



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
Generic Elective PG Program

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam (60%)	Two Term Exam (20%)	Teachers Assessment	End Sem University Exam (60%)	Teachers Assessment				
GPFN303	GE	Health and Fitness	60	20	20	0	0	3	0	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks

Course Educational Objectives (CEOs): The students will

- **CEO 1:** understand health and associated health hazards and how balanced nutrition can control health hazards and promote good health.
- **CEO 2:** comprehend with physical fitness and its components and acquainted with various fitness equipment's.

Course Outcomes (COs): Student should be able to

- **CO1:** comprehend with health and its concept.
- **CO2:** develop profound understanding for physical fitness and its importance.
- **CO3:** expertise in recognition of fitness equipment's in promoting good health.
- **CO4:** acquainted with various schemes governmental and non-governmental.

FSN 6021: HEALTH AND FITNESS

UNIT I

- Health: definition, meaning of health and factors affecting health.
- Health hazards.

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UNIT II

- Food for health promotion: definition of food, Nutrition, Nutrients and Nutritional status.
- Functions of food for adequacy of Health: physiological, psychological and socio-cultural functions, constituents of food and their functions.

UNIT III

- Physical fitness components - speed, strength, endurance, flexibility and coordinative abilities.
- Types of physical fitness, health related physical fitness, performance related physical fitness and cosmetic fitness.

UNIT IV

- Sports nutrition: Introduction to kin anthropometry, requirements during training and performance for athletes and endurance games, aerobic and anaerobic exercise.

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GUFN402	GE	Health and Fitness	60	20	20	0	0	4	0	0	4

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UNIT V

- Health club equipment's & activities: tread mill, hammer strength, steppers, cycles, body sculpting, kick boxing. reebok ridge rocker, hanging, hand grips, swing, climbing and lifting weight.

Suggested Readings:

- N. Shakuntala manay and M. Shadaksharaswam, (2008). *Food Facts and Principles*, 3/e, New Age International.
- Narayan dash B. (2003). *Health & physical education*. Neelkamal publications. Hyderabad.
- Mahan, L.K., Arlin, M.T. (2000). *Krause's Food*, Nutrition and Diet therapy. W.B. Saunders Company. London.

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