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# PRACTICAL I COURSE PLANNING

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## 1.0 OBJECTIVES

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After studying this practical, you should be able to:

- define course planning;
- explain the levels of course planning;
- enumerate the purposes;
- spell out the steps in course planning; and
- prepare a sample course plan.

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## 1.1 INTRODUCTION

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Curriculum planning involves development of various courses for specific group of students to attain the aims of particular educational programme.

Many factors affect course development such as needs and interest of learners, social and cultural factors, available technology, development in medical sciences and reports of researches in the field.

You should understand that the curriculum is the overall plan for providing learning experiences for students, for achieving certain goals. The **curriculum** is based on needs and interest of students concerned, philosophy of the college and faculty and is planned in a systematic way to achieve certain specified goals.

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## 1.2 DEFINITION OF COURSE PLANNING

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Course planning is the developing of an educational plan for a specific course of study comprising of several short subject courses and each course with many interrelated units leading to an award of a diploma or a degree after its successful completion.

**OR**

It is a plan of logical sequence of correlated and integrated subjects which students may pursue in the attainment of a given goal.

Now you **have** learnt what is course planning, the next you **will** learn who **should** design a course? Staff of a university, teaching unit with experience in course designing or formulate a committee to develop course to avoid errors in planning.

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### 1.3 LEVELS OF COURSE PLANNING

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Course Planning is done at different levels—Statutory body, the University level and Institutional level.

The teacher will plan the course based on the broad outlines given by the I.N.C. syllabus or University syllabus. Each **college/institution** plans the course for implementation at the school level. The teacher who is responsible for teaching a course makes a detailed plan including objectives, content, teaching-learning activities required to achieve the objectives and select appropriate methods of evaluation.

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### 1.4 PURPOSES

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The purposes of course planning are to:

- ensure continuity and progression in learning.
- avoid gaps and repetition in subject matter.
- reinforce previous learning.

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### 1.5 STEPS IN COURSE PLANNING

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A course plan should contain:

- 1) Specification for the level of learner
- 2) Objectives
- 3) Placement in the curriculum
- 4) Resource material needed for the course
- 5) Unit plans
- 6) Evaluation methods
- 7) Bibliography

Let us briefly explain each of these separately.

- 1) Specification for the Level of the Learner: This will include the information regarding the levels of the student (1st year, 2nd year so on), **pre-requisites** for the course (subjects to be learnt before starting the new course) and the experiences the student should have had prior to the starting of the new course.
- 2) Objectives: According to the norms laid down by the Indian Nursing Council, objectives of the course need to be formulated. The **intentions** of the course are usually **expressed** in the form of learning objectives. Objectives are clear statements of what the students should be able to do as a result of a course of study. Objectives may be general for the entire course. Number of course objectives usually varies from 5 to 15.
- 3) Placement in the Curriculum: It should also specify at what stage student should begin the course learning **e.g.** first year—2nd Semester or third year—1st Semester etc.

- 4) **Resource Materials Needed for the Course:** Teacher who prepares the course outline will be guided by the content in selecting resource materials. Books, Journals, A.V. aids which can be used in teaching the course must be suggested in the resources.
- 5) **Unit Plans:** The course can be divided into appropriate units, each unit specifies its objectives and teaching-learning activities.
- 6) **Evaluation Measures:** Course plan should include the evaluation measures to be used to assess learning of students and to measure the learning outcomes. More than one type of evaluation methods should be used such as written tests, practical examinations, class examination and quizzes.
- 7) **Bibliography:** Course plan must provide a list of books for reference by teachers and students. The students can do some reading on their own from the list of books provided for reference.

A Sample Course Plan is presented in Section 1.6.

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## 1.6 SAMPLE COURSE PLAN

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Given below is the sample of a course plan.

### General Nursing and Midwifery Psychiatric Nursing

Hours:  
Theory: 30 hrs.  
Clinical: 120 hrs.

**Course Description:** This course is to help students develop concept of mental illness and psychiatric nursing and to teach the current methods on management of mentally ill patients.

Pre-requisite : Course in Psychology and Physiology, Fundamental of Nursing

Placement of : This course may be taught during the Fifth Semester of B. Sc.

the Course Nursing for basic students.

#### Objectives

- 1) To acquire knowledge of the course of mental ill health and how these can be prevented.
- 2) To develop an ability to recognise deviations from normal mental health.
- 3) To develop a desirable attitude towards the mentally sick.

#### UNIT I: INTRODUCTION AND REVIEW

- Meaning of mental illness
- Review of mental hygiene and its principles
- Review of mental health and the characteristics of a mentally healthy individual.

#### UNIT II: MENTAL ILLNESS

- History and trends in care
- Etiology of mental illness and contributing factors
- Brain behaviour relationship
- Limbic system, Neuro chemical transmitters, Hormones

### **UNIT III: COMMUNITY RESPONSIBILITY**

- Attitudes towards mentally ill
- Misconceptions towards mentally ill
- Health and social services for the mentally sick

### **UNIT IV: DIAGNOSIS**

- Early recognition of deviations from the normal
- Classification of mental disorders
- Signs and symptoms of common mental illnesses

### **UNIT V: PRINCIPLES OF PSYCHIATRIC NURSING**

- General principles
- Psychiatric nursing principles
- Standards of psychiatric nursing
- Inter-personal relationship—Definition—phases, nurses role in each phase
- Communication skill—Definition of communication, Types, Factors enhancing therapeutic communication, barriers of communication.
- Therapeutic community—Meaning, Principles and Nurses responsibility.

### **UNIT VI: MANAGEMENT**

- a) Physical Therapy
  - Drug therapy, narco-analysis, shock therapy.
- b) Psycho therapy—Individual, group and family Hypnosis, Psycho analysis, behaviour therapy, Social therapy, Occupational therapy, Play therapy.
- c) Legal aspects of psychiatric nursing
  - Mental Health Act 1987 and Indian Lunacy Act 1912
  - Criminal responsibility
  - Civil responsibility
  - Procedures used for Admission, Discharge, Parole, and transfer, Role of Board of visitors
  - Law protecting mentally ill
- d) Rehabilitation
  - Acceptance of the treated patients by the family and the community
  - Re-employment
  - Follow-up

Practical—Drug Bank

### **UNIT VII: ROLE OF THE NURSE**

The role of the nurse in hospital and community in Psychiatric Nursing:

- a) Ways of meeting aggression and violent behaviour
- b) Depression

- c) Withdrawal
- d) Psycho-physiological disorder
- e) Neurotic conditionsóAnxiety, Phobia, Hysteria, Reactive depression and obsessiveócompulsive neurosis
- f) Drug addiction and alcoholism
- g) Childhood disorders
- h) Prevention of accidents amongst mentally ill
- i) Observation, reporting and recording

Practical : Nursing care plan, case study, process recording. psychiatric history teaching, health teaching on mental health components in mental hospital - child guidance, clinical rehabilitation care.

Clinical Experience : Students should have supervised clinical experience for 120 hours minimum and visit to community, half way homes etc.

**Evaluation**

- 1) Written tests: Objective type and Essay type
- 2) Practical examinations at the end of the semester, Areas to be assessed on Nursing Care Plan: Care of patients with psychiatric problems and Mental assessment.

**BIBLIOGRPAHY**

- 1) Colman James C., *Abnormal Psychiatry and Modern Life*, D.E. Tharaporevala Sons & Co., Bombay, 1976.
- 2) Hopling, Charles *et al.*, *Basic Psychiatric Concepts of Nursing*, J.B. Lippincot Co., Philadelphia, 1967.
- 3) Robinson, Liza, *Psychiatric Nursing as Human Experience*, W.B. Saunders Co., Philadelphia.
- 4) Kyes Joanard, Hosting Charlesk, *Basic Psychiatric Concepts in Nursing*, J.B. Lippincot Co., Philadelphia.

**Check Your Progress**

- 1) What is a course plan?

Compare and contrast the course of B.Sc. Nursing and Microbiology course within the B.Sc. Nursing Programme of IGNOU.

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- 2) Explain the steps of course planning?

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## 1.7 LET US SUM UP

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As you have learnt in theory of BNS-111 that curriculum development includes course planning, unit planning and lesson planning. In this Practical the emphasis is on course planning. You have learnt definition, purposes, prerequisites, and content of course planning. A sample course plan of GNM programme in psychiatric nursing is given for your reference. At the end the activities are listed. The guidelines printed will help you to develop the course.

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## 1.8 ANSWERS TO CHECK YOUR PROGRESS

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- 1) Course planning is the developing of an educational plan for a specific course of study comprising of several short subject courses and each course with many interrelated units leading to an award of a diploma or a degree after its successful completion.

OR

It is a plan of logical sequence of correlated and integrated subjects which students may pursue in the attainment of a given goal.

- 2) a) Specification for the Level of the Learner: This will include the information regarding the levels of the student (1st year, 2nd year so on), pre-requisites for the course (subjects to be **learnt** before starting the new course) and the experiences the student should have had prior to the starting of the new course.
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- c) Placement in the Curriculum: It should also specify at what stage student should begin the course learning **e.g.** **first year—2nd Semester** or **third year—1st Semester** etc.
- d) Resource Materials Needed for the Course: Teacher who prepares the course outline will be guided by the content in selecting resource materials. Books, Journals, **A. V.** aids which can be used in teaching the course must be suggested in the resources.
- e) Unit Plans: The course can be divided into appropriate units, each unit **specifics** its objectives and teaching-learning activities.
- f) Evaluation Measures: Course plan should include the evaluation measures to be used to assess learning of students and to measure the learning outcomes. More than one type of evaluation methods should be used such as written tests, practical examinations, class examination and quizzes,
- g) Bibliography: Course plan must provide a list of books for reference by teachers and students. The students can do some reading on their own **from** the list of books provided for reference.

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## 1.9 ACTIVITY

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Select any one course from GNM programme and prepare a course plan by referring INC syllabus (2001).