

**Department of Liberal Education**  
**Era University, Lucknow**  
**Course Outline**  
**Effective From: 2023-24**

<b>Name of the Program</b>	<b>B.A. / B.Sc. (LIBERAL EDUCATION)</b>			<b>Year/ Semester:</b>	<b>1<sup>st</sup> / 2<sup>nd</sup></b>
<b>Course Name</b>	<b>Fundamentals of Nutrition &amp; Fitness</b>	<b>Course Code:</b>	<b>NH102</b>	<b>Type:</b>	<b>Theory</b>
<b>Credits</b>	<b>05</b>			<b>Total Sessions Hours:</b>	<b>75 Hours</b>
<b>Evaluation Spread</b>	<b>Internal Continuous Assessment:</b>	<b>50 Marks</b>		<b>End Term Exam:</b>	<b>50 Marks</b>
<b>Type of Course</b>	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill	
<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. To Identify and solve problems of nutrition and physical fitness and health.</li> <li>2. To introduce a career oriented and skill enhancing course on nutrition for health and wellbeing.</li> <li>3. To impart knowledge regarding importance of nutrition and exercise for physical, psychological, social and spiritual fitness of an individual.</li> <li>4. To impart and develop intellectual as well as physical skills among the students in the planning and execution of exercise and nutritional principles for fitness management.</li> </ol>				
<b>Course Outcomes(CO):</b> <i>After the successful course completion, learners will develop following attributes:</i>					
<b>Course Outcome (CO)</b>	<b>Attributes</b>				
<b>CO1</b>	Utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.				
<b>CO2</b>	Benefits of eating a variety of foods from each recommended food group throughout the lifespan.				
<b>CO3</b>	Will incorporate effective coping techniques (e.g., communication skills, creative problem solving, cognitive restructuring) and achieving a relaxed physiological state by performing relaxation techniques (e.g., deep breathing, mental imagery, meditation) are two significant learning objectives of a stress management ...				
<b>CO4</b>	Apply technical skills, knowledge of health behavior, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.				
<b>Pedagogy</b>	Interactive, discussion-bases, student-centered, presentation.				
<b>Internal Evaluation Mode</b>	Mid-term Examination: 20 Marks Activity: 10 Marks Class test: 05 Marks Online Test/Objective Test: 05 Marks Assignments/Presentation: 05 Marks Attendance: 05 Marks				
<b>Session Details</b>	<b>Topic</b>			<b>Hours</b>	<b>Mapped CO</b>
<b>Unit 1</b>	<b>Introduction to nutrition-</b> Food as a sources of nutrients, definition of Nutrition, nutrients, adequate, optimum and good nutrition, malnutrition. Classification of food – Food Groups, Importance and functions of			15	CO1

	food; Balanced diet <b>Activity:</b> Preparation of Balanced diet for different age groups		
<b>Unit 2</b>	Understanding Fitness Definition & meaning of fitness. Body composition -An overview of human body composition - Factors influencing body composition-Age, Sex, etc...-Methods of Assessing body Composition fitness components - Speed, Strength, Endurance, Flexibility and Coordinative Abilities Factors influencing fitness-age, sex, diet, climate. <b>Activity:</b> Measure your Height and Weight and calculate BMI	20	CO2, CO4
<b>Unit 3</b>	<b>Stress and Health</b> - Effects of stress on the body - Signs and Symptoms of Stress - Stress Assessment - Stress Reduction Techniques Posture: Dynamic and static posture, analysis of posture, effect of age, pregnancy, occupation on posture. GAIT: Gait cycle, parameters of gait cycle, abnormal gait <b>Activity:</b> Survey and Practicing Different breathing techniques for relieving stress	20	CO4
<b>Unit 4</b>	Importance of nutrition; Role of nutrition in fitness. Nutritional guidelines for health and fitness; Nutritional supplements <b>Activity:</b> Market survey of Different nutritional supplements available	20	CO1,CO4

### CO-PO and PSO Mapping

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
<b>CO1</b>	1	1	2	1		2			3		1			
<b>CO2</b>	2	1	1	1	1	1	2		1	2		2	1	
<b>CO3</b>	1	1	2	1		1	1	2			1		2	
<b>CO4</b>	1	1	1	2	1	1	1		1	2	1	1		1

*Strongcontribution-3, Averagecontribution-2, Lowcontribution-1,*

### Suggested Readings:

<b>Text- Books</b>	<b>Note: A reading material will be provided by the faculty member well in time.</b>  <ol style="list-style-type: none"> <li>1. Food Science, Chemistry and Experimental Foods, Bangalore Print &amp; Publishing</li> <li>2. Company:</li> <li>3. Food Science Nutrition, Latest Edition SunetraRoday, OxfordUniversity Press.</li> <li>4. Fundamentals of foods, nutrition and diet therapy. New Delhi: New Age International:Mudambi, S., &amp; Rajagopal, M. (2007).</li> <li>5. Frank Don Bet. al 1999 The Health Fitness Handbook ,Human Kinetic</li> </ol>
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. Nutrition Science, Sixth Edition. Published by New Age International, 2018: Srilakshmi; B ISBN 10: 9386418886 / ISBN 13: 9789386418883</li> <li>2. Bhait and Savur, S (1998) Fitness for Life. Jaico Pub. House. 10. Hamlyu Encyclopedia of Complimentary Health (1996)</li> </ol>
<b>Para Text</b>	Unit 1: <a href="https://www.youtube.com/watch?v=y55giaEW4xI">https://www.youtube.com/watch?v=y55giaEW4xI</a> Unit 2: <a href="https://youtu.be/_mtiauBvE9c">https://youtu.be/_mtiauBvE9c</a> Unit 3: <a href="https://youtu.be/W9GZK12skvs">https://youtu.be/W9GZK12skvs</a> Unit4: <a href="https://youtu.be/vQSYbAaDANE">https://youtu.be/vQSYbAaDANE</a>

<b>Recapitulation &amp; Examination Pattern</b>		
<b>Internal Continuous Assessment:</b>		
<b>Component</b>	<b>Marks</b>	<b>Pattern</b>
<b>Mid Semester</b>	20	<b>Section A:</b> Contains <b>10</b> MCQs/Fill in the blanks/One Word Answer/ True-False type of questions. Each question carries <b>0.5</b> mark. <b>Section B:</b> Contains <b>07</b> descriptive questions out of which <b>05</b> questions are to be attempted. Each question carries <b>03</b> marks.
<b>Activity</b>	10	Will be decided by subject teacher.
<b>Class Test</b>	05	Contains <b>05</b> descriptive questions. Each question carries <b>01</b> mark.
<b>Online Test/ Objective Test</b>	05	Contains <b>10</b> multiple choice questions. Each question carries <b>0.5</b> marks.
<b>Assignment/ Presentation</b>	05	Assignment to be made on topics and instruction given by subject teacher.
<b>Attendance</b>	05	As per policy.
<b>Total Marks</b>	<b>50</b>	

Course created by: **Dr. Shazia Fatima**  
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Signature:

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Signature: 