

HEALTH AND FITNESS

Sem	Subject Code	Category	Lecture		Theory		Practicals	Credits
IV	19NNF4A	Non Major Elective - II	Hrs/sem	Hrs/Per week	Hrs/sem	Hrs/Per week	-----	2
			30	2	30	2		

COURSE OUTCOMES

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Introduction to health and wellness	K1,K2,K3
CO2	physical fitness	K2, K3, K4
CO3	Fundamentals of Nutrition	K2, K3, K4
CO4	Aerobic and Anaerobic exercise	K1,K2,K3, K4
CO5	YOGA	K1,K2, K3, K4

Knowledge level: K1 – Remember, K2-Understand, K3- Apply, K4-Analyse.

MAPPING WITH PO

COS	PO1	PO2	PO3	PO4	PO5
CO1	M	S	S	S	S
CO2	M	S	S	S	S
CO3	M	S	S	S	S
CO4	M	S	S	S	S
CO5	M	S	S	S	S

S-Strong; M-Medium, L- Low

UNIT-I

HEALTH

6 Hours

Definition of health and wellness – Factors affecting health and wellness, Factors influencing health and wellness, Physiological, psychological and social health.

UNIT-II

FITNESS

6 Hours

Definition, parameters of fitness, cardiovascular endurance, muscular strength, muscular endurance, physical fitness tests- for flexibility.

UNIT-III

NUTRITION

6 Hours

Basic Five Food groups, RDA, BMI, BMR, Food plate, Functional foods, Role of balanced diet in maintaining health, Eating disorders.

UNIT-IV

EXERCISES

6 Hours

Aerobic and Anaerobic exercise. Role of Exercise in preventing lifestyle Diseases- Obesity, CVD, Diabetes and Cancer.

UNIT-V

YOGA

6 Hours

Origin and History of yoga. Principles of yoga therapy, social skills and living value based education. Types of Asanas ,Role of yoga in Maintaining health.

Distribution of Marks: Theory – 50 (univ. exam) = 50 Marks

TEXT BOOKS:

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Swaminathan T,	Essentials of Food and Nutrition	Bangalore Printing Publishing Co.	2008
2	Mishra, S. C	Physiology in Sports	Sports Publication,	2005

REFERENCE BOOKS:

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Werner W. K Hoejer	Life time Physical Fitness and Wellness,	Morton Publishing Company	1989
2	Greenberg, S. J and Pargman, D	Physical Fitness – A Wellness Approach	Hall International (UK) Limited,	1989
3	McArdle, W. D, Frank I. Katch, F. I and Victor L. Katch	Exercise Nutrition: Energy Nutrition and Human Performance.	William & Wilkin Publishing	(1996)
4	Mahan, K and Stump, E. S	Krause Food and Nutrition and Diet Therapy	W.B Saunders Company	1996
5	B. Srilakshmi	Food Science, 6 th edition	New Age International Publishers	2015

TEACHING METHODOLOGY

- Chalk and board teaching
- Study Assignment method
- Active learning method
- Group discussions
- PPT
- Seminars
- Other Group activity

SYLLABUS DESIGNER:

- Ms. R.TAMILSELVI, Head and Assistant Professor, Department of Foods and Nutrition