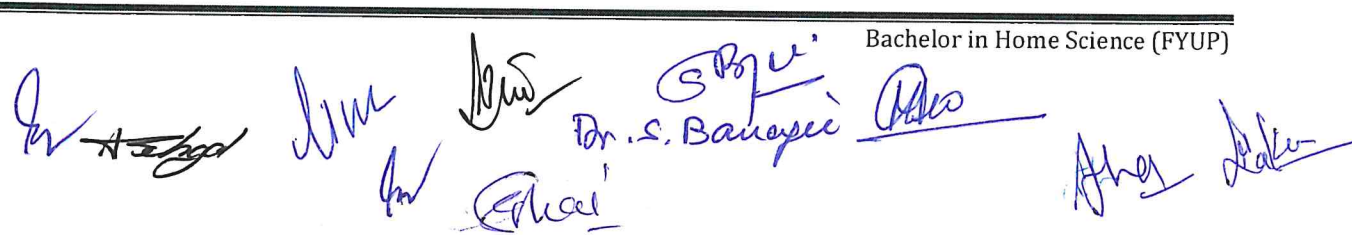


FOUR YEAR UNDERGRADUATE PROGRAM 2024 -28
FACULTY OF Home Science
COURSE CURRICULUM

PART-A : Introduction			
Program: Bachelor in Home Science (Diploma)		Semester : III	Session: 2024-2025
1	Course Code	HSSE – 01 T	
2	Course Title	Nutrition for Health and Physical Fitness	
3	Course Type	DSE	
4	Pre-requisite(if,any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> To explain the principles of physical fitness and nutrition (such as body composition, energy intake, energy expenditure, and the acute and chronic physical changes related to exercise and nutrition) complement each other in helping to develop physiological well-being and overall health. To learn the principles of fitness and nutrition (such as setting realistic short-term behavior change goals and the relationship of exercise and diet to stress reduction) complement each other in helping to develop psychological well-being and overall health. To Identify some of the social and cultural influences on food habits and exercise/activity patterns. To evaluate current nutritional information with regard to its contribution to Health and physical fitness. 	
6	Credit Value	3 C	<i>1 Credit = 15 Hours - learning & Observation</i>
7	Total Marks-	Max. Marks: 100	Min Passing Marks : 40
PART –B : Content of the Course			
Total No. of Teaching – learning Periods (01 hr per period) : 45Period (45 hours)			
Module / Unit	Topics (Course contents)	No. of Period	
I	Health and Fitness <ul style="list-style-type: none"> Definition, Components and Relationship among Physical Fitness, Wellness and Health Personalized approach Benefits of fitness training 	12	
II	Exercise Physiology and Nutrition for Physical Activity <ul style="list-style-type: none"> Nutrition & Physical performance Physical fitness: cardio respiratory fitness, muscular strength, muscular endurance, body composition and flexibility Endurance Training 	11	

Bachelor in Home Science (FYUP)



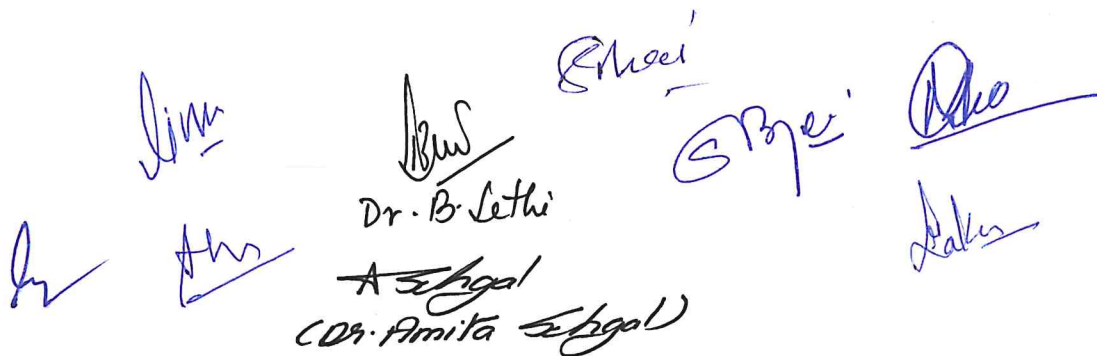
	<ul style="list-style-type: none"> • Exercise and fluid loss • Hydration • Nutrition supplements 	
III	Physical Activity Training, Stress and Health Management <ul style="list-style-type: none"> • Aerobic and anaerobic training -To enhance Cardio Vascular Endurance, Flexibility and Body Composition • Stress Assessment and Management • Techniques-Exercise at medium and high altitudes, Underweight, Overweight and Obesity, Relaxation Techniques, • Yoga and Meditation for Health, 	11
IV	Diseases due to Faulty/Poor Food Habits and Physical Inactivity <ul style="list-style-type: none"> • Life Style related diseases/disorders (Non communicable Disease conditions) – Meaning Causative Factors and Diet Modification/evidence based guidelines for - • Underweight, Obesity, • Diabetes mellitus • Hypertension, Cancer • Cardiovascular Disease, Anemia 	11
Keywords	Physical Fitness, Muscular Endurance, Aerobic and Anaerobic Training, Meditation, Stress Management	

PART-C :
Learning Resources : Text Books, Reference Books and Others
<p><i>Text books Recommended –</i></p> <ul style="list-style-type: none"> • Werner W. K Hoejer (1989), <i>Life time Physical Fitness and Wellness</i>, Morton Publishing Company, Colorado. • Mishra, S. C (2005) <i>Physiology in Sports</i>. Sports Publication, New Delhi • Greenberg, S. J and Pargman, D (1989) <i>Physical Fitness – A Wellness Approach</i> Prentice Hall International (UK) Limited, London • Swaminathan M. (2008) <i>Essentials of Food and Nutrition</i> Bangalore Printing Publishing Co. New Delhi • McArdle, W. D, Frank I. Katch, F. I and Victor L. Katch (1996) <i>Exercise Nutrition: Energy Nutrition and Human Performance</i>. William & Wilkin Publishing USA. • Mahan, K and Stump, E. S (1996) <i>Krause Food and Nutrition and Diet Therapy</i> W.B Saunders Company, USA
<p>Online Resources–</p> <ul style="list-style-type: none"> • https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-2-2 • https://cd1.edb.hkedcity.net/cd/pe/tc/nss%20pe/nss_lt/Part4_en.pdf • https://pubmed.ncbi.nlm.nih.gov/37375696/ • https://www.nature.com/articles/s41598-024-52753-6 • https://www.mdpi.com/2072-6643/11/7/1437

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PART D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods:		
Maximum Marks:	100 marks	
Continuous Comprehensive Evaluation(CCE):	30 Marks	
Semester End Exam (SEE):	70 Marks	
Internal Assessment:	Internal Test / Quiz(2) –20+20	Better marks out of the two tests/ Quiz + Obtained marks in assignment shall be considered against 30 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar – 10	
	Total Marks–30	
End Semester Exam (ESE):	Two section – A & B	
	Section A: Q1. Objective – 10 x1= 10 Mark; Q2. Short answer type- 5x4 =20 Marks	
	Section B: Descriptive answer type qts., 1 out of 2 from each unit-4x10=40 Marks	

Signature of Convener and Members (CBoS):



 Dr. B. Sethi
 Dr. Amita Sehgal
 (Dr. Amita Sehgal)

FOUR YEAR UNDERGRADUATE PROGRAM-2024-28
FACULTY OF Home Science
COURSE CURRICULUM

PART A: Introduction			
Program:- Bachelor in Home Science (Diploma)		Semester : III	
		Session:- 2024-2025	
1	Course Code	HSSE – 01P	
2	Course Title	Nutrition for Health and Physical Fitness (Practical)	
3	Course Type	DSE	
4	Pre-requisite (if any)	As per Program	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> • To explain the principles of physical fitness and nutrition (such as body composition, energy intake, energy expenditure, and the acute and chronic physical changes related to exercise and nutrition) complement each other in helping to develop physiological well-being and overall health. • To learn the principles of fitness and nutrition (such as setting realistic short-term behavior change goals and the relationship of exercise and diet to stress reduction) complement each other in helping to develop psychological well-being and overall health. • To Identify some of the social and cultural influences on food habits and exercise/activity patterns. • To evaluate current nutritional information with regard to its contribution to Health and physical fitness. 	
6	Credit Value	1 C	1 Credit = 30 Hrs Laboratory/ Field learning/ Training
7	Total Marks	Max. Marks: 50	Min Passing Marks : 20

PART B: Content of the Course		No. of Periods
Total No. of Teaching – learning / Performance Periods : 30 periods (30 hours)		
Module	Topics (Course Contents)	
Lab/ Field Training/ Experiment contents of the course	<ol style="list-style-type: none"> 1. Aerobic and Anaerobic Exercises 2. Relaxation Techniques, 3. Stress Assessment and Management 4. Yoga and Meditation 5. Visit to Fitness Centre: Observational report and 2 Case studies 6. Desk review of ergogenic aids available in the market 7. Use of non-invasive equipment's like Pedometer, pulse oximeter, step test, 	30

	8. Omrans bodycomposition analyzer, home monitoring BP equipment to assess the nutritional status	
Key words	Aerobic and Anaerobic Exercises, Relaxation Techniques, Observational Reports	

PART C:**Learning Resources :** Text Books. Reference Books, Other Resources**Text Books Recommended :**

- Werner W. K Hoejer (1989), *Life time Physical Fitness and Wellness*, Morton Publishing Company, Colorado.
- Mishra, S. C (2005) *Physiology in Sports*. Sports Publication, New Delhi
- Greenberg, S. J and Pargman, D (1989) *Physical Fitness – A Wellness Approach* Prentice Hall International (UK) Limited, London
- Swaminathan M. (2008) *Essentials of Food and Nutrition* Bangalore Printing Publishing Co. New Delhi
- McArdle, W. D, Frank I. Katch, F. I and Victor L. Katch (1996) *Exercise Nutrition: Energy Nutrition and Human Performance*. William & Wilkin Publishing USA.
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Online Resources :

- <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-2-2>
- https://cd1.edb.hkedcity.net/cd/pe/tc/nss%20pe/nss_lt/Part4_en.pdf
- <https://pubmed.ncbi.nlm.nih.gov/37375696/>
- <https://www.nature.com/articles/s41598-024-52753-6>
- <https://www.mdpi.com/2072-6643/11/7/1437>

PART D :Assessment and Evaluation**Suggested Continuous Evaluation Methods:****Maximum Marks:** 50 Marks**Continuous Internal Assessment (CIA):** 15 Marks**End Semester Exam(ESE):** 35 Marks

Internal Assessment:	Internal Test / Quiz (2) - 10 & 10	Better marks out of the two tests/ Quiz + Obtained marks in Assignment shall be considered against 15 Marks
Continuous Internal Assessment (CIA)	Assignment/Seminar+ Attendance - 05	
	Total Marks - 15	
End Semester Exam(ESE):	Laboratory / Field Skill Performance : on spot Assessment	
	A. Performed the task based on Lab work -	20 marks
	B. Spotting based on tools & Technology (written) -	10 marks
	C. Viva –voce (based on principle/ Technology) -	05 Marks

Signature of Convener & Members of BOS:

Bachelor in Home Science (FYUP)