**Department of Physical Education**

**Syllabus**

**Fitness and Sports Nutrition**

**Guidelines:**

Fitness and Sports Nutrition paper was introduced for Sports students.

Classes conducted after college hours from 4pm to 5 pm. For 15 days

One credit for qualifying in theory examination

One credit allotted for Game

Game will be assessed at the end o the I semester

Theory paper will be conducted at the end of the VI semester

College issues certificate

**Objectives:**

1. To create awareness about the importance of Health.
2. To impart knowledge regarding the diseases associated with lack of physical exercise.
3. To inculcate dietary awareness.

**Unit I Health**

Definition of Health, aspects of Health, factors influencing Health, ways to achieve good health.

**Unit – II Physical activity, Physical fitness**

Physical activity it’s importance Benefits of Physical Activity / Exercise, types of exercise, benefits of fitness, flexibility, speed reaction ability, agility.

**Unit – III Athletes Diet**

Carbohydrates, Proteins, water, Fat etc.

**Unit – IV Food pyramid, pre event meal, fluid replacement before during and after exercise and sports drinks.**

( How to make your own sports Drinks. Isotonic, Hypotonic, Hypertonic fluids.

**Evaluation**

1 Credit for game

1 Credit for theory Paper – Fitness – sports Nutrition.

Game: 70 Marks

Theory Paper – 20 Marks 2 short Questions 2x5 = 10

Attendance – 10 Marks 5 Very short Questions 5X2 =10

\_\_\_\_\_\_\_

Total: 20

\_\_\_\_\_\_\_

Students who opt sports choose one game of their choice to gain two credits.

Method – 2 short Answers 2x5 =10

5 Very short Answers 5x2 =10

\_\_\_\_\_\_\_\_\_\_

Total: 20

\_\_\_\_\_\_\_\_\_\_