

3rd SEMESTER

SKILL ENHANCEMENT COURSE

HSCE318S1: NUTRITION AND FITNESS

(CREDITS - 4: THEORY- 2, PRACTICAL - 2)

THEORY (Credits- 02):

Unit 1 Role of Nutrition in fitness

- Definition of fitness, Health and Nutrition.
- Assessment of fitness
- Nutritional guidelines for health and fitness
- Nutritional Supplements and Ergogenic aids.

Unit 2 Physical activity and Weight Management

- Importance and benefits of physical activity.
- Physical Activity – Guidelines, frequency, intensity, time and type with examples.
- Definition, aetiology, health complications of underweight and obesity.
- Diet and exercise for weight management.
- Principles of planning weight reducing diets.

PRACTICALS (Credits- 02)

1. Planning diet for Weight Management:
 - a. Planning of weight reducing diets. (Obesity)
 - b. Planning of weight gaining diets. (Underweight)
2. Conduct a survey in the market regarding availability of different Ergogenic aids.
3. 3.Visit to a Fitness Centre for assessing different weight management and fitness exercises

RECOMMENDED READINGS:

1. Wardlew, Smith. (2012) Contemporary Nutrition: A Functional Approach.2nd Edition. Mc Graw Hill publishers.
2. Williams Melvin. (2004) Nutrition for Health, Fitness and Sports. Mc Graw Hill Publishers.
3. Joshi AS. (2010) Nutrition and Dietetics. Mc Graw Hill Publishers.
4. Krause's Food and the Nutrition care Process. (2017). 14th edition. Elsevier publishers.
5. Insel Paul (2017).Nutrition.6th edition. Jones and Barlett Publishers.