

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD
(Department of Home & Health Sciences)

Course: Medical Sciences-I (7503)
Level: Post Graduate

Semester: Spring, 2013

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Note: If any one item of the above mentioned content list is missing from your study pack, kindly contact:

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STUDENT GUIDE

Medical Sciences-I (7503)

Level: Post Graduate

Semester: Spring, 2013

Credit Hours: 3(3+0)

Dear Student,

Aslam o-Alaikum

We welcome you to this AIOU Post Graduate level course of Medical Sciences–I (7503) which is one of the compulsory courses of Post Graduate Diploma in Dietetics and later on M.Sc. Community Health & Nutrition. Its course book comprises of 1-9 units.

1. **Course Objectives:**

- a. To have an overview of anatomy, physiology, and biochemistry o the human body.
- b. To have thorough understanding of hospital Environment and components of patient care.
- c. To know and understand about drug metabolism and effect of drug-nutrient interaction on metabolism.

2. **Details of the Course**

You should read the following details of the course carefully.

2.1 **Study Book**

Medical Sciences–I is having a weightage of 3(3+0) credits. It means three credit hours for theory only and having no practical component. In this course human body and its ailments, primary sources of microorganisms found in foods and diseases connected with foods and water are discussed in a very simple and comprehensive way. It will help you to know about anatomy, physiology and biochemistry of human body as well as Food microbiology and diseases connected with food and water. Furthermore it will help you in understanding the infectious diseases and their prevention. You are further advised to do extra study related to the contents of the book. The relevant material in the papers/articles in research journals magazines is available at their local libraries. Further you can discuss the different topics in the workshop with your class fellows, tutors and with resource persons. It will help you in uplift and enlighten your knowledge and information about a specific topic.

2.2 **Part Time Tutor for Lectures**

You are allocated a part time tutor. The name and address of your tutor will be provided later. The tutor will help and guide you in studying the book and conducting activities related to study units. You are expected to take full advantage

of the tutor's knowledge and experience. These tutors are also responsible for marking your assignments. Make all efforts to complete your written assignment in time according to the prescribed schedule. Try your best to attend all the study sessions according to the timetable provided to you.

2.3 Assignments

This course includes two assignments which are compulsory for successful completion of 100 marks, out of these students obtaining a minimum of 40% marks will be declared pass. Therefore it is important to submit the assignments well prepared and in time. The schedule of submitting the assignment is being provided separately. Please follow the schedule. The tutor will send the marked assignments back to you within fifteen days. If you do not receive the marked assignment within fifteen days please contact your tutor or your local regional office of the Allama Iqbal Open University.

Never forget to attach the prescribed forms duly filled along with the complete assignments. The study units on which each assignment is based are identified. However for your convenience we are providing the related information for follow up.

| Assignment No. | Units |
|----------------|-------|
| 1 | 1-4 |
| 2 | 5-8 |

2.4 Method of Study

A study period of sixteen weeks has been allocated for studying this course through distance learning, whereas seventeenth and eighteenth weeks are kept for general assessment and for final examination. You are expected to spend four weeks on studying first two units of the book. This will help to improve your reading speed and get familiar with the contents of the units.

| Sr. No | Unit No. | Assignment No. | Study period |
|--------|-----------------------|-----------------|--------------|
| 1. | 1-2 | 1 st | Four weeks |
| 2. | 3-4 | | Four weeks |
| 3. | 5-8 | 2 nd | Four weeks |
| 4. | 9 | | Four weeks |
| 5. | Preparation for Exams | | Two weeks |

The next two units i.e. 3 & 4 will be easier for you and you will be able to study them in comparatively less time. You can spend three weeks on studying these two units. During the eighth week you can complete your 1st assignment and mail it to your tutor.

Unit 5, 6, 7 & 8 can be studied during 9th, 10th 11th and 12th week and the last unit i.e. unit 9 can be studied in the 13th week and the 2nd assignment can be completed along with 14th , 15th and 16th week.

The last two weeks can be kept for examination and its preparation. It is therefore necessary to study the units completely before starting work on assignments.

2.5 Workshop

Workshop will be arranged for three days. Schedule of the workshop and venue will be sent to you during the study period. Workshop will cover some of the lectures of the specialists on important topics. The tutor will provide guidance for the workshop. Attendance, in workshop is compulsory for all the students.

2.6 Final Examination

At the end there will be a final examination for each course. All the students will be expected to take this examination in the examination halls specially established for this purpose.

Course Coordinator

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD
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WARNING

1. **PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM AWARD OF DEGREE/CERTIFICATE, IF FOUND AT ANY STAGE.**
2. **SUBMITTING ASSIGNMENTS BORROWED OR STOLEN FROM OTHER(S) AS ONE'S OWN WILL BE PENALIZED AS DEFINED IN "AIOU PLAGIARISM POLICY".**

Course: Medical Sciences-I (7503)
Level: Post Graduate
Total Marks: 100

Semester: Spring, 2013
Credit Hours: 3 (3+0)
Pas Marks: 40

Assignment No. 1
(Units: 1–4)

Note: Attempt all questions.

- Q. 1 Describe in detail the primary sources of micro-organisms present in foods. (16)
- Q. 2 Discuss in detail the impact of physical and social environment on patient and his/her family. (16)
- Q. 3 Define Epidemiology. Describe ecological models with their interrelation. (16)
- Q. 4 How does disease progress in an individual? Discuss different stages of disease and level of its prevention. (16)
- Q. 5 Enlist the organs involved in the excretory system of the human body? How do the kidneys perform their function of waste removal? (16)
- Q. 6 Write short answers on the following:
- (i) Accuracy of Screening Test
 - (ii) Crude Death Rate
- (10x2=20)

Assignment No. 2
(Units: 5 – 8)

Note: Attempt all questions.

- Q. 1 Describe “Food Poisoning” its causes, sign and symptoms, and methods of prevention. **(16)**
- Q. 2 Define infection, infestation, infectious diseases, contagious diseases and incubation period. **(16)**
- Q. 3 Describe different methods of controlling infections at home. **(16)**
- Q. 4 (a) Write a note on Preservation of Food. **(08)**
(b) Enlist “MEAT-BORNE” diseases and describe their methods of prevention. **(08)**
- Q. 5 “Drug Addiction is a social problem”. Discuss. **(16)**
- Q. 6 Write short notes on the following:
(i) Adulteration of Milk
(ii) Effects of drugs on food Intake. **(2x10=20)**

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