

Syllabus-2023-2024

BPES

Title of the Course	Fitness Training & Nutrition
Course Code	PEL-503

Part A

Year	3rd	Semester	5th	Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of fitness			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- Recognize the role of diet in sports performance(BL1-Remember) CO2- Interpret the role of hydration in physical activity.(BL2-Understand) CO3- Calculate daily caloric requirement and expenditure(BL3-Apply) CO4- Analyze the common myths of weight loss(BL4-Analyze) CO5- Select a balanced diet for school children(BL5-Evaluate) CO6- Create and prepare weight management plans(BL6-Create)							
Courses Elements	Skill Development X Entrepreneurship ✓ Employability ✓ Professional Ethics X Gender ✓ Human Values X Environment X		SDG (Goals)	SDG2(Zero hunger) SDG3(Good health and well-being) SDG5(Gender equality)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	. Introduction to Sports Nutrition 1.1 Meaning and Definition of Sports Nutrition 1.2 Basic components of Nutrition 1.3 Factor to consider for developing nutrition plan 1.4 Balance diet and its components, Nutritional deficiencies. 1.5 Understanding of malnutrition and nutritional supplements.	direct instructions, quiz activity	15
UNIT-2	Nutrients: Ingestion to energy metabolism 2.1 Carbohydrates, Protein, Fat – Meaning, classification and its function 2.2 Role of carbohydrates, Fat and protein during exercise 2.3 Vitamins, Minerals, Water – Meaning, classification and its function 2.4 Role of hydration during exercise 2.5 Establishing daily caloric requirement and expenditure	lecture, quiz, open book exam	20
UNIT-3	Nutrition and Weight Management 3.1 Obesity – Definition, meaning, types and causes of obesity; Health risks associated with Obesity and Solutions for Overcoming Obesity 3.2 Concept of BMI (Body mass index), Dieting versus exercise for weight control, 3.3 Common Myths about Weight Loss 3.4 Concept of weight management in modern era, Factor affecting weight management	lecture, flipped classes	20
UNIT-4	Steps of planning of Weight Management 4.1 Determination of desirable body weight 4.2 Daily calorie intake and expenditure in weight management 4.3 Role of diet and exercise in weight management 4.4 Designing diet plan and exercise schedule for weight gain and loss 4.5 Balanced diet for Indian School Children.	cooperative learning and peer teaching	20

Part D(Marks Distribution)

Theory					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
100	40	40	12	60	18
Practical					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation

Part E

Books	1. Marc Mclean Strength Training Nutrition 101:: 1st CreateSpace Independent Publishing Platform, 3
Articles	
References Books	1- Bates M. . Health Fitness Management 2nd USA: Human Kinetics 2008 2- Fink, H.H., Burgoon.L.A., &Mikesky, A.E. Practical Applications in Sports Nutrition. 4th . Jones and Bartlett Publishers 2006 3- Lancaster S. &Teodororessu, R. Athletic Fitness for Kids 7th USA: Human Kinetics. 2008 4 Nicholas bjorn Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Muscle Building Series 5th CreateSpace Independent Publishing Platform
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	-	3	-	3	-	-	-	-	-	-	-	-	-
CO2	-	3	3	-	-	3	-	2	-	-	-	-	-	-	-
CO3	2	2	-	2	2	2	2	-	-	-	-	-	-	-	-
CO4	2	-	2	-	2	-	-	-	-	-	-	-	-	-	-
CO5	-	2	-	2	-	2	-	-	-	-	-	-	-	-	-
CO6	1	2	2	1	3	-	-	2	-	-	-	-	-	-	-

