

Value Added Courses: Syllabus

Nutrition for Health and Fitness

Credits- 02 (2 Theory Hours per week)

Programme Objective:

The course has been planned to provide the student with the basic concept of health, wellness and fitness. The course shall create awareness about the importance of correct dietary and physical activity practices for positive health and wellness. The student shall understand a balanced diet and the impact of processed foods on health. An understanding of the current health scenario in the country and globally will be imparted

Scheme of Examination

Maximum Marks: 50

Minimum Marks: 20

Internal Assessment: 10 Marks

EoSE : 40 marks, Duration: 1 Hours

Exam pattern: MCQ, 40 questions

The responsibility of conducting and evaluating the Mid Semester Assessment is vested on the teacher designated as Course Coordinator.

The End-Semester Examination shall be conducted by the concerned University

Syllabus/ Guidelines

Unit I : Health & Fitness

Unit II : Nutritional Guidelines

Unit III : Processed Foods

Unit IV: Physical Activity and Nutrition

Unit wise Details of the Value Added Course

Unit	Title of Unit	Course Content	Theory Hours (30)
I	Health & Fitness	<ul style="list-style-type: none"> • Concept of positive Health and Wellness as per WHO • Fitness Guidelines Physical Fitness –definition • Role of Nutrition for Health and Fitness 	4 4
II	Nutritional Guidelines	<ul style="list-style-type: none"> • Balanced Diets and Food Pyramid . • How to plan balanced diets for various age groups • Dietary Goals and Guidelines for Indians (Reference man & woman) 	3 4
III	Processed Foods	<ul style="list-style-type: none"> • Concept of Processed Foods • Impact of Packaged, Ultra-processed and Convenience Foods on Health 	3 4
IV	Physical Activity & Nutrition	<ul style="list-style-type: none"> • Effects on health of Physical Activity and Dietary Habits • Dual Burden of Malnutrition 	4 4
		Total Hours	30

Suggested Books/References/Web-links (if available)

1).	Books:	(1) M.Swaminathan (2015): Advanced Text Book of Food and Nutrition. Volume I & II. The Bangalore Press, India. (2) Ravindra Chadha & Pulkit Mathur (2015) : Nutrition and Life Cycle Approach. The Orient Blackswan; First Ed. (3) Dietary Guidelines for Indians –A Manual (2011) ,NIN, Hyderabad
2).	References :	https://www.fao.org/3/ca5644en/ca5644en.pdf https://www.who.int/news-room/fact-sheets/detail/healthy-diet
3).	WebLinks	https://cdn.who.int/media/docs/default-source/healthpromotion/framework4wellbeing_16dec22.pdf?sfvrsn=32a0e228_4&download=true https://www.nin.res.in/downloads/DietaryGuidelinesforNINwebsite.pdf https://apps.who.int/iris/rest/bitstreams/1315866/retrieve https://ncert.nic.in/textbook/pdf/iehp104.pdf https://www.researchgate.net/publication/51711287_Consensus_Physical_Activity_Guidelines_for_Asian_Indians https://egyankosh.ac.in/handle/123456789/47981 https://egyankosh.ac.in/handle/123456789/44151 https://eggp.inflibnet.ac.in/Home/ViewSubject?catid=NuAs6SreCGryddEfs4kkBA

Programme Outcome

1. Enhancing the basic understanding of nutrition and physical fitness
2. Developing a healthy attitude towards physical well being
3. Inculcating values of conscious and correct eating habits
4. Awareness generation regarding processed foods and their effects on health & wellness
5. Understanding importance of physical activity and its effect on health &wellness
6. Understanding nutrition and its effect on health and wellness