

**GOA BOARD OF SECONDARY AND HIGHER SECONDARY
EDUCATION ALTO BETIM, GOA**

**SYLLABUS IN
HEALTH CARE SCIENCE
(VOCATIONAL STREAM)
FOR STD XII
FIRST TERM & SECOND TERM
ACADEMIC YEAR 2022-2023**

IN THE SUBJECTS:

- 1) PUBLIC HEALTH AND EDUCATION**
- 2) CONCEPTS OF HEALTH AND DISEASE**
- 3) FIRST AID AND EMERGENCY CARE**
- 4) MATERNAL AND CHILD HEALTH**

PUBLIC HEALTH AND EDUCATION

FIRST TERM

UNIT NAME	SUB UNIT CONTENT	MARKS
HEALTH EDUCATION	Definition, Objectives, Importance Principles of health education Examples of health education Characteristics of health education Scopes of health education Approaches of health education Communication For health Elements of communication Health Ethics Effective Mass media methods of communication Equipment for mass media communication Modes/Types and barriers of communication	8
PATIENT EDUCATION FOR COMMON ACUTE DISEASES AND CHRONIC DISEASES	Dental Diseases Diarrhoea Vomiting Cough Skin diseases Diabetes, Asthma and Chronic Bronchitis Hypertension, Ischemic Heart Diseases Arthritis, Obesity, Cancer Patient Education to be based on signs and symptoms, diet, treatment, exercises and prevention	8
SEXUALLY TRANSMITTED DISEASES AND FAMILY LIFE EDUCATION	Prevention of STDS (syphilis, Gonorrhoea) Safe sex Universal Safety Precaution for control of HIV/AIDS	4

SECOND TERM

SEXUALLY TRANSMITTED DISEASES AND FAMILY LIFE EDUCATION	Family planning	4
PUBLIC RELATIONS IN HEALTH CARE SERVICE INSTITUTIONS	Definition of public relation Role and importance of public relation in health care service institutions Role of General Health Assistant (GHA) in the hospitals Staff-patient relationship Doctor – patient relationship Personal hygiene of hospital staff Empathy vs. Sympathy in patient care	8
PUBLIC HEALTH	Principles of public Health Immunization National Health Program I National Health Program II Disinfection of Water Sanitation and disposal of Excreta Methods of Disinfection Data Collection Techniques of Health Education Group Behavior	8

CONCEPTS OF HEALTH AND DISEASE

FIRST TERM

UNIT NAME	SUB UNIT CONTENT	MARKS
CONCEPTS RELATED TO HEALTH AND TRANSMISSION OF DISEASE	Definition- health, maintenance and promotion of health Primary health care- elements and principles Secondary care, tertiary health care. preventive health care, curative health care Preventive medicine, Social medicine Community medicine Public Health The mode of transmission of communicable disease A. Direct Transmission B. Indirect Transmission C. Transplacental (vertical) Prevention of direct, indirect and transplacental transmission	8
CONCEPTS RELATED TO DISEASE	Different kinds of disease: communicable, non-communicable and degenerative disease Air borne diseases Water borne disease Vector borne disease	8
PREVENTION AND CONTROL OF DISEASE	Water safety, Food safety Environmental sanitation Types of refuse & health hazards Methods of disposal solid and liquid waste	4

SECOND TERM

UNIT NAME	SUB UNIT CONTENT	MARKS
PREVENTION AND CONTROL OF DISEASE	Personal hygiene - Care of skin Care of hair Care of teeth Care of ear Care of eyes Safe disposal of bio medical waste management Control of vectors Healthy housing and preventing of air pollution.	4
MEDICAL TERMINOLOGY	Introduction to medical terminology Origin of medical terminology Basic structure of medical terms Prefix, root word, suffix Distinction between symptoms and signs Terminologies of different body systems Muscular system, Skeletal system Cardiovascular system Respiratory system Nervous system Digestive system Urinary system, Reproductive system: male and female	8
HUMAN BODY IN HEALTH AND DISEASE	Disease of: Skeletal system Cardiovascular system Respiratory system Nervous system Digestive system	8

FIRST AID AND EMERGENCY CARE

FIRST TERM

UNIT NAME	SUB UNIT CONTENT	MARKS
INTRODUCTION TO FIRST AID	Definition Principle of first aid Qualities and responsibilities of a First Aider Types of emergencies Basic immediate response in health emergencies First aid kit - constituents and uses Cardio Pulmonary Resuscitation Principle of CPR Equipment in emergency unit and their uses.	8
FIRST AID IN MEDICAL EMERGENCIES	Shock Poisoning Unconscious Convulsions Fainting Asphyxia Stings and bites Diabetic Emergencies Asthma Effect of heat and cold	8
FIRST AID IN SURGICAL EMERGENCIES	Haemorrhage Wounds Fracture	4

SECOND TERM

UNIT NAME	SUB UNIT CONTENT	MARKS
FIRST AID IN SURGICAL EMERGENCIES	Sprains Joint dislocation Burns and scalds Dental emergencies Head injury	4
INTRODUCTION TO DISASTER AND EMERGENCY RESPONSE	Disaster management and emergency response Role and responsibility of emergency team Fighting fire	8
DISASTER MANAGEMENT	In Fire In floods In cyclones Earthquakes Drought	8

MATERNAL AND CHILD HEALTH

FIRST TERM

UNIT NAME	SUB UNIT CONTENT	MARKS
FEMALE REPRODUCTIVE SYSTEM	Female reproductive organs: structure -Internal organs,external organs, functions Menstrual cycle. Ovulation Fertilization	8
MATERNAL HEALTH	Maternal mortality and morbidity Antenatal care Health assessment in pregnancy, Health education in pregnancy Stages of labor, Mechanism of labor Minor ailments in pregnancy Post-natal care - Advantages of postnatal care Principal of care during the maternal cycle	8
INTRODUCTION TO CHILD HEALTH	Growth and development of a child: prenatal factor, maternal nutrition, hereditary factors, environmental factors, social economic conditions. New born: Observation and assessment of the new born(neonatal reflexes, normal weight. APGAR Score. Immediate care of the new born	4

SECOND TERM

UNIT NAME	SUB UNIT CONTENT	MARKS
INTRODUCTION TO CHILD HEALTH	Well baby clinic. Child guidance clinic. Stages of child life and basic need- infancy, preschool childhood, adolescence. Assessment of growth and development. School health services- Agencies for child care and welfare. School and rehabilitation centres.	4
PROTECTION OF CHILD HEALTH	Immunization schedule. Prevention and treatment of common childhood diseases: Malnutrition Infant mortality: causes Prevention of accident- At home, road, School.	8
NUTRITIONAL EDUCATION FOR MATERNAL AND CHILD HEALTH	Nutritional education for maternal and child health- Nutrition education: factors Community education about good nutrition for vulnerable groups- infant, preschool children's, School children's - mid day meal -advantages, Principle in organizing a school meal program Menu planning- advantages of menu planning, Factors that influence the planning of meals. Improving maternal nutrition Improving child nutrition. Nutritional requirements	8

SCHEME OF EVALUATION

HEALTH CARE SCIENCE CLASS XII. (THEORY AND PRACTICAL) ACADEMIC YEAR 2022-2023

THEORY

Core Subjects:

1. Public Relation and Health
2. Concepts of Health and Disease
3. First Aid and Emergency Care
4. Maternal and Child Health

FIRST TERM

PORTION(SYLLABUS) :50%

1ST TERM EXAMINATION (BOARD PAPER)

MAXIMUM MARKS -20

DURATION -1 HOUR

SECOND EXAMINATION

PORTION(SYLLABUS) :50%

II ND TERM EXAMINATION (BOARD PAPER)

MAXIMUM MARKS -20

DURATION -1 HOUR

Distribution of Marks and Types of Questions for the First Term

Examination:

Unit	Marks (20)	Types of questions	Objective
I	8	MCQ	Knowledge -40% Understanding- 40% Application-20% (+5%)
II	8	MCQ	
III	4	MCQ	

Maximum Marks :20

Total no. of Questions: 20

Distribution of Marks and Types of Questions for the Second Term

Examination:

Unit	Marks (20)	Types of questions	Objective
III	4	VSA, SA-I, SA-II	Knowledge -40% Understanding 40% Application-20% (+5%)
IV	8	VSA, SA-I, SA-II	
V	8	VSA, SA-I, SA-II	

Maximum Marks :20

Total no. of Questions: 12

DESIGN / PATTERN OF THE QUESTION PAPER AND MARKING SCHEME

FIRST TERM EXAMINATION 2022-2023

STD: XII H.C.S.

CORE SUBJECTS:

1. Public Relation and Health
 2. Concepts of Health and Disease
 3. First Aid and Emergency Care
 4. Maternal and Child Health
-

Duration- 1 Hour

Maximum Marks- 20

Total No. of Questions:20

INSTRUCTIONS:

- I. All questions are compulsory.
 - II. Write the serial number of the questions clearly.
 - III. Figures to the right indicate full marks allotted to each question.
 - IV. Q.Nos.1 to 20 are multiple choice.
-

Q.NO. 1 to Q.NO.20 **MCQ TYPE (1mark each)**

- A)
- B)
- C)
- D)

DESIGN / PATTERN OF THE QUESTION PAPER AND MARKING SCHEME

SECOND TERM EXAMINATION 2022-2023

STD: XII H.C.S.

CORE SUBJECTS:

- 1. Public Relation and Health**
 - 2. Concepts of Health and Disease**
 - 3. First Aid and Emergency Care**
 - 4. Maternal and Child Health**
-

Duration- 1 Hour

Maximum Marks 20

Total no. of Questions: 12

INSTRUCTIONS:

- I. All questions are compulsory.
 - II. Write the serial number of the questions clearly.
 - III. Figures to the right indicate full marks allotted to each question.
 - IV. Q.Nos.1 – 4 are VSA type to be answered in one or two words or a phrase.
Q. Nos 5 – 9 should be answered in about 30 words.
Q. nos. 10 to 12 should be answered in about 50 words. (any 2)
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- Q.NO. 1 **VSA** (1 mark)
- Q.NO. 2 **VSA** (1 mark)
- Q.NO.3 **VSA** (1 mark)
- Q.NO.4 **VSA** (1 mark)
- Q.NO.5 **SA -I** (2 marks)
- Q.NO.6 **SA -I** (2 marks)
- Q.NO.7 **SA -I** (2 marks)
- Q.NO.8 **SA -I** (2 marks)
- Q.NO.9 **SA -I** (2) marks
- Q.NO.10 **SA -II** (3 marks) (any 2)
- Q.NO.11 **SA -II** (3 marks)
- Q.NO.12 **SA- II** (3 marks)