies in Nepal, focusing on their strengths, weaknesses, and implementation challenges.</p> <p>Policy Review: Have students review policies, strategies, and programs aimed at improving the health of newborns, infants, and under-five children in Nepal, and facilitate group discussions on their effectiveness.</p> <p>Policy Advocacy: Task students with developing advocacy campaigns to raise awareness about maternal health rights and promote the effective implementation of the RH Act, 2018.</p> <p>Program Evaluation: Assign students to evaluate the impact of community-based health programs on maternal and child health outcomes in Nepal, using both quantitative and qualitative methods.</p>

5. Evaluation Scheme

Students will be assessed both through internal and external evaluation systems. Formative evaluation is used in internal evaluation whereas in external evaluation a theoretical examination will be conducted at the end of the semester by the Office of the Controller of Examinations of FWU. The full marks composition of both internal and external evaluation will be 40% and 60% respectively. The internal and external evaluation consists of the following tasks:

5.1 Internal Evaluation 40%

Activity	Marks
Attendance	5 marks
Participation in Class Activities	5 marks
Reflection Notes and Class Presentation	5 + 5=10 marks
Field Visit /Project Works	5 + 5= 10marks
Mid-term Exam	10 marks

Note: Reflective notes on 2 to 4 questions given by the teacher at the end of every unit and Presentation on any two questions among them. Logical essay/term paper/project on the topics chosen by students and approved by the teacher and interview.

5.2 External Evaluation (Final Examination) 60%

Types of questions	Total Questions to be asked	Number of questions to be answered and marks allotted	Total marks
Group A: Multiple-choice items	10 questions	10 x 1 mark	10
Group B: Short answer questions	6 with 2 'or' questions	6 x 5 marks	30
Group C: Long answer questions	2 with 1 'or' question	2 x 10marks	20
Total			60

References

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Far Western University
Faculty of Education
B.Ed in Health and Physical Education

Course Title: **Athletics, Volleyball, PT and Drill**

Nature: Practical

Course No.: HP.Ed.234

Credit: 3

Level: Undergraduate

Total periods: 48

Semester: 3rd

Time per period: 2 Hour

1. Course Introduction

This comprehensive course is designed to provide students with a thorough understanding of Athletics, Volleyball, and Physical Training with Drills. For 96 hours, participants will delve into the intricacies of athletics, exploring various disciplines, honing volleyball skills, and engaging in physical training and drill exercises to enhance overall fitness. The course is structured into three units, each delving into crucial aspects of physical fitness.

2. General Objectives

The general objectives of this course are as follows:

- To provide practical knowledge on coaching and officiating volleyball.
- Develop a holistic understanding of athletics covering running, jumping, and throwing events.
- Acquire coaching strategies for different athletic events to nurture and optimize athletic performance.
- Gain proficiency in officiating athletics events, ensuring fair play and adherence to rules.
- Acquaint practical knowledge on PT and drill.

3. Contents in Detail with Specific Objectives

Specific Objectives	Contents
<ul style="list-style-type: none"> • Demonstrate different skills in athletic events. • Adopt different coaching strategies for different events in athletics. • Construct the 200m/ 400m track • Prepare jumping pits and throwing circles and arcs with proper measurement. • Apply the rules and 	<p>Unit I. Athletics (40 hrs)</p> <p>1.1 Introduction to athletics</p> <p>1.2 Lead-up games for athletics</p> <p>1.3 Running</p> <p style="padding-left: 20px;">1.3.1 Short</p> <p style="padding-left: 20px;">1.3.2 Middle distance</p> <p style="padding-left: 20px;">1.3.3 Long distance</p> <p style="padding-left: 20px;">1.3.4 Relay</p> <p style="padding-left: 20px;">1.3.5 Layout of Track (200m/400m)</p> <p>1.4 Jumping</p> <p style="padding-left: 20px;">1.4.1 High jump</p>

<p>regulations of athletics in athletic meetings.</p> <ul style="list-style-type: none"> • Officiate athletic events. 	<p>1.4.2 Long jump 1.4.3 Triple jump 1.4.4 Prepare jumping pits 1.5 Throwing 1.5.1 Shot put 1.5.2 Javelin throw 1.5.3 Prepare to throw circles and arcs 1.6 Coaching strategies for different athletic events 1.7 Officiating in athletics</p>
<ul style="list-style-type: none"> • Explain the brief history of Volleyball. • Demonstrate different skills in Volleyball. • Apply different coaching strategies in Volleyball. • Officiate Volleyball tournament. 	<p>Unit II. Volleyball (40 hrs) 2.1. A brief history of volleyball 2.2. Preparing volleyball court 2.3. Basic skills of volleyball: volleying, digging; servicing underhand and overhead, setting, spiking and blocking 2.4. Offensive and defensive coaching strategy 2.5. Rules and officiating</p>
<ul style="list-style-type: none"> • Perform Physical Training for different body parts in rhythm. • Demonstrate different commands of drill. 	<p>Unit III. Physical Training and Drill (16 hrs) 3.1 Physical Training exercise of the neck. Trunk, waist, arms and legs. 3.2 Drill:- Phase of Drill (Instruction, Command and Action) 3.3 Command on Attention, Stand at ease, March time, Halt, Slow march, Quick march, Right turn, Left turn, About turn, Right wheel, Left wheel, Eyes right, Flag holding, Salute, Fall in, Close up, Cover up, Dismiss</p>

4. Methodology and Techniques

This course is a practical one. Therefore, all the activities will be performed in the field and ground. Demonstration, drill and practice methods will be adopted to teach athletic events, volleyball, physical training and drills. However, some theoretical classes need lecture methods as well. The specific instructional techniques are as follows:

Unit	Suggested Instructional Techniques and Activities
I	<ul style="list-style-type: none"> • Lecture, demonstration, drill, practice and observation
II	<ul style="list-style-type: none"> • Demonstration, drill, practice and observation
III	<ul style="list-style-type: none"> • Demonstration, drill, practice and observation

5. Evaluation Scheme

Students will be assessed both through internal and external evaluation systems. Formative evaluation is used in internal evaluation whereas in external evaluation a practical examination will be conducted at the end of the semester by an external examiner appointed by the Office of the Controller of Examinations of FWU. The full marks composition of both internal and external evaluation will be 40% and 60% respectively. The internal and external evaluation consists of the following tasks:

5.1 Internal Evaluation 40%

Activity	Marks
• Attendance	5 marks
• Participation in Class Activities	5 marks
• Note Book Preparation	10 marks
• Competency in Practical Activity	20 marks
Total	40 marks

5.2 External Evaluation (Final Examination) 60%

Activity	Marks
• Athletics	15 marks
• Volleyball	15 marks
• PT & Drill	5 marks
• Notebook	10 marks
• Viva	15 marks
Total	60 marks

References

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