**SHRI H N SHUKLA NURSING INSTITUTE**

**Affiliated By Saurashtra University, Permitted By I.N.C. & G.N.C. And Recognized By G.O.G.** Shree H. N. Shukla College Campus, B/H. Marketing Yard, Nr. Lalpari Lake, Rajkot -360003 E-mail :- HNSNURSING@GMAIL.COM Web. :- [www.hnsgroupofcollege.org](http://www.hnsgroupofcollege.org/)

# ANATOMY AND PHYSIOLOGY

**CENTRAL OBJECTIVES:** This course is designed to help students gain knowledge of the structure and function of the human body and recognize any deviation from normal health in order to render effective nursing services.

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| UNIT/Total hours | LEARNING OBJECTIVE | CONTENT | TEACHINGLEARNING ACTIVITY | A.V. AIDS | EVALUATION |
| I (4) | Define and spell various anatomical terms. | **Introduction to anatomical terms organization of the human body**1. Anatomical terms
2. Systems and cavities of the human body.
 | * Lecture cum discussion
* Group Discussion
 | * Black board
* Charts
 | * Short answer question
* Short answer question and objective type question
* Evaluation of Group Discussion
 |
| II(6) | Describe different organs of the body, systemicfunction and their inter-relationship. | **Introduction to the detailed structure of the body**1. The cell: Structure, reproduction and function
2. Tissues including membranes and
 | * Lecture cum discussion
* Explain with use Different Skeletal.
* Lecture cum
 | * Transparency
* Skeletal and torso.
 | * Short answer question
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|  |  | glands : types, structure and functionsc) Body cavities and their contents | discussion* Lecture cum discussion
 | * Black board.
 | * Short answer question
 |
| III(6) | Describe the composition of blood and its functions. | **Blood**1. Composition and formation of blood
2. Functions of blood
3. Blood clotting, blood grouping and cross matching
4. Blood products and their use.
 | * Power point presentation
* Demonstrate Muscular movement.
* Lecture cum discussion
* Lecture cum discussion
 | * LCD
* Demonstrate Muscular movement
* Black board
 | * Essay type question
* Short answer question
* objective type question
* Essay type question
 |
| IV(6) | Describe the structure and functions of heart and blood vessels | **The Circulatory System**1. Heart : Structure, functions including conduction system and cardiac cycle
2. Blood vessels : Types, Structure and position
3. Circulation of blood
4. Blood pressure and pulse.
 | * Lecture come discussion

Explain with use of Specimen.* Power point presentation
* Lecture come discussion
 | * Transparency
* Brain, Spinal cord , cranial nerves , spinal nerves.
* LCD
* Black board
 | * Short answer question
* objective type question
* Essay type question
* Short answer question
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| V.(6) | Describe structure and functions of lymphatic system | **The Lymphatic system**- Structure and function of lymph vessels, Lymph nodes and lymph circulation, lymphatic tissue -* spleen and thymus
 | * Lecture come discussion
* Panel discussion
* Power point presentation
 | * Black board & poster
* LCD

Power point | * Essay type question
* Panel

discussion* Short answer question
 |
| VI.(6)VII.(6) | Describe the structure and functions of respiratory systemDescribe the structure and function of* digestive system
 | **The Respiratory system**1. The structure and functions of respiratory organs
2. The physiology of respiration
3. Characteristics of normal
* Respiration and deviation.

**The Digestive system**1. Structure and functions of the alimentary tract and is accessory organs.
2. The process of digestion, absorption and metabolism of food Constituents.
 | * Lecture
* & Explain with use of microscopic slides
* Lecture come discussion
* Power point presentation
* Lecture come discussion
 | * Black Board
* Blood Slides

Transparency* LCD
 | * Short note
* Short answer question
* objective type question
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|  |  |  | * Lecture come discussion
 | * Black Board
* Black Board
 | * Lecture
* Essay type question
 |
| VIII.(6)IX.(6) | Describe the structure and functions of organs ofExcretory systemDescribe the structure and functions ofendocrine glands | **The Excretory system**1. Structure and functions of the kidney, ureters, urinary bladder, and urethra
2. Formation and composition of Urine.
3. Fluid and electrolyte balance
4. Structure and functions of the skin.
5. Regulation of the body Temperature.

**The Endocrine system**- The structure and functions of the pituitary, thyroid, parathyroidand adrenal glands, pancreas (islets of Langerhans), ovaries and testes | * Power point presentation
* Lecture
* Lecture come discussion
* Power point presentation
* Lecture
* Lecture come discussion
 | * LCD

Transparency* Black Board
* LCD

Transparency | * Essay type question
* Objective type question
* Short answer question
* Essay type question
* Objective type question
* Short answer question
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|  |  |  |  | Black Board |  |
| X.(8) | Describe the structure and functions of male and female reproductive system and* accessory organs
 | **The Reproductive system**1. Structure and functions of the female reproductive system
2. Process of menstrual cycle, reproduction and menopause
3. Structure and functions of breasts
4. Structure and functions of the male reproductive system
5. Reproductive health
 | * Power point presentation
* Lecture
* Lecture come discussion
* Power point presentation
* Lecture
* Lecture come discussion
 | * LCD

Transparency | * Essay type question
* objective type question
* Short answer question
* Essay type question
* objective type question
* Short answer question
 |
|  |  |  | * Black Board
 |
| XI. (10) | Describe the structure and functions of Nervous system. | **The nervous system**1. Types of nerves- structure and functions
2. Brain and cranial nerves.
3. Spinal cord and motor and sensory pathways of the spinal cord, autonomic nervous system.
 | * LCD

Transparency |
|  |  |  | Black Board |



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| XII.(6) | Describe the structure and function ofsensory organs | **The sense organs**1. Skin, eye, ear, nose and tongue
2. Physiology of vision, hearing, Smell, touch, taste and equilibrium..
 | * Explain with use of Torso and charts
 | * Torso and charts
 | * objective type question
 |
|  |  |  | * Lecture come discussion
 | Transparency | * Essay type question
 |
|  |  |  | * Lecture come discussion
 |  |  |
| XIII.(8) | Describe the structure and functions of skeletal system | **The Skeleton**1. Formation and growth of bones
2. Tendons, ligaments and cartilages
3. Classification of bones, joints
4. Joint movement
5. Axial and appendicular skeleton
 | * Explain with use of Torso and charts
* Lecture come discussion
 | * Torso and charts

Transparency | * objective type question
* objective type question
* Essay type question
 |
|  |  |  | * Lecture come discussion
 | * Black Board
 | * objective type question

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|  | Describe structure | **The Muscular System**a) Type, structure and functions of muscle | * Explain with use
 | * Torso and charts
 | * Short answer
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| XIV(6) | and functions of Muscular system | b) Origin, Insertion, and action of* muscles.
 | of Torso and charts* Power point presentation
 | * LCD
 | question* Essay type question
 |

# psychology

**BATCH** : F.Y. GNM

**T0TAL HOURS** : 30 Hrs .

**CENTRAL OBJECTIVES:**

This course is designed to help students gain knowledge and understanding of the characteristics and activities of micro- organisms, how they react under different conditions and how they cause different disorders and diseases. Knowledge of these principles will enable student to understand and adopt practices associated with preventive and promotive health care.

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| UNIT/Total hours | LEARNING OBJECTIVE | CONTENT | TEACHINGLEARNING ACTIVITY | A.V. AIDS | EVALUATION |

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| I (2) | State the concept, scope and importance of psychology. | **Introduction**1. Definition, nature and scope of psychology
2. Importance of psychology for Nurses
 | * Lecture cum discussion
* Group Discussion
 | * Black board
* Charts
 | * Short answer question
* Short answer question and objective type question
* Evaluation of Group Discussion
 |
| II(2) | Describe the structure of the mind. | **Structure of the mind**1. Conscious, pre-conscious
2. Id, ego and super ego
 | * Lecture cum discussion
* Explain with use Different Skeletal.
* Lecture cum discussion
* Lecture cum discussion
 | * Transparency
* Skeletal and torso.
* Black board.
 | * Short answer question
* Short answer question
 |
| III(12) | Illustrate the dynamics of human behavior. Describe the concept of mental health | **Psychology of Human Behavior**1. Basic human needs, dynamics of behavior, motivation drives
2. Body mind relationship, mental health,

characteristics of mentally healthy person, emotional control, psychologicalproblems of patients and relatives.1. Stress and conflicts, natural sources and

types of stress and conflicts, dealing with | * Power point presentation
* Demonstrate Muscular movement.
* Lecture cum discussion
* Lecture cum discussion
 | * LCD
* Demonstrate Muscular movement
* Black board
 | * Essay type question
* Short answer question
* objective type question
* Essay type question
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|  |  | stress and conflict, frustration – sources and overcoming frustration1. Mental mechanism their uses and importance
2. Attitudes - meaning, development changes in attitude, effects of attitudes on

behavior, importance of positive attitudefor the nurse.1. Habits-meaning and formation.
2. Breaking of bad habits, importance of

good habit formation for the nurse. |  |  |  |
| IV(13) | Describe and apply the process of learning, thinking, reasoning, observation and perception | **Learning**1. Nature, types and laws of learning,
2. Factors affecting learning, memory and

forgetting.**Thinking and Reasoning**- Nature and types of thinking, reasoning,problem solving, importance of creativethinking for nurse.**Observation and Perception**- Attention, perception, laws of perception,factors affecting attention and perception,and errors in perception | * Lecture come discussion

Explain with use of Specimen.* Power point presentation
* Lecture come discussion
 | * Transparency
* Brain, Spinal cord , cranial nerves , spinal nerves.
* LCD
* Black board
 | * Short answer question
* objective type question
* Essay type question
* Short answer question
 |
|  | Discuss thenature and measurement of | **Personality**a) Meaning, nature and development, types | * Lecture
 | * Black Board
 | * Short note
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| VI.(6) | intelligence | of personality1. Assessment of personality importance of

knowledge of personality for the nurse.1. Characteristics of various age groups

–child adolescent, adult and aged1. Will and character. 6 Lecture cum discussions.

Role play Psychometric assessment Short answer Objective type Essay typeVI. Discuss the nature and measurement of intelligence. | * & Explain with use of microscopic slides
* Lecture come discussion
* Power point presentation
* Lecture come discussion
* Lecture come discussion
 | * Blood Slides

Transparency* LCD
* Black Board
* Black Board
 | * Short answer question
* objective type question
* Lecture
* Essay type question
 |

