

**BHARATHIAR UNIVERSITY (CBCS PATTERN)**  
**B. Sc. BIOCHEMISTRY DEGREE COURSE**

**For the students admitted during the academic year 2019– 2020 batch and onwards**

**REVISED SCHEME OF EXAMINATION - CBCS PATTERN**

Part	Study Components	Course title	Ins. hrs/ week	Examinations				Credit
				Dur.Hrs	CIA	Marks	Total Marks	
	<b>Semester I</b>							
I	Language – I		6	3	25	75	100	4
II	English – I		6	3	25	75	100	4
III	Core Paper I – Biomolecules		3	3	25	75	100	4
	Core Paper II - Cell Biology		3	3	25	75	100	4
	Core Biochemistry Practical – I		2	-	-	-	-	-
	Allied A : Paper I – Chemistry		6	3	20	55	75	3
	Allied Chemistry Practical		2	3	-	-	-	-
IV	Environmental Studies #		2	3	-	50	50	2
	<b>Semester II</b>							
I	Language – II		6	3	25	75	100	4
II	English – II		6	3	25	75	100	4
III	Core Paper III - Biomedical Instrumentations		5	3	25	75	100	4
	Core Biochemistry Practical – I		3	3	40	60	100	4
	Allied A : Paper II – Chemistry		6	3	20	55	75	3
	Allied Practical – Chemistry		2	3	20	30	50	2
IV	Value Education – Human Rights #		2	3	-	50	50	2
	Swatch Bharat- Summer internship *		-	-	-	-	-	-
	<b>Semester III</b>							
I	Language – III		6	3	25	75	100	4
II	English – III		6	3	25	75	100	4
III	Core Paper IV - Enzyme and Enzyme Technology		3	3	25	75	100	4
	Core Paper V – Microbiology		3	3	25	75	100	4
	Core Biochemistry Practical – II		2	-	-	-	-	-
	Allied B: Paper I – Basic Mathematics		6	3	20	55	75	3
IV	Skill based Subject I – Bioinformatics and Medical coding		2	3	20	55	75	3

	Tamil @ / Advanced Tamil# (OR) Non-major elective - I (Yoga for Human Excellence)# / Women's Rights#	2	3	50		50	2
	<b>Semester IV</b>						
I	Language – IV	6	3	25	75	100	4
II	English – IV	6	3	25	75	100	4
III	Core Paper VI – Intermediary Metabolism	4	3	25	75	100	4
	Core Biochemistry Practical – II	3	6	30	45	75	3
	Allied B : Paper II – Computer	4	3	20	55	75	3
	Practical – Computer	2	3	20	30	50	2
IV	Skill based Subject 2 - Basics of Information Technology	3	3	20	55	75	3
	Tamil @ /Advanced Tamil # (OR) Non-major elective -II (General Awareness #)	2	3	50		50	2
	<b>Semester V</b>						
III	Core Paper VII – Human Physiology	4	3	25	75	100	4
	Core Paper VIII – Clinical Biochemistry	4	3	25	75	100	4
	Core Paper IX – Molecular Biology	4	3	25	75	100	4
	Core Paper X – Genetic Engineering and Bioprocess Technology	4	3	25	75	100	4
	Biochemistry Practical – III	4	-	-	-	-	-
	Biochemistry Practical – IV	4	-	-	-	-	-
	Elective – I	3	3	20	55	75	3
IV	Skill based Subject 3 – Basics of Patent and Bioethics	3	3	20	55	75	3
	<b>Semester VI</b>						
III	Core Paper XI – Plant Biochemistry and Plant Therapeutics	4	3	25	75	100	4
	Core Paper XII – Medicinal Chemistry	4	3	25	75	100	4
	Biochemistry Practical – III	4	6	30	45	75	3
	Biochemistry Practical – IV	4	6	30	45	75	3
	Elective – II	4	3	20	55	75	3
	Elective – III	4	3	20	55	75	3
IV	Skill Based Subject 4 - Practical – Bioinformatics	6	6	30	45	75	3
V	Extension Activities @	-	-	50	-	50	2
	Total					3500	140

@ No University Examinations. Only Continuous Internal Assessment (CIA)

# No Continuous Internal Assessment (CIA). Only University Examinations.

\* Swatch Bharat Summer internship- extra 2 credits would be given. It is mandatory

<b>List of Elective papers (Colleges can choose any one of the papers as electives)</b>		
Elective - I	A	Immunology and Immunotechniques
	B	Introduction to Biomaterials
	C	Nutritional Biochemistry
Elective - II	A	Plant and Animal Biotechnology
	B	Nanomaterials and Nanomedicine
	C	Health and Hygiene
Elective - III	A	<b>Clinical laboratory technology</b>
	B	<b>Nanobiotechnology</b>
	C	<b>Sports Biochemistry</b>

**Note :**

- **Elective III – option A the title for elective “Diagnostic biochemistry” is changed to “Clinical Laboratory Technology” and the syllabus is modified w.e.f. 2018-19 batch onwards**
- **Elective III – option B and C papers are interchanged w.e.f. 2018-19 batch onwards**

## SEMESTER I

### SUBJECT TITLE: BIO-MOLECULES

#### SUBJECT DESCRIPTION:

This course emphasizes on various bio-molecules and its significance.

**GOALS:** To enable the students to learn the basic functions, structures and biological importance of lifeless chemical compounds.

**COURSE OUTCOME:** On successful completion of the course the students will be able to acquire

- a through knowledge about the structure, chemistry and function of carbohydrates
- in depth knowledge about the significance of the complex lipids
- an understanding about the importance of proteins and peptides
- a knowledge about the salient features of nucleic acids
- a knowledge about the importance of vitamins and minerals.

#### CONTENTS:

##### UNIT - I

Carbohydrates: Definition, classification, Haworth projections.

Monosaccharides- Structure, chemistry and functions. Action of acids and alkalies on sugars.

Disaccharides- Structure, chemistry and function – Sucrose, Lactose, Maltose and Cellobiose.

Trisaccharides-Structure of Raffinose.

Polysaccharides- Chemistry and functions

Homopolysaccharides-starch, glycogen and cellulose.

Heteropolysaccharides-hyaluronic acid, chondroitin sulfate and heparin.

##### UNIT - II

Lipids; Definition, classification of lipids, simple compound and derived.

Simple lipids-Physical and chemical properties of fats.

Characterisation of fat – Saponification number, acid number, Iodine number and RM number.

Compound lipids-Structure and function of phospholipids, glycolipids and lipoproteins.

Derived lipids-Fatty acids-saturated and unsaturated. Essential fatty acids.

Steroids-Structure of cholesterol.

##### UNIT- III

Amino acids and peptides.

Definition, amino acids as ampholytes. Structure and classification of amino acids based on chemical nature, chemical reaction of amino acids due to carbonyl and amino groups.

Essential amino acids

Peptides; Structure and properties.

Determination of primary structure of peptides-Glutathione, Oxytocin and Vasopressin.

#### **UNIT- IV**

Nucleic acids; Structure of Purines and Pyrimidines; Nucleotides and Nucleosides.

DNA: double helix: A, B and Z forms; DNA denaturation and renaturation.

RNA: types, unusual bases. DNA as genetic material

Structure of chromatids, nucleosome and histones.

#### **UNIT- V**

Vitamins and Minerals

Vitamins: Definition, Classification.

Fat soluble vitamins- sources, structure and physiological functions;

Water soluble vitamins-sources, structure and physiological functions.

Minerals: Mineral requirement, essential macro minerals and essential micro minerals, sources and functions.

#### **PROGRAM OUTCOME:**

After successful completion of the program the students have gained

- a through knowledge about the structure, chemistry and function of carbohydrates
- an in depth knowledge about the significance of the complex lipids
- an understanding about the importance of proteins and peptides
- a knowledge about the salient features of nucleic acids
- a knowledge about the importance of vitamins and minerals.

#### **REFERENCES**

1. AmbikaShanmugam, Fundamentals of Biochemistry for Medical Students.
2. Deb, A.C., Fundamentals of Biochemistry, New Central Agency, Calcutta, 3<sup>rd</sup> Edition, 1989.
3. Lehninger, A.L., Nelson, D.L., Cox, M.M., Principles of Biochemistry, CBS Publishers, 2<sup>nd</sup> Edition, 1993.
4. Lubertstryer, Biochemistry, Freeman and company, 4<sup>th</sup> Edition, 1995.
5. Rastogi S.C, V.N. Sharma, AnuradhaTanden, Concepts in molecular biology, 1993.
6. Jain J.L, Fundamentals of biochemistry, S.Chand Publication 6<sup>th</sup> Edition, 2005.

## **SEMESTER – I**

### **SUBJECT TITLE: CELL BIOLOGY**

#### **SUBJECT DESCRIPTION:**

This course presents to identify the range of the cellular activities that are very much specific to the multicellular activities and also the basic ways that cells associate to form the tissue.

#### **GOALS:**

To enable the students to get themselves aware on how different tissue types are combined to form organs and how the organs function which follows from the structure and function of the constituent tissue.

#### **COURSE OUTCOME :**

On successful completion of the course the students will have a knowledge about

- the overview of cells and cell cycle
- the structure and transport of molecules across biological membranes
- the various cell organelles with their functions and actions
- the relationship between cellular and genetic organization and biological functions
- the application of cell biology in cancer research.

#### **CONTENTS:**

##### **UNIT – I**

An Overview of cells – Origin and evolution of cells. Cell theory, Classification of cells – Prokaryotic cells and Eukaryotic cells. Comparison of prokaryotic and eukaryotic cells. Molecular composition of cells: - Water, Carbohydrates, lipids nucleic acids and proteins. Cell Cycle: Phases, Meiotic and Mitotic division.

##### **UNIT – II**

Cell Membrane – Fluid mosaic model of membrane structure. Membrane proteins and their properties. Membrane carbohydrates and their role. Transport across membranes – Diffusion - active and passive diffusion.

##### **UNIT – III**

Endoplasmic reticulum – Types, structure and function. Golgi apparatus – Structure and function. Lysosome – Structure and functions. Morphology and functions of peroxisomes and glyoxisomes. Ribosomes – Types structure and function.

##### **UNIT – IV**

Nucleus: Structure and function. Chromosomes, chromatin structure. Mitochondria – Structure and functions. Cytoskeleton: Types of filaments and their functions. Microtubules – Chemistry and functions – Cilia and flagella.

## **UNIT – V**

Oncogenesis: Development and causes of cancer, Types of cancer, Properties, early detection, Treatment.

Oncogenes: Retro viral, proto, tumor suppressor gene.

### **PROGRAM OUTCOME :**

After successful completion of the program the students would have a knowledge about

- the overview of cells and cell cycle
- the structure and transport of molecules across biological membranes
- the various cell organelles with their functions and actions
- the relationship between cellular and genetic organization and biological functions
- the application of cell biology in cancer research.

### **REFERENCES:**

1. Cell Biology. Organelle structure and function, David E Sadava, Jones Bartlett Publishers.
2. Cooper M 1995. The cell molecular approach, ASM Press.
3. Principle of cell and molecular biology 2<sup>nd</sup> edition – Lewis J Kleinsmith, Valerie M Kish.
4. DeRobertis, EDP, E.M.F Robertis, 7<sup>th</sup> edition 1980. Cell and molecular biology, Saunders Company.
5. Harvey Lodish, Baltimore. Arnold Berk et al 1995. 3<sup>rd</sup> edition. Molecular cell biology.

## SEMESTER II

### SUBJECT TITLE: BIO - MEDICAL INSTRUMENTATION

#### SUBJECT DESCRIPTION:

This course presents the principles, instrumentation, working and application of the instruments commonly used in the laboratories.

GOALS: To enable the students to learn about the functioning components of the various instruments.

OBJECTIVES: On successful completion of the course the students would have learnt the principles and applications of the instruments.

#### COURSE OUTCOME :

- After successful completion of the course the students would have understood about
- the concepts and the preparation of expressing various strength of the solutions
  - the principle and the applications of chromatographic techniques
  - the principle and the applications of Electrophoretic techniques
  - the principle and the applications of spectroscopic techniques
  - the application of radioisotopes in biological field

#### CONTENTS:

##### UNIT-I

PH meter- pH scale, Henderson- Hassalbalch equation, Buffer solutions, Buffer systems of blood-Hb, Protein and Phosphate buffer system.

Various ways of expressing and conversion of concentration of solutions-molality, molarity, normality, mole fraction. Simple problems to be worked out.

##### UNIT-II

Chromatography-principle, materials, methods & applications of paper chromatography, TLC, GLC, Adsorption, Ion-exchange, Affinity chromatography and Molecular sieve.

HPLC, FPLC and GC-MS [principles only].

##### UNIT-III

Electrophoresis-principles, instrumentation and applications of paper electrophoresis, agar gel, starch gel, SDS-PAGE, immuno electrophoresis, isoelectric focusing; ELISA (Principles Only).

Centrifuges-Bench top, high speed, Ultra centrifuge.

Principle and description of Analytical Centrifuge.

Determination of Molecular weight by Sedimentation velocity method.

Separation of Cell Organelles.



#### **UNIT-IV**

Principle, Instrumentation and application of Colorimetry, Spectrophotometry, Fluorimetry and Flame photometry.

ECG, EEG, CT-Scan, Doppler, MRI scan- Principle and application only.

#### **UNIT-V**

Tracer and other Techniques-Radioactive decay, units of Radioactivity, detection and measurement of Radioactivity, GM counter, Scintillation counter, Auto radiography.

Applications of Radio isotopes in biological and medical sciences.

#### **PROGRAM OUTCOME :**

After successful completion of the program the students would have understood about

- the concepts and the preparation of expressing various strength of the solutions
- the principle and the applications of chromatographic techniques
- the principle and the applications of Electrophoretic techniques
- the principle and the applications of spectroscopic techniques
- the application of radioisotopes in biological field

#### **REFERENCES:**

1. Sharma B.K. (1981) 11<sup>th</sup> Edition. Instrumental method of chemical analysis.
2. Kudesia V.P. Sawhaney H., (1989) Instrumental method of chemical analysis.
3. David T. Plummer, 3<sup>rd</sup> Edition (1998), An Introduction to Practical Biochemistry.
4. Keith Wilson, Kenneth H. Goulding, 3<sup>rd</sup> Edition 1992. A Biologists guide to Principles and Techniques of practical Biochemistry. Cambridge University Press.
5. Leslie Cromwell, Fred J. Weibell, Erich A. Pfeiffer, Biomedical Instrumentation and Measurement- 2<sup>nd</sup> Edition.

## **SEMESTER I & II**

### **SUBJECT TITLE: CORE - BIOCHEMISTRY PRACTICALS – I**

#### **QUALITATIVE ANALYSIS**

##### **1. ANALYSIS OF SUGARS**

- a) Monosaccharides-Glucose, Fructose, Galactose, Mannose, Pentose.
- b) Disaccharides-Sucrose, Maltose and Lactose.
- c) Polysaccharides-Starch and Dextrin.

##### **2. ANALYSIS OF AMINO ACIDS**

- a) Histidine      b) Tyrosine      c) Tryptophan
- d) Methionine    e) Cysteine      f) Arginine

##### **3. LIPID ANALYSIS [GROUP EXPERIMENTS]**

- a) Determination of Saponification number.
- b) Determination of Acid number.
- c) Determination of Iodine number.
- d) Determination of RM number.

##### **4. DEMONSTRATION EXPERIMENTS**

- a) Preparation of buffer and its pH measurements using pH meter.
- b) Separation of amino acids by TLC.
- c) Separation of carotenoids by Adsorption chromatography.

#### **REFERENCES**

- 1. David T. Plummer, An introduction to practical bio-chemistry.
- 2. Pattabiraman, Laboratory manual in bio-chemistry.
- 3. J.Jayaraman, Practical bio-chemistry.

### SEMESTR – III

#### SUBJECT TITLE: ENZYME AND ENZYME TECHNOLOGY

##### SUBJECT DESCRIPTION:

Enzymes are protein catalyst that regulates the rates at which physiological process takes place. Consequently defects in enzyme function frequently cause diseases. Hence, sound knowledge about enzymes is essential for life science students.

**GOALS:**To enable the students to learn about the different types of enzymes and its isolation and purification which will pave the ways in which the students can enter in research field.

##### OBJECTIVES:

- On successful completion of the course the students will acquire knowledge about
- ❖ Techniques of isolation & purification of the enzymes.
  - ❖ Kinetics of the enzymes
  - ❖ Enzymes that are used in medicine and industry

##### COURSE OUTCOME:

At the end of the course the student would have obtained a thorough knowledge about

- The structure of the enzyme and its classification
- Understanding the kinetics of the enzyme
- The mechanism of action of enzymes and co-enzymes
- The production, Purification and characterization of immobilized enzymes
- Applications of enzymes

##### CONTENTS:

###### UNIT – I

**Enzymes:** Introduction, Definition, International Classification of enzymes, Numbering and nomenclature. Enzyme units.

Definition of active sites. Theories proposed – Lock and Key or template model and induced fit model, ordered and random binding of substrate. Enzyme specificity – Group specificity, optical specificity.

Enzyme as proteins Structure: Primary, Secondary, Tertiary and Quaternary structure with reference to examples.

###### UNIT – II

###### Enzyme kinetics and enzyme inhibitors:

Enzyme Kinetics: Derivation of Michaelis-Menten's equation, transformation of MM equation, Line-Weaver Burk plot and Eadie-Hofstee plot. Effect of pH, Temperature, enzyme activity, turn over number of enzymes.

Enzyme Inhibition: Competitive, non-competitive and un-competitive inhibition. Regulatory enzymes, allosteric enzymes with reference to aspartate transcarbamoylase, covalent by modulate enzymes and Isoenzymes. Ribozymes, Abzymes.

### **UNIT – III**

**Coenzymes:** Definition, Structure and functions of TPP, NAD, NADP, FAD, FMN, Coenzyme A, Metal cofactors.

Multienzyme Complex: Pyruvate dehydrogenase.

Mechanism of enzyme action: General acid base catalysis, covalent catalysis, Proximity orientation. Mechanism of action of Lysozyme and chymotrypsin.

Measurement of enzymatic reactions: Spectrophotometry and radio assay.

### **UNIT – IV**

**Enzyme Technology:** Immobilized enzymes: Source and techniques of immobilization. Effect of immobilization on enzyme activity. Application of immobilized enzymes.

Industrial Production of enzymes: Amylase, Proteases, Pectinases. Industrial uses of enzymes.

### **UNIT –V**

Uses of Enzymes in analysis: Enzymes as Biosensors – Calorimetric biosensors, Potentiometric biosensors, Amperometric biosensors, Optical biosensors and immunosensors. Its Principle, technique, mechanism and examples.

Enzyme engineering: Artificial enzymes. Antioxidant enzymes.

### **PROGRAM OUTCOME:**

At the end of the program the student would have understood

- The structure of the enzyme and its classification
- Understanding the kinetics of the enzyme
- The mechanism of action of enzymes and co-enzymes
- The production, Purification and characterization of immobilized enzymes
- Applications of enzymes

### **REFERENCES:**

1. Trevor Palmer, 3<sup>rd</sup> edition, 1991. Understanding enzymes. Ellis-Horwood Limited.
2. Enzymes – Dixon and Webb.
3. Enzyme Technology – Chapline&Bucke.
4. Alan Welshman, 2<sup>nd</sup> edition, Hand book of enzyme biotechnology.

## SEMESTER – III

### SUBJECT TITLE : MICROBIOLOGY

#### SUBJECT DESCRIPTION :

This course presents the morphological characteristics of micro organisms, their cultivation methods, identification. Life cycle, economic importance and microbial diseases.

**GOALS:** To enable the students to learn the basic functions and components of microorganisms and their economic uses.

#### OBJECTIVES:

On successful completion of the course the student should have:

- ★ Understood the structure and types of microorganisms
- ★ Learnt the economical uses of microorganisms
- ★ Learnt about the pathogenesis of various microbes in the environment

#### COURSE OUTCOME

On successful completion of the course the student should have understood:

- Basics in microscopy, culture methods and staining techniques
- Morphology of bacteria, algae and fungi
- Morphology of virus
- Microbial diseases, their etiology and prevention
- Pathogenesis of microbes in water, soil and food

#### CONTENTS:

##### UNIT-I

Historical development of microbiology ; microscopy ; light path, principle and uses of light microscope, phase contrast and electron microscopes, sterilization techniques ; culture methods ; pure culture: Isolation and maintenance ; culture media - selective and enrichment media.

Staining and smearing: Simple staining, Negative staining, and Gram's staining, Acid - fast staining and spore staining.

Growth curve and generation time. Microbial Nutrition.

##### UNIT –II

Prokaryotes: - Morphology of bacteria; component parts; cell wall structure .

Eukaryotes: - Morphological characteristics and importance of algae;

Characteristics, reproductive structures and importance of fungi.

##### UNIT –III

Morphology of viruses, classification and cultivation of viruses; plaque assay.

Phages: - T<sub>4</sub> Phages stages - lifecycle; synthesis and assembly of protein

Lambda Phages - Life cycle; switch between lysogeny and lytic cycle.

RNA viruses: - Retroviruses and life cycle- HIV.

DNA viruses: - Oncogenic viruses.

#### **UNIT- IV**

Microbial diseases: - Normal human micro flora; host - parasitic interaction ; epidemics; exo and endotoxins.

Air borne diseases: - Aetiology, symptoms and prevention of Tuberculosis, Diphtheria, Polio - myelitis and Influenza, Waterborne diseases:-Aetiology, symptoms and pathogenesis of Typhoid, Cholera, Bacillary dysentery and Hepatitis.

Direct contact disease: - Aetiology and symptoms of Rabies

#### **UNIT –V**

Water microbiology: - Microbes in water, Bacteriological examination of water; purification of drinking water.

Soil microbiology: - Symbiotic and Non- symbiotic Nitrogen fixing organisms: Rhizosphere

Food microbiology ; Microbiology of food borne diseases- Botulism, Salmonellas, Staphylococcal poisoning Perfringens poisoning and Mycotoxins.

#### **PROGRAM OUTCOME**

On successful completion of the program the student should have gained knowledge:

- Basics in microscopy, culture methods and staining techniques
- Morphology of bacteria, algae and fungi
- Morphology of virus
- Microbial diseases, their etiology and prevention
- Pathogenesis of microbes in water, soil and food

#### **REFERENCES:**

1. Pelczer J, R E. C .S John Noel R Krieg, Microbiology: MC Graw Hill Book Company, 1986.
2. Prescott L. M; J.H Harley and D. A Klein, Microbiology, C. Brown Publishers, 1993.
3. Ronald M. Atlas, Microbiology-Fundamentals and Applications, Macmillan Publishing Company, New York, 1993.
4. Anantha Narayanan R; C .K Jayarampanicker, 4<sup>th</sup> edition, Text Book of Microbiology -Orient Longman Publication, 1992.

**SEMESTER - III**  
**SKILL BASED SUBJECT I:**  
**BIOINFORMATICS AND MEDICAL CODING**

**COURSE OUTCOME :**

After successful completion of the course the students would have knowledge about

- the concepts and applications of biological databases
- the principle and applications of various search tools
- the concepts of drug designing
- the concepts of terminologies in medical coding
- the guidelines of medical transcriptionist

**UNIT I**

**BioInformatics:** Introduction, definition, objectives and scope. Application of BioInformatics. Biological databases:  
Primary protein database –PIR, PDB.  
Primary nucleic acid database –GEN BANK, DDBJ.

**UNIT II**

**Tools for database search:**

FASTA- Histogram, Sequence listing, Search and Programs.  
BLAST – Algorithm, Services, MEGABLAST, PHI BLAST, PROTEIN BLAST, GAPPED BLAST, PSI BLAST

**UNIT III**

Protein Primary structure analyses and prediction, BioInformatics and drug design:  
Introduction, approaches – ligand based, target based. Methods of drug designing – CAMD, docking program.

**UNIT IV**

**Introduction to medical terminology-** root words, prefix, suffix, abbreviations, symbols.  
Documentation of medical records, ICD (International classification of Diseases)

**UNIT V**

**Medical coding:** Introduction to medical coding, medical transcription, Medico legal issues, Medical Transcription software, Essentials of Medical Transcription guidelines.

**PROGRAM OUTCOME :**

After successful completion of the program the students would have understood about

- the concepts and the applications of biological databases
- the principle and the applications of various search tools
- the concepts of drug designing

- the concepts of terminologies in medical coding
- the guidelines of medical transcriptionist

### **REFERENCES**

1. Westhead D.R, Parish J.H and Twyman R.M. (2003) Instant notes in BioInformatics, 1<sup>st</sup> Edition
2. Attwood.T.K. Parry D.J. and Smith (2001). Introduction to BioInformatics, 1<sup>st</sup> Indian Report.
3. Rastogi.S.C, Namita – Mendiratta and ParagRastogi, (2004) BioInformatics – Concepts, Skills and applications.
4. Mani.K and Vijayraja (2005), BioInformatics – A practical approach
5. AlokGha, Priyanka Arora- Medical Transcription Made easy.
6. Terry Tropin M Shai, RHIA, CCS-P, AHIMAICD-10-CM- Coding guidelines made easy-2017.
7. Besty J Shiland- Medical terminology and anatomy for ICD-10.
8. Karen Smiley- Medical willing and coding for dummies, 2<sup>nd</sup> edition.



## SEMESTER IV

### SUBJECT TITLE : INTERMEDIARY METABOLISM

#### SUBJECT DESCRIPTION :

The nature of the diet sets the basic pattern of metabolism in the tissues. Mammals such as humans need to process the absorbed products of digestion of dietary carbohydrates, lipids and protein. These are mainly glucose, fatty acids, glycerol and amino acids respectively. The fate of dietary components after digestion and absorption constitutes intermediary metabolism. Knowledge of metabolism in the normal human being is a pre requisite to a sound understanding of abnormal metabolism underlying many diseases.

**GOALS:** To enable the students to learn the basic functions, principles and concepts of metabolism.

**OBJECTIVES:** Provides much information related to carbohydrate, fat and protein metabolism that takes place in our body.

- Interrelationship between carbohydrate, fat and protein metabolism.
- Role of purine and pyrimidines in nucleic acid metabolism.
- Various disorders related to each metabolism.

#### COURSE OUTCOME

At the end of the course the student would have gained the knowledge about

1. Concepts of thermodynamics and the mechanism of energy transfer in ETC
2. Fate of the dietary carbohydrates
3. Fate of the dietary lipids
4. Fate of the dietary proteins
5. Interrelation among the carbohydrates, fat and protein metabolism.

#### UNIT I:

Bioenergetics: - Free energy and the laws of thermodynamics; Role of high energy compounds as energy currency of the cell; free energy of hydrolysis of ATP and other organophosphates.

The basic metabolic pathways, anabolic, catabolic and amphibolic pathways.

Electron transport chain: - Role of respiratory chain in mitochondria; in energy capture; respiratory control. Oxidative phosphorylation: - Mechanism of oxidative phosphorylation; Chemiosmotic theory; uncouplers of oxidative phosphorylation.

#### UNIT II:

Fate of absorbed carbohydrates. Glycolysis: - Pathways and energetics; Oxidation of pyruvate to acetyl CoA. TCA Cycle: - Pathway and energetics; anaplerotic reaction. Gluconeogenesis; Pasteureffect .Glycogenesis and glycogenolysis. Pentose Phosphate Pathway (HMP shunt). Glucuronic Acid Cycle and glyoxylate cycle (Entner-Duodorf pathway) Metabolism of other hexoses: - Fructose and galactose.

**UNIT III:**

Blood lipids and phase of dietary lipids. Oxidation of fatty acids: - Carnitine cycle; beta oxidation. Alpha oxidation and omega oxidation. Biosynthesis of propionyl CoA. Biosynthesis of saturated fatty acids: - Extra – mitochondrial in a microsomal system for synthesis of fatty acids. Biosynthesis of unsaturated fatty acids: - Monounsaturated and polyunsaturated fatty acids. Biosynthesis and degradation: - Lecithin, cephalin, inositol, phosphatidyl serine, cholesterol.

**UNIT IV:**

Fate of dietary proteins, metabolic nitrogen pool. Catabolism of amino acid: Oxidative deamination, non – oxidative deamination, transamination, amino – acid decarboxylation, catabolism of carbon skeleton of amino acids. Catabolism of glycine, phenylalanine and tyrosine.

**UNIT V:**

Metabolism of purines: - *de novo* synthesis, salvage pathways; catabolism. Metabolism of pyrimidines: - *de novo* synthesis, salvage pathways; catabolism. Interrelation between carbohydrates, fat and protein metabolism.

**PROGRAM OUTCOME**

At the end of the program the student would have

1. Understood the Concepts of thermodynamics and the mechanism of energy transfer in ETC
2. Understood the fate of the dietary carbohydrates
3. Understood the fate of the dietary lipids
4. Understood the fate of the dietary proteins
5. Understood the interrelation among the carbohydrates, fat and protein metabolism.

**REFERENCE:**

1. Lehninger, L.S., *et al.*, - Principles of Biochemistry. 2 nd edition. CBS Publishers, 1993.
2. Murray, K. Robert, *et al.*, - Harper’s Biochemistry. 21st edition, 1998.
3. Voet and Voet - Biochemistry. 2nd edition. John Wiley and Sons, 1995.
4. Mathews, Freeland and Miesfeld - Biochemistry – a short course. Wiley& sons. 1996.
5. Garrett and Grisham – Biochemistry. Saunders College Publishers, 1995.

**SEMESTER – III & IV**  
**SUBJECT TITLE: CORE BIOCHEMISTRY PRACTICAL - II**

**I. Colorimetry:**

1. Estimation of Glucose by O-Toluidine
2. Estimation of phosphorus by Fiske-Subbarow method
3. Estimation of Urea by DAM-TSC method
4. Estimation of Uric acid by Carraway method
5. Estimation of Iron by Wong's method
6. Estimation of Protein by Lowry's method
7. Estimation of Creatinine by Picric acid method
8. Estimation of RNA by Orcinol method.

**II. Titrimetry:**

1. Estimation of Ascorbic acid – Dye method
2. Estimation of Chloride – Vanslyke's method
3. Estimation of Reducing sugar by Benedict's method

**III. Enzymes: (Group Experiment)**

1. Assay of salivary amylase activity.
2. Assay of lipase activity.

**IV. Separation Techniques: (Demonstration)**

1. Separation of serum protein by electrophoresis
2. Column packing.

**REFERENCES**

1. David T. Plummer, An introduction to practical bio-chemistry.
2. Pattabiraman, Laboratory manual in bio-chemistry.
3. J. Jayaraman, Practical bio-chemistry.

**SEMESTER IV**  
**SKILL BASED SUBJECT - II**  
**BASICS OF INFORMATION TECHNOLOGY**

**COURSE OUTCOME**

At the end of the course the student would have

1. Understood the Concepts of numbering system
2. Understood the basics of Algorithm and its components
3. Understood the applications of internet in various field
4. Understood the importance of database system
5. Understood the concepts of networking

**UNIT-I**

General format of representing a number-Classification of number system: Positional and Non-positional number system. Decimal, Binary, Octal and Hexadecimal. Conversion from one system to another.

**UNIT-II**

Fundamentals of Information technology: History and Generations of computers-classification of programming languages- Operating systems and their types. Definitions of Compilers, Linker, Loaders, Assembler and Interpreter. Algorithms Flowchart and its components.

**UNIT-III**

Internet: Evolution of Internet-Internet terminologies: WWW, FTP, HTML, HTTP, Gopher, E-mail browsers, protocol Archie Telnet, Search engines. Application of Computers in education, business, entertainment, science, engineering and medicine

**UNIT IV**

Database systems; Definitions: Data abstraction, Instances, Schemes, Entity, Entity set: Strong and weak entity sets, Primary key, Foreign key, Super key. Database models: Basic concepts of E-R model, Hierarchical model.

**UNIT-V**

Networking: Network architectures, Topologies, LAN, WAN, MAN AND Components of a network: Hubs, Routers, Repeaters, Bridges, Modems and cables. Linux: Installation-Basic commands.

**PROGRAM OUTCOME**

At the end of the program the student would have a thorough knowledge about

1. the concepts of numbering system
2. the basics of Algorithm and its components
3. the applications of internet in various field
4. the importance of database system
5. the concepts of networking

## REFERENCES

1. Leon A and Leon M **Fundamentals of Information technology.**
2. Date C.J. **Introduction to Database systems.**
3. Andrew S. Tanenbaum **Computer networks.**

## SEMESTER – V

### SUBJECT TITLE : HUMAN PHYSIOLOGY

**SUBJECT DESCRIPTION :** This course presents an Introduction and provides a comprehensive, balanced introduction to this exciting, evolving and multi-disciplinary field.

**GOALS:** To enable the students to learn or to know the biological, physiological activities along with the mechanism of action of various organs.

### OBJECTIVES:

On successful completion of the course the students should have:

- Understood clearly on various alimentary parts of human body.
- Learnt more specific on the endocrinal activities
- Learnt the mechanisms and actions of vital organs.

### CONTENTS:

#### UNIT – I

Physiology of vision: Structure of eye, image formation and defects of the eye, Receptor mechanism of the eye, photopigments, Visual cycle and colour adaptation  
Skeletal Muscle: Structure of skeletal muscle, contraction of muscle fibre, chemical changes during muscle contraction, sources of energy of muscle contraction.

#### UNIT – II

Blood and Body fluids: Composition and function, Red blood cells, Hemoglobin, white blood cells and platelets. Blood coagulation, blood groups and blood transfusion. Formation and functions of lymph. Body buffers.  
Digestive system: Secretion of digestive juices, digestion and absorption of carbohydrates, proteins and fats. Gastro intestinal hormones.

#### UNIT – III

Respiratory system: Diffusion of gases in lungs, transport of oxygen from lungs to tissues through blood, factors influencing the transport of oxygen. Transport of CO<sub>2</sub> from tissues to lungs through blood, factors influencing the transport of CO<sub>2</sub>.  
Excretory System: Mechanism of formation of urine, composition of urine, Micturition. Renal regulation of acid balance, hormone of the kidney.

#### UNIT – IV

Nervous system: Structure of neuron, resting potential and action potential, Propagation of nerve – impulses, Structure of synapse, synaptic transmission (electrical and chemical theory). Structure of Neuro muscular junction and mechanism of neuro muscular transmission, neuro transmitters.

Endocrine system: Chemical nature of hormones, mechanism of action of hormones – intracellular receptor mechanism and second messenger mechanism (cAMP, cGMP, Ca.<sup>2+</sup>) Structure function and deficiency symptoms of hormones of pituitary, thyroid, parathyroid and adrenal glands. Functions of pancreatic hormones.

#### **UNIT – V**

Male Reproductive system: Structure of testis, Spermatogenesis, functions of testis.

Female Reproductive system: Ovarian cycle, Structure and hormones of ovaries, menstrual cycle, menopause, pregnancy and lactation.

Steroids as contraceptives

#### **REFERENCES:**

1. Chatterjee, C.C - Human Physiology – Volume I & II, 11<sup>th</sup> edition, 1992.
2. Chatterjee. C. Text book Medicinal Chemistry.
3. SaradhaSubramaniam. Text book of human physiology.
4. Guyton, Text book of Medical physiology.
5. Agarwal G.R & Agarwal B.P. Text book of Biochemistry. (Agarwal physiological chemistry)
6. Murray. R.G. Harper's Biochemistry, 24<sup>th</sup> edition.
7. Lecture notes on human physiology, M. M. Muthiah Vol II, 1991.

## SEMESTER V

### **SUBJECT TITLE: CLINICAL BIOCHEMISTRY**

#### **SUBJECT DESCRIPTION**

This course emphasizes the students to realize the diagnostic importance of various metabolic disorders.

**GOALS** :This course enables the students to know the clinical aspects of various metabolic disorders.

#### **OBJECTIVES**

This course would have made the students understand the significance of diagnostic bio chemistry.

#### **CONTENTS:**

##### **UNIT –I**

Disorders of Carbohydrate metabolism.

Normal sugar level in blood, renal threshold and regulation of blood glucose concentration.

Hypoglycemia; Definition and causes.

Hyperglycemia; Definition and causes.

Diabetes mellitus; Introduction, aetiology, types of diabetes mellitus, clinical pathology and diagnosis. Urine testing, random blood sugar and GTT

Acute and chronic complications of Diabetes mellitus

Glycosuria- Differential diagnosis of glycosuria, Fructosuria, Pentosouria, Galactosemia and Glycogen storage diseases

##### **UNIT –II**

Disorders of Lipid metabolism.

Plasma lipids and lipoproteins. Introduction

Hyperlipoproteinemia-Types I, II, III, IV and V .Alphalipoproteinemia.

Hypolipoproteinemia- A beta lipoproteinemia, Hypo beta lipoproteinemia.

Tangier`s disease and LCAT deficiency. Atherosclerosis, Fatty liver and hyper lipidemia. Hypercholesterolemia, Lipidosis and Xanthomatosis, Tay-Sach`s disease, Niemann-Pick disease.

##### **UNIT - III**

Disorders of Amino acid metabolism

Plasma protein abnormalities; Total plasma (Serum) protein, Fibrinogen, Albumin, Pre-albumin and Globulins. Abnormal non-protein nitrogen; Urea, Uric acid, Creatinine and Ammonia, Porphyria.

Aminoacid metabolism: Cystinuria, phenylketonuria, maple syrup disease, alkaptonuria, Albinism and Hartnup disease.

Disorders of Purine and pyrimidine metabolism

Disorders of Purine metabolism: Normal level of uric acid in blood and urine, miscible uric acid pool, hyper uricemia and Gout; Hypouricemia – Xanthinuria and Liathiasis.

Disorders of pyrimidine metabolism: Orotic acid urea.

#### **UNIT – IV**

Gastric, pancreatic and intestinal functions.

Gastric function: Introduction, tests of gastric function – The insulin stimulation test, determination of Gastrin in serum and Tubeless gastric analysis.

Pancreatic Function: Introduction, pancreatic function tests, serum amylase and lipase.

Intestinal function: Introduction, test of monosaccharide absorption (xylose excretion test) and determination of total protein (Lowry's method).

#### **UNIT – V**

Liver disease and liver function tests: Introduction, bilirubin metabolism and jaundice, liver function tests. Estimation of conjugated and total bilirubin in serum (Diazo method). Detection of bilirubin and bile salts in urine (Fouchet's test and Hay's sulphur test). Thymol turbidity test, prothrombin time, serum enzymes in liver disease – serum transaminases (SGPT & SGOT) and lactate dehydrogenase (LDH).

Kidney function test: Introduction, Physical examination of urine, elimination tests, clearance tests; inulin clearance, Creatinine clearance test and urea clearance test, Renal blood flow and filtration fraction.

#### **REFERENCES:**

1. Burtis A. Carl and Edward R.Ashwood, Tietz text book of clinical chemistry W.B.Saunders company, 2<sup>nd</sup> edition, 1994.
2. Philip.D.Mayne, Clinical Chemistry in diagnosis and treatment. ELBS Publication, 6<sup>th</sup> edition, 1994.
3. Montgomery, Conway, Spector, Biochemistry – A case oriented approach. The C.V.Moshby Company, 5<sup>th</sup> edition, 1990.



## SEMESTER – V

### **SUBJECT TITLE : MOLECULAR BIOLOGY**

#### **SUBJECT DESCRIPTION :**

This course presents the mechanism of synthesis of DNA, RNA and proteins, gene regulation and gene mutation. Techniques used in molecular biology.

**GOALS:** To enable the students to learn about the synthesis and functions of molecules that make up living organisms, their mutation and identification of mutants.

#### **OBJECTIVES:**

On successful completion of the course the student should have

- ✦ Understood the synthesis of genetic material, RNA and proteins.
- ✦ Learnt about gene repair mechanism and gene mutation.
- ✦ Learnt about the techniques used in identifying gene mutation.

#### **CONTENTS:**

##### **UNIT – I**

Evidences for DNA as genetic material: - Experimental proof  
DNA replication in prokaryotes; Formation of DNA from nucleotides; Semiconservative mechanism and experimental proof; RNA priming; Bidirectional replication; theta mode, rolling circle model.  
Enzymology of DNA replication; Initiation, elongation and termination; Fidelity of replication.

Differences in eukaryotic replication; Inhibitors of replication [names only].  
DNA repair mechanism: - Excision repair, mismatch repair, photo activation and SOS repair.

##### **UNIT –II**

Prokaryotic transcription: - Central dogma; RNA polymerases;  
Initiation, elongation and termination of transcription.  
Role of eukaryotic RNA polymerases.  
RNA splicing and processing of mRNA, tRNA and rRNA.  
Reverse transcription.

##### **UNIT - III**

Genetic code: - Experimental evidences; Features of genetic code. Composition of prokaryotic and eukaryotic ribosomes.  
tRNA - structure; activation of amino acids, coding and non - coding strands of DNA.  
Translation: - Initiation, elongation and termination of protein synthesis; Inhibitors of protein synthesis. Post - Translational modifications of proteins.

##### **UNIT – IV**

Recombination in bacteria: - Transformation, Transduction and Conjugation.  
Recombination: - Mechanism; forms of recombination, Holliday model for homologous recombination.

Prokaryotic gene regulation: - Operon model; lac operon - positive and negative control; trp operon - repression and attenuation.

#### **UNIT – V**

Gene mutations:- Types - Nutritional, Lethal, Conditional mutants. Missense mutation and other point mutations.

Spontaneous mutations; chemical and radiation – induced mutations – Ames test; reversion techniques; selection of mutants; Auxotrophs; Replica plating; Penicillin cycling.

Bacterial transposons:- Insertion sequences; Mechanism of transposition in bacteria.

#### **REFERENCES:**

1. Weaver, F., Robert, Hedrick, W. Philip, Genetics, W.C. Brown Publishers 1997, 3<sup>rd</sup>ed.
2. David Freifelder, Jones and Bartlett publishers, 2<sup>nd</sup> edition, Molecular Biology, Reprint, 1993, Narosa Publishing House, 1993.
3. Gardner, Simmons, 8<sup>th</sup> edition, Principles of Genetics 1994.

### **SEMESTER – V**

#### **SUBJECT TITLE : GENETIC ENGINEERING AND BIOPROCESS TECHNOLOGY**

##### **UNIT – I**

Basis of gene cloning; Restriction endonucleases – Types and Features; Ligations; Linkers and Adaptors. Vectors of gene cloning: - Plasmid Vectors – Basic feature, pBR332. Bacteriophage vectors; Cosmids. Cloning hosts. Preparation of Plasmid DNA from bacteria.

##### **UNIT – II**

Introduction of DNA into bacterial cells: Transformation of E. coli, selection of transformed cells, Identification of recombinants. Introduction of phage DNA into bacterial cell, Identification of recombinant phage. Genomic library and cDNA library. Hybridization probes; Southern, Northern and Western blotting techniques.

##### **UNIT – III**

DNA sequencing: Outline of Sanger's method – Applications. Genetic Finger Printing – Oligonucleotide directed mutagenesis; Protein engineering. PCR – Technique and Applications.

##### **UNIT – IV**

Expression vectors for E.Coli:- Constituents; Examples of promoters – Expression cassettes – Problems caused in expression of eukaryotic genes: Fusion proteins: - Applications of gene technology: Recombinant insulin; Recombinant growth hormones.

Cloning HBV surface antigen in yeast. Insect cells as host system. Safety aspects and hazards of genetic engineering.

#### **UNIT – V**

Bioprocess technology: Fermentation: Design of a commercial fermenter; Solid substrate fermentation: Media for industrial fermentations; Batch culture and fed – batch culture. Down – stream processing. Production of amino acids; SCP; Penicillin and alcohol.

#### **COURSE OUTCOME**

At the end of the course the student would have gained the knowledge about

- Concepts of gene cloning
- Recombinants – Identification and collection
- Sequencing techniques
- Applications and limitations of genetic engineering
- Fermentation- Process, Recovery and application

#### **PROGRAM OUTCOME**

At the end of the program the student would have

1. Understood the Concepts of gene cloning
2. Understood the Recombinants – Identification and collection
3. Understood the Sequencing techniques
4. Understood the Applications and limitations of genetic engineering
5. Understood the Fermentation- Process, Recovery and application

#### **REFERENCES:**

1. T.A. Brown, Gene cloning- An introduction, Chapman and Hall, 1995.
2. Balasubramaniam, D, C.F.A., Bryce, K. Dharmalingam, J. Green, KunthalaJayaraman concepts in Biotechnology, COSTED – IBN university press, 1996.
3. R.W. Old & S.B. Primrose, Principles of Gene manipulation, Black well scientific publications, 1994.
4. Glick.R, Bernard and Pasternak.J, Jack, Molecular Biotechnology, Asm press, Washington D.C, 1994.
5. Glazier. N. Alexander, Hiroshnikaido, Microbial Biotechnology, W.H. Freeman & co., New york, 1995. B.Sc. Bio-Chemistry (Colleges-revised) 2008-09 Annexure No. 26 A

**SEMESTER V**  
**SKILL BASED SUBJECT - III**

**BASICS OF PATENT AND BIOETHICS**

**UNIT – I:**

Patent – Definition, types of patent, issues related to patent, granting process of patent, rights provided by patent, patent protection

**UNIT –II:**

Introduction to intellectual property rights (IPR)- Overview, meaning and types

Copyright – Introduction, area covered by copyright, types of rights, need of protection of copy right

Trade marks- introduction, types and function

**UNIT –III:**

Definition of Ethics and Bioethics, ethics in biosciences (positive and negative effects with classical examples – slow ripening fruits and controlled ripening)

Awareness education on genetically engineered organisms

**UNIT –IV:**

Containment levels – Definition and types, their impact on environment – recommended biosafety levels for infectious agents, animal facilities

Need for a good laboratory practice- aspiration and responsibility

**UNIT –V:**

Ethics in clinical trials and good clinical practices (GCP) – Definition of clinical trials and GCP, general information about clinical trials, need to conduct clinical trials, phases of clinical trials, institutional setups for conducting clinical trials and ethics associated with it

**REFERENCES**

1. Copy right, Patent trade mark and related state, Doctrines cases and materials on the law of intellectual property, 7<sup>th</sup> edition, Antony W Rodger, Foundation Press
2. Intellectual Property Rights – Padmanabhan, A First edition, 2012, Publisher- Lexis, Nexis- New Delhi-1
3. Bioethics and Biosafety – R. Rallipalli and Geetha Bali, APH publications, 2007.
4. Biological safety principles and practices- Fleming, DA., and Hunt, DL., 2000, ASM Press.

## SEMESTER - VI

### SUBJECT TITLE : PLANT BIOCHEMISTRY AND PLANT THERAPEUTICS

#### SUBJECT DESCRIPTION :

This course presents the plant and animal tissue culture methods, explains the mechanism of gene transfer, Methods of selection, Production of novel proteins and their applications.

**GOALS:** To enable the students to have a sound knowledge on the methods of tissue culture and large scale production of recombinant proteins.

#### OBJECTIVES:

On successful completion of the course the students should have:

- Understood the components of culture media and various tissue culture techniques.
- Learnt about the technique of genetic engineering in plants and animals.
- Learnt about the synthesis and applications of recombinant proteins from cell cultures.

#### UNIT – I

Plant cell: - Structure and functions. Photo synthesis: - Photo synthetic pigments – chlorophyll, carotenoids and phycobillin. Light reactions – two kinds of chemical system – photo system I and II –evidences in support of light reaction – Hill’s reaction, Arnon’s work and Emerson effect. Dark reaction – Calvin’s cycle (C3 plants) Hatch – Slack cycle (C4 cycle) and CAM plants. Photo respiration.

#### UNIT – II

Cycles of elements: Nitrogen cycle: – Ammonification, nitrification, nitrate reduction and denitrification, nitrogen fixation- symbiotic and non-symbiotic nitrogen fixation. Sulphur cycle, phosphorus cycle and carbon cycle. Plant nutrition: Specific roles of essential elements and their deficiency symptoms in plants. Macro nutrients: - Carbon, Hydrogen, Oxygen, Nitrogen, Sulfur, Phosphorus, Calcium, Potassium, Magnesium and Iron. Micro nutrients: - Manganese, Boron, Copper, Zinc, Molybdenum and Chlorine.

#### UNIT – III

Plant growth regulators: Chemistry, biosynthesis, mode of action and Practical applications of auxins, gibberellins, cytokinins, abscisic acid and Ethylene. Plant growth inhibitors and retardants.

#### UNIT – IV

Photo morphogenesis: Photo periodism. Phytochrome - Function in growth and development of plant. Biochemistry of seed germination. Senescence: Biochemical changes during senescence. Senescence process in life cycle of plants.

#### UNIT – V

Secondary metabolites: Nature, distribution and biological functions of alkaloids, terpenes, flavonoids, poly phenols, tannins and steroids. Role of secondary metabolites in pathogens, insects, animals and mankind.

### **COURSE OUTCOME**

At the end of the course the student would have gained the knowledge about

- Mechanism of photosynthesis
- Cycles of elements
- Mode of action of phytohormones
- Biochemical changes during seed germination and senescence
- Biological function of secondary metabolites.

### **PROGRAM OUTCOME**

At the end of the program the student would have

1. Understood the Mechanism of photosynthesis
2. Understood the Cycles of elements
3. Mode of action of phytohormones
4. Biochemical changes during seed germination and senescence
5. Biological function of secondary metabolites

### **REFERENCES:**

1. Molecular activities of plant cell – An Introduction to Plant Biochemistry. John. W. Anderson and John Brardall, Black well Scientific Publications, 1994.
2. Plant Biochemistry and Molecular Biology – Lea and Lea wood, John Wiley and sons, 1997.
3. Plant Physiology –Devlin N. Robert and Francis H. Witham, CBS Publications.
4. Plant Biochemistry and Molecular Biology – Hans Walter Heldt, Oxford University Press, New York, 1997.
5. Introduction to Plant Physiology – William G.Hopkins, John Wiley and sons.
6. Tissue culture of economic plants – C.K. John, Rajani, S. Nadyanda AF. Mascarenhas, Niscom, New Delhi, 1997.

## SEMESTER – VI

### SUBJECT TITLE: MEDICINAL CHEMISTRY

#### SUBJECT DESCRIPTION:

This course presents to focus on the chemical principles used for drug discovery and it also covers human biology where ever relevant.

**GOALS:**Course provides for the specific needs and interests of students wishing to obtain experience in a modern research program

#### OBJECTIVES:

On successful completion of the course the students should have:

- Understood the development of the traditional and modern methods used for drug discovery; of how molecules interact.
- Learnt the fact that the pharmaceutical industry is by far the largest employer of medicine
- Learnt and developed skills in the use of reaction mechanisms and how knowledge of reaction mechanisms can aid in understanding the mode of action of a drug, and the method by which it can be synthesized, and developed.

#### UNIT –I

Introduction and receptor concept; Introduction to drugs, classification of drugs, passage of drugs across biological membrane; absorption and distribution of drugs; binding of drugs to plasma proteins.

Drug receptor interaction, binding forces in drug receptor interaction, types of receptors. Receptor theories, isolation of receptors, consequences of drug receptor interaction

#### UNIT –II

Drug metabolism and elimination: Drug metabolism, methods of study of drug metabolism, microsomal drug metabolism, metabolism via hydroxylation, conjugation deamination, N-Oxidation, azo and nitro reduction, non-microsomal oxidation, Oxidative deamination, purine oxidation, dehalogenation, hydrolysis, action of choline esterase. Elimination of drugs from the body with reference to renal system

#### UNIT - III

Chemotherapy: Mode of action of sulfonamides, anti-metabolites of folate, purines and pyrimidines. Antibacterials - mode of action and resistance to penicillin, streptomycin, tetracycline and chloramphenicol.

Antiviral, antimalarial and antiTB drugs.

#### UNIT – IV

Drugs acting on CNS and cardio-vascular system.

CNS – structure and mode of action of barbiturates, salicylates, MAO inhibitors and drugs for Parkinson's disease.

Cardio-vascular disease: Structure and mode of action of cardiac glycosides, heparin and coumarin.

**UNIT – V**

Drugs of plant origin: Drug dependents and abuse – management of self-poisoning.

Cancer chemotherapy- cytotoxic drugs. Immunosuppressive drug therapy.

**REFERENCES**

1. Satoskar, R.S.Bhandarkar, S.D and S.S. Ainapure, 14<sup>th</sup> edition, 1995. Pharmacology and pharamacotherapeutics. Popular Prakashnan Bombay.
2. William Foye (1986), 3<sup>rd</sup> edition, Principles of medicinal chemistry.
3. Patrick.L.Graham (1995), An introduction to medicinal chemistry, Oxford University Press.
4. Grahame, D.G.Smith and Aronson, J.K. Oxford T.B of clinical pharmacology and drug therapy.



## SEMESTER – V & VI

### SUBJECT TITLE: BIOCHEMISTRY PRACTICAL – III

#### CLINICAL PRACTICALS:

##### I. Urine Analysis:

1. Estimation of Creatinine by picric acid method.
2. Estimation of Urea by DAM-TSC method
3. Estimation of Uric acid by Caraway's method
4. Estimation of Calcium by Permanganate method
5. Estimation of Phosphorus by Fiske-Subbarow method.

##### II. Blood Analysis:

6. Estimation of Urea in serum by DAM –TSC method
7. Estimation of Uric acid in serum by Caraway method
8. Estimation of Phosphorus in serum by Fiske-Subbarow method
9. Estimation of Glucose in serum by O- Toluidine method
10. Estimation of Alkaline phosphatase in serum
11. Estimation of Acid phosphatase in serum
12. Estimation of Cholesterol in serum by Zak's method

##### III. Kit Method: (Demonstration Experiment)

1. Estimation of SGOT
2. Estimation of SGPT
3. Estimation of Triglycerides
4. Estimation of Hemoglobin

#### REFERENCES

1. David T. Plummer, An introduction to practical bio-chemistry.
2. Pattabiraman, Laboratory manual in bio-chemistry.
3. J. Jayaraman, Practical bio-chemistry.

## SEMESTER – V & VI

### SUBJECT TITLE: BIOCHEMISTRY PRACTICAL – IV

#### COURSE NUMBER:

#### Microbiology:-

1. Microscopic measurements of micro organisms.
2. Hanging drop techniques.

#### Microbiology:-

3. Simple staining
4. Gram staining
5. Endospore staining
6. Negative staining
7. Fungal staining

#### Enzymes

8. Preparation of crude enzyme extract.
9. Effect of pH on the activity of acid phosphatase and catalase.
10. Effect of temperature on the activity of acid phosphatase and catalase.
11. Effect of enzyme concentration on the activity of acid phosphatase and catalase.
12. Effect of substrate concentration on the activity of acid phosphatase and catalase.

#### Immunology:

13. RA factor (Kit method)
14. Pregnancy test – Gravindex test (Kit method)

#### Plant Biochemistry:

15. Estimation of Chlorophyll
16. Estimation of Starch

#### Demonstration on plant tissue culture

17. Preparation of media; sterilization
18. Initiation of callus culture

#### Physiology:

19. Identification blood group
20. Enumeration of RBC
21. Enumeration of WBC
22. Differential staining method
23. Bleeding time and clotting time determination.

## **SEMESTER VI- SKILL BASED SUBJECT4**

### **PRACTICAL I- BIOINFORMATICS**

Working with MS-Office Packages One exercise each in Word, Excel, Power point and Access.

- Biological Databanks Sequence Databases, Structure Databases, Specialised Databases.
- Data retrieval tools and methods.
- Database file formats.
- Molecular visualization.

### **REFERENCES**

1. Mani.K.andVijayaraj,N. **Bioinformatics a Practical Approach.**

### **PRACTICAL II**

- Gene structure and function prediction (using Gen Scan, GeneMark).
- Sequence similarity searching (NCBI BLAST).
- Protein sequence analysis (ExPASy proteomics tools).
- Multiple sequence alignment (Clustal).
- Analysis of protein and nucleic acids sequences
- Sequence analysis using EMBOSS or GCG Wisconsin Package

### **REFERENCE:**

1. **Bio-informatics a practical approach** by K.Mani and N.Vijayaraj, *Aparna publications, Coimbatore.*

**SEMESTER – V**  
**ELECTIVE I - A**

**SUBJECT TITLE: IMMUNOLOGY AND IMMUNO TECHNIQUES**

**SUBJECT DESCRIPTION:**

This course will provide the basic concepts of immunology which follows the course of immune response. The course will introduce the various mechanisms by which microbial pathogens cause disease and the interaction with the host.

**GOALS:** To enable the students to acquire a knowledge in the field of infectious diseases and interaction with the host's immune system.

**OBJECTIVES:**

On successful completion of the course the students should have:

- Understood the foundation for the future subjects in microbiology and immunology.
- Learnt the basic terminology and techniques in microbiology and immunology.
- Learnt on how much immune system is important to the humans.

**CONTENTS:**

**UNIT – I**

Historical development of the science of the immunology. Innate and acquired immunity, Antibody mediated and cell mediated response tolerance.

Primary and secondary lymphoid organs. Structure of T, B and NK cells. Receptors on the surface of lymphocytes. Structure and functions of neutrophils, Macrophages – phagocytosis and inflammation, eosinophils and basophils.

**UNIT – II**

**Antigen:** Properties, Specificity and Cross reactivity, antigenicity, immunogenicity, antigen determinants, Haptens, adjuvants, Self antigens (MHC) an outline only.

**Antibodies:** Properties, classes and subclasses of immunoglobulins: Structure, specificity and distribution, Clonal selection theory of antibody formation.

Antigen-antibody interaction – Precipitation and agglutination – Definition and mechanism of formation. Complement component. Cytokines and their junctions.

**UNIT – III**

Precipitation in gel. Oudin procedure, oahley – Fulthope procedure, immune diffusion, Ouchterlony procedure, Immuno electrophoresis and electro immuno diffusion.

Agglutination: Slide agglutination, Table agglutination, Widal test.

Principle and application: RIA, ELISA, Flouresent antibody technique, monoclonal antibodies and their application.

**UNIT – IV**

Allergy and Hypersensitivity – Type I, II, III and IV, their clinical manifestations.

Immuno Disease: Rheumatoid arthritis, Myasthenia gravis.

Immunity to bacteria and viruses.  
Skin Test: Mantoux and Penicillin test.

**UNIT – V**

Transplantation: Allograft rejection: Graft Vs Host Diseases: Immunosuppressors: mechanism of graft rejection.

Resistant to tumors: NK Cells: Tumor immunotherapy: Lymphoid tumors.

Vaccination: Passive and active immunization: Recombinant vaccines: DNA vaccines. Benefits and adverse effects of vaccination.

CD<sup>4</sup> Cell count in HIV infection.

**REFERENCES:**

1. Immunology – An introduction, Tizard R Jan, 1995.
2. Immunology – Roitt Ivann, Jonathan Brastoff, David Male, 1993.
3. Text book of microbiology – Ananthanarayanan. R. and Yayaraman Panikar, 1996.
4. Immunology – Janis Kuby, 3<sup>rd</sup> edition.

**SEMESTER – V**  
**ELECTIVE I - B**

**INTRODUCTION TO BIOMATERIALS**

**Unit – I**

Biomaterials and biological materials – examples and uses: first generation biomaterials – general characteristics – naturally occurring biomaterials – pure metals – alloys – ceramics – polymers – composites.

**Unit – II**

Second generation biomaterials and their properties – bioactive and biodegradable ceramics – biodegradable polymers – hydrogels.

**Unit – III**

Third generation biomaterials – characteristics – biomaterials in tissue engineering – enzyme conjugates, DNA conjugates – DNA- protein Conjugates – microarray technologies – micronanotechnology – microfabrication – nanofabrication – interaction between biological materials, molecular – biomolecules and nanomaterials.

**Unit – IV**

Nanobitechnology – introduction – DNA nanotechnology – structural DNA assembly – nanopore and nanoparticles – biological arrays – nanoprobes for analytical applications – nanosensors – nanoscale organization – characterization – quantum size effects – nanobiosensors – sensors of the future.

**Unit – V**

Microscopies – SEM – TEM – modern advances – microanalysis – optical detection of single molecules – applications in single molecule spectroscopy – single molecule DNA detection, sorting, sequencing – DNA nanoparticles studies by AFM – DNA computer – PCR amplification of DNA fragments – molecular surgery of DNA.

**REFERENCES**

1. Nano: The essentials: Pradeep .T, 2007, Tata McGraw-Hill Publishing Company Ltd.
2. Nanoparticles assemblies and Superstructures: Nicholas A.Kotov, 2006, CRC Press.
3. Nanoscale Technology in Biological Systems: Editors: Ralph et al, 2005, CRC Press.
4. Micromachines as Tools for Nanotechnology: H.Fujitha, 2003, Springer Verlag.
5. Nanobiotechnology: Concepts, Applications and Perspectives, C.M.Niemeyer& C.A. Mirkin, 2004, Willey VCH Verlag GMBH &co.
6. Biomaterials: An introduction. 1992. By Park JB, Lakes RS.
7. Advances in Biomaterials, Drug delivery – AICHE. J 2003, 49(12): 2990 – 3006.

**SEMESTER - V  
ELECTIVE I - C**

**NUTRITIONAL BIOCHEMISTRY**

**UNIT I**

Introduction to the science of nutrition – function of foods and its relation to nutritional and clinical health, essential nutrients, analysis of food, composition, food habits and food groups.

**UNIT II**

Carbohydrates- kinds, functions, food sources.

Fats- kinds, functions, food sources, essential fatty acids and cholesterol.

Proteins- kinds, functions, food sources, complete and incomplete proteins.

**UNIT-III**

Biological value, Net protein Utilization

Energy Basal metabolism, measurement of BMR, Factors affecting BMR, regulation of body temperature, energy needs, total energy requirements, estimation of energy requirements and value of foods.

Balanced diet formulation- Assessment of nutritional status.

**UNIT IV**

Mineral nutrition: Essential – micro and macro mineral nutrients, distribution, sources, functions and abnormalities.

Vitamins – Definition, classification, sources, distribution, functions and abnormalities.

**UNIT V**

Nutrition at various stages of growth and development; diets for infants, children, adolescents, pregnant women, lactating mothers and older persons.

Nutrition challenges of the future – food production and food storages, future foods, new protein foods, new fat foods and changing food habits.

**References:**

1. Principles of Nutrition & Dietetics. Dr. M. Swaminathan. The Bangalore printing & publishing Company limited. 88, Mysore Road, Bangalore- 560018.
2. Advanced Text Book on Food & Nutrition – Vol. I. Dr. M. Swaminathan, Second Edition.
3. Advanced Text Book on Food & Nutrition volume-II. Dr. M. Swaminathan, Second Edition.
4. Normal and Therapeutic Nutrition- Corine Rohinson.

**SEMESTER – VI  
ELECTIVE II - A**

**SUBJECT TITLE : PLANT & ANIMAL BIOTECHNOLOGY**

**SUBJECT DESCRIPTION :**

This course presents the plant and animal tissue culture methods, explains the mechanism of gene transfer, Methods of selection, Production of novel proteins and their applications.

**GOALS:**

To enable the students to have a sound knowledge on the methods of tissue culture and large scale production of recombinant proteins.

**OBJECTIVES:**

On successful completion of the course the students should have:

- Understood the components of culture media and various tissue culture techniques.
- Learnt about the technique of genetic engineering in plants and animals.
- Learnt about the synthesis and applications of recombinant proteins from cell cultures.

**CONTENTS:**

**UNIT – I:**

Plant tissue culture: - Media composition, nutrients & growth regulators, MS medium & B<sub>5</sub> medium. Callus & suspension culture. Initiation & differentiation of PTC.

Micropropagation:- Methods, Production of haploid plants, phytochemicals from plant tissue culture.

**UNIT – II:**

Protoplast technology:- Isolation, fusion of protoplasts, Electroporation, Biolistics, Regeneration of plants from protoplasts.

Gene Transfer in plants:- Ti plasmid vectors, mechanism of T- DNA transfer, Vir genes.

Transgenic plants:- Herbicide, Virus, Pest resistance plants, Male infertility, Genetic engineering of plant oils.

**UNIT - III:**

Mammalian cell culture:- Establishment of cell in culture: Requirements for invitro growth; importance of serum.

Cell-lines; cell transformation – properties of transformed cells, cell separation, Mass cultivation of cells: suspension culture; immobilized cultivation.

**UNIT - IV:**

Genetic Engineering of Animal cells: - Mammalian cell culture in protein production.



Gene transfer into mammalian cells, Selectable markers,  $\rho$ SV plasmids; retroviral vectors; Expression vectors; reporter genes.

**UNIT – V:**

Animal Biotechnology:- Artificial insemination and embryo transfer, In vitro fertilization (IVF): embryo cloning. Human embryo research, transgenic mice, Gene therapy; the Human Genome Project.

Recombinant proteins from cell cultures: - Interferons, Viral vaccines, Hybridoma technology- Monoclonal antibodies- production and applications.

**REFERENCES:**

1. D. Balasubramanian and others, Concepts in Biotechnology, Universal press India 1996.
2. BIOTOL series, In vitro cultivation of animal cells- Butler worth Heineman, 1993
3. Walsh Gary and Headon R. Denis, Protein Biotechnology. John Wiley publishers, 1994.
4. Plant tissue culture; Razdan; Oxford IBH publishers, 1994.
5. Freshney; Animal cell culture; IRL press.

**SEMESTER - VI**  
**ELECTIVE II - B**

**NANOMATERIALS AND NANOMEDICINE**

**Unit I**

Structure property relationship of Biological materials: tissues, bones and teeth, collagen rich tissues, elastic tissues, nanostructured collagen mimics in tissue Engineering.

Biopolymers: Preparation of nanobiomaterials – Polymeric scaffolds collagen, Elastins: Mucopolysaccharides, proteoglycans, cellulose and derivatives; Dextrans; Alginates; Pectins; Chitin.

**Unit II**

Cardiovascular implants: Role of nanoparticles and nanodevices in blood clotting; Blood rheology; Blood vessels; Geometry of blood circulation; Vascular implants; Cardiac pacemakers; blood substitutes; Biomembranes.

**Unit III**

Polymeric implant materials: Polyolefin; polyamides (nylon); Acrylic polymers (bone cement) and hydrogels; Fluorocarbon polymers; Natural and synthetic rubbers, silicone rubbers; High strength thermoplastics; deterioration of polymers.

Biomaterials for Ophthalmology: Contact lenses; Optical implants for glaucoma; adhesives; artificial tears; Protection gears.

**Unit IV**

Metallic and ceramic implant materials: Bone regeneration, Nano crystalline structures of Bone and Calcium phosphate cements. Cobalt-based alloys; Titanium and its alloys, Nanoparticles relating to Aluminium oxides: Hydroxyapatite; Glass ceramics; ceramic implants; carbon implants. Nano dental materials.

**Unit V**

Synthesis of nanodrugs – metal nanoparticles and drug delivery vehicles – Nanoshells – Tectodentrimers Nanoparticle drug systems – Diagnostic applications of nanotechnology.

**Reference:**

1. SV Bhat, Biomaterials (2<sup>nd</sup> Edition), Narosa Publishing House, New Delhi – 2005.
2. JB Park, Biomaterials Science and Engineering, Plenum Press, New York, 1984  
Challa S.S.R.Kumar, Joseph Hormes, Carola Leuschmal.
3. Nanofabrication towards biomedical applications Willey – VCH Verlag GmbH & Co, KGaA.

## SEMESTER - VI

### ELECTIVE II - C

### HEALTH AND HYGIENE

#### UNIT – I

Concepts of health:- Who definition of health; Positive health; Determinants of health; Responsibility for health.

Health service philosophies:- Health care; Health system; Levels of health care.

Concepts of disease and concept of causation – germ theory of disease; Epidemiological triad; Multifactorial causation; Web of causation.

#### UNIT – II

Nutrition and Health – Food defined; Nutrition defined; Classification of foods; Nutrients – Sources and functions of Proteins, fats, carbohydrates; sources and functions of vitamins and minerals.

Nutritional Profiles of principle foods; cereals, Millets, Vegetables, Fruits, Milk, and Milk products, Fish and meat, alcoholic beverages, egg, soft drink.

Balanced Diet – PEM Malnutrition and its effects – Kwashiorkor and Marasmus.

#### UNIT – III

Environment and Health – Basic health requirements in the environment – Water – Sources and uses of water, Water pollution, Water related diseases and purification of water.

Air – Composition and cause of discomfort; Air pollution – Source, Air pollutants, need for proper ventilation.

Housing – Social goals of housing and criteria for healthful housing.

#### UNIT – IV

Maternal and child Health:- Mother and child – one unit; Intranatal care; Post natal child care – care of the mother, complications of post partum period, restoration of mother to optimum health, Breast feeding; congenital malformations – Definition, incidence, Risk factors, Prenatal diagnosis and prevention.

Family planning methods – Family planning definition, Natural family planning methods –BBT Cervical mucous method. Artificial family planning methods – Hormonal contraceptives – gonadal steroids; oral pills, Depot formulations.

#### UNIT – V

Mental Health – Types and causes of mental illness – Preventive aspects; Alcoholism and drug dependence – Definition, agent factors, Host factors, symptoms, environmental factors, prevention, Treatment and Rehabilitation.

Health care programmes in India – National AIDS control programme and National Immunization programme.

#### References:

1. Park. K., Social and preventive medicine, Bhanot publishers, 18<sup>th</sup> edition, 2005.
2. Turk and Turk., Social and preventive medicine.
3. Dash. B.N., Health and physical education, 2003.

4. Ashtekar. S., Health and Healing – A Manual of Primary health care, orient Longmans publishers. 2001.
5. Patil. R.S., Practical Community Health, Vora medical publishers, 1995.

## **SEMESTER VI ELECTIVE III - A**

### **SUBJECT TITLE: CLINICAL LABORATORY TECHNOLOGY**

#### **SUBJECT DESCRIPTION:**

This course presents about the techniques, diagnostic values and significance and the interpretation of various enzymes, bio-chemical parameters, hormones and immunoglobulins.

**GOALS**The students will have the knowledge about the basic functions in clinical lab test and their interpretations.

#### **OBJECTIVES**

After the completion of this course the student would have understood

- The aim and objective of various clinical laboratory test
- The significance of various test and interpretation in diseased conditions.

#### **UNIT I**

Collection, transport and analysis of specimen- Blood, routine urine, feces, sputum, semen, CSF

Documentation of samples and results

Disposal of laboratory/ hospital waste : Non infectious waste, biomedical waste, Infected sharp waste disposal, infected non sharp waste disposal- color coding as per guidelines

#### **UNIT II**

Blood sugar analysis – glucometer based analysis, HbA1C, GTT

NPN- Urea, Uric acid, Creatinine

Clinical chemical test- Ca, P, Fe and Cu

#### **UNIT III**

Enzymes: Acid phosphatases, LDH, CPK, CPK-MB, Alpha amylase,

Hormones – T<sub>3</sub>, T<sub>4</sub>, TSH, LH

Immunoglobulins – IgA, IgM, IgE.

#### **UNIT IV**

Histopathology- Introduction, receiving specimens in laboratory, Grossing techniques

Various fixatives, mode of action, indications, preparations

Decalcification of calcified tissues before sectioning- Processing of tissues for routine paraffin sections and other methods of embedding

Serodiagnostic procedures – precipitation tests, VDRL test, Vidal Test, (Slide and Tube method) Brucella agglutination test, ASO test, RA test, CRP test.

Complement fixation test, skin test – Montaux test, Lepramin test.

## UNIT V

Blood bank – Blood group and Rh factor – Methods of grouping and reverse grouping  
Basic blood banking procedures-Cross matching, Different screening tests including Coomb's test (Direct and indirect), separation of blood components, preparation of red cell suspension  
Blood transfusion and hazards

## REFERENCES

1. Varley, H. (1985), **Practical clinical BioChemistry, 4<sup>th</sup> Edition**
2. Tietz, N. (1982) **Fundamentals of Clinical Chemistry** W.B. Saunders Company
3. Jacques Wallach, (1992) **Interpretation of Diagnostic Test – A Synopsis, 5<sup>th</sup> Edition**, Little brown and company
4. Joan Zilva and Pannall P.R., **Clinical Chemistry and diagnosis and treatment**, PG Publishing Pvt Ltd

## SEMESTER - VI

### ELECTIVE III - B

#### NANOBIOTECHNOLOGY

##### Unit I

Interdisciplinary areas of Biotech and Nanoscience. It is a field that concerns the utilization of biological systems.

Cells, Cellular components. Nucleic acids and proteins refinement and application of instruments – to generate and manipulate nanostructured materials to basic and applied studies.

##### Unit II

Interphase systems pertaining to biocompatible inorganic devices for medical implants – microfluidic systems – microelectronic silicon substrates.

##### Unit III

Protein based nanostructures building blocks and templates – Proteins as transducers and amplifiers of biomolecular recognition events – nanibioelectronic devices and polymer nanocontainers – microbial production of inorganic nanoparticles – magnetosomes.

##### Unit IV

DNA based nanostructures - Topographic and Electrostatic properties of DNA and proteins – Hybrid conjugates of gold nanoparticles – DNA oligomers – use of DNA molecules in nanomechanics and computing.

### **Unit V**

Semiconductor (metal) nanoparticles and nucleic acid and protein based recognition groups – application in optical detection methods – Nanoparticles as carrier for genetic material.

**Total number of periods 45**

#### **References:**

1. Nanobiotechnology – Concepts, Applications and Perspectives – 2004. Edited by CM, Niemeyer, C.A. Mirkin. Wiley – VCH.
2. Nano: The essentials: T. Pradeep. McGraw – Hill education – 2007.
3. Nanofabrication Towards Biomedical Applications, Techniques, Tools, Applications and Impact. 2005 – By Challa, S.S.R. Kumar, Josef Hormes, CarolaLeuschaer. Wiley – VCH.
4. Nanoparticle Assemblies and Superstructures. By Nicholas A. Kotov. 2006 – CRC.

## **SEMESTER - VI**

### **ELECTIVE III C**

#### **SPORTS BIOCHEMISTRY**

##### **UNIT – I**

##### **Sports, Exercise and Games:**

- Introduction, calisthenics, Gymnastics, combative and swimming;
- Yogasana and its importance – Padmasana, Vajrasana, Dhunurasana, and Suryanamaskar;
- Track and field events – Running and Jumping Team events – Kabaddi.

##### **UNIT – II**

##### **Skeletal muscle system and metabolic systems in Exercise:**

- Skeletal muscle types; - relation with different types of activities; strength, power and endurance of muscles;
- Muscle metabolic systems in exercise; Recovery of muscle metabolic systems after exercise.

##### **UNIT – III**

##### **Cardio respiratory system:**

- Muscle blood flow and cardiac output during exercise;
- Oxygen consumption and pulmonary ventilation in exercise; Hypoxia and hypercapnia.

##### **UNIT – IV**

##### **Physical fitness assessment:**

- Body composition; body fat percentage by skin fold method; BMI; Ideal weight and assessment of muscle mass.

## **UNIT –V**

### **Nutrition for sports and Exercise:**

Nutritional considerations for sports person:- Carbohydrate: Energy source for sports and exercise; carbohydrates composition for pre-exercise, during and recovery period.

Fat: Role as an energy source: effect of fasting and fat ingestion

Protein: Protein requirement during exercise, recovery process and protein supplement.

Vitamins: Role of B-complex vitamins.

Minerals: Role of Potassium and sodium.

### **References:**

1. Health and Physical Education by B.N. Dash, Neelkamal Publications Pvt Ltd.
2. Human physiology and mechanism of disease by Guyton, 5<sup>th</sup> Edition, W. B. Saunders Publication.
3. Essentials of food and Nutrition by M. Swaminathan Vol I – II.
4. Food, Nutrition and Diet therapy by Kraure and Mohan, 6<sup>th</sup> Edition, W. B. Saunders company, London.