



CLUSTER UNIVERSITY SRINAGAR

SYLLABUS (FYUP UNDER NEP 2020)

Offered By Department Of HOME SCIENCE

Semester 1st Skill Enhancement Course (SEC)

Course Title: Nutrition & Fitness-I

Course Code: UGHSC22S101

Credits: 4 (Theory: 1, Practical: 3)

Contact Hrs: 105 (Theory: 15, Practical: 90)

Max. Marks 100

Theory External: 15; Min Marks: 06

Theory Internal (Continuous Assessment): 10 Marks, Min Marks: 04

Practical Experimental Basis= 45 Marks, Min. Marks: 18

Practical Internal (Continuous Assessment): 30 Marks, Min. Marks: 12

Objectives:

- To enable students to understand the importance of nutrition in health and fitness
- To enable students understand the important procedures in assessing fitness

Learning outcome:

- To enable students to apply the techniques of assessing health status in the community at large.
- To enable students develop entrepreneurial abilities in the fields of health and Fitness.

THEORY:

UNIT: I Understanding Fitness and Importance of Nutrition

- Definition of Health and Fitness.
- Role of Nutrition in Fitness.
- Parameters of Fitness: Cardiovascular Fitness, Flexibility. Muscular endurance and muscular Strength.
- Skill Related Components of Fitness: Balance, Coordination, power, Reaction time, Speed.
- Resting Heart Rate, Maximum Heart rate, Heart rate zones.
- Approaches to keep fit.
- Nutritional supplements, Functional foods, Antioxidants, Phytochemicals, pre and probiotics.

PRACTICALS:

Unit-II

Assessment of Health status of adults:

Anthropometric assessment

- Height, Weight and BMI
- MUAC
- Waist circumference and Waist to Hip ratio

Clinical assessment

- Buccal mucosa
- Eyes
- Hair
- Skin

Diet surveys

- Twenty Four Hour Dietary Recall
- Food Frequency Questionnaire

Unit-III

Assessment of Fitness Components:

- Equilibrium Test
- Agility Test
- Flexibility
- Coordination Test.
- Speed Test
- Strength Test
- Endurance test

Unit-IV

Sports Nutrition

To conduct a market survey of Nutritional Ergogenic Aids:

- Protein Powders
- Pills
- Shakes
- Caffeinated drinks
- Energy Drinks
- Energy Bars

Visit to a gymnasium

Recommended readings

1. Kraus, M.V & Mahan L.K. (Latest Edition): Food, Nutrition and Diet Therapy, Alan R. Lies, Saunders Co London
2. Wardlaw, Smith. Contemporary Nutrition: A Functional Approach .2nd Ed; 2012 .Mc Graw Hill, 46.
3. Williams Melvin, Nutrition for Health, fitness and Sports, 2004, Mc Graw Hill, 46.
4. Joshi AS. Nutrition and Dietetics 2010.Tata Mc Graw Hill.