

SEVA MANDAL EDUCATION SOCIETY'S
DR. BHANUBEN MAHENDRA NANAVATI COLLEGE OF HOME SCIENCE
(AUTONOMOUS)
NAAC Re-accredited 'A+' Grade with CGPA 3.69 / 4 (3rd Cycle)
UGC Status: College with Potential for Excellence
BEST COLLEGE AWARD 2016-17: Adjudged by S.N.D.T. Women's University
338, R.A. Kidwai Road, Matunga, Mumbai – 400019

APPROVED SYLLABUS UNDER AUTONOMY

PROGRAMME: B.Sc. in Home Science

Skilled Development Courses (SDC)

Semester III

Course Title: - DIET AND EXERCISE IN WEIGHT MANAGEMENT

Course Description:

1. Eating healthy and staying active are some of the most important things you can do to prevent health ailments and improve your personal well-being. The course will help to understand basics of body weight and techniques to measure body composition and their interpretation, basic concept of weight management in obesity and underweight, enable students to learn types, levels and impact of exercises for weight management and also develop the skill of planning and cooking diets for weight management.

Learning outcomes: Students will be able to:

1. Practically apply various techniques to measure body composition and interpretation.
2. Learn and apply basic concept of weight management in obesity and underweight.
3. Learn and apply the knowledge of various types of exercises for weight management.
4. Plan and customise basic diet plans for weight management in a sedentary woman, man and underweight woman and give dietary guidelines.

Course	TC	Th C	Pr C	Int M	Ext M	Total
Fundamentals of Nutrition in Weight Management	4	2	2	100	-	100

Sr. No	Module	Objectives	Content	Assessment
1.	Basics of body composition and measurements	<p>The module will enable the students to:</p> <ul style="list-style-type: none"> ● Understand the basics of body weight and body composition ● Understand and learn to practically apply various techniques used to measure body composition 	<p>Body weight and composition</p> <ul style="list-style-type: none"> ● Ideal body weight ● Components of body composition (lean body mass & fat free mass) ● Basal Metabolic Rate [BMR] and its relation to body weight ● *Measurement of body composition [various techniques] and its interpretation 	<p>-Industry visit / Demonstration-cum-Workshop on measuring body composition– 10 marks</p> <p>-Interpretation on body composition– 10 marks</p>
2.	Basic Concepts of weight management	<p>The module will enable the students to:</p> <ul style="list-style-type: none"> ● Understand Obesity, its causes, theories and health risks. ● Understand underweight, its causes and health risks. ● Learn the concept of calories and its relation to body fat and to body weight. ● Learn various concepts of weight loss. 	<p>Concepts of weight management</p> <ul style="list-style-type: none"> ● Obesity – causes, theories of weight gain, health risks ● Underweight – causes, health risks. ● Weight control- ● Safe weight loss per week ● Determining weight loss. ● Myths about weight loss (weight loss need not be fat loss & weight gain need not be muscle gain) 	<p>Group Presentations for fitness club/group – 20 marks</p> <p>Quiz on obesity and underweight - 15 marks</p>

3.	Role of exercise in weight management	The module will enable the students to: Learn types and levels of exercises and their effect on for weight management.	Exercise programmes <ul style="list-style-type: none"> ● Exercise and its effects on appetite, set point ● *Types of exercise effective for weight management ● *Appropriate levels of exercise 	Workshops on Workouts – 10 marks Demo & case presentation – 15 marks
4.	*Healthy diet plans for Obesity and underweight	The module will enable the students to: <ul style="list-style-type: none"> ● Learn to select and prepare foods to reduce calories. ● Learn to plan customised diet plans for obesity and underweight and give dietary guidelines 	<ul style="list-style-type: none"> ● Guidelines on selection and preparation of foods to reduce calories. ● Methods of cooking ● Selection of high moisture content foods and others. ● Planning and cooking diets for Obesity and underweight people based on principles of diet therapy. (Diet plans for obese man, woman & underweight woman) ● Dietary guidelines for weight management 	Continuous evaluation - 3 Diet plans 30 marks

Continuous Evaluation: Total = 100marks

EVALUATION:

Continuous Evaluation	Details	Marks
Internal	- Industry visit / Demonstration-cum-Workshop on measuring body composition	10 marks
	- Interpretation on body composition	10 marks
	- Group Presentations for fitness club/group	20 marks
	- Quiz on obesity and underweight	15 marks
	- Workshops on Workouts	10 marks
	- Demo & case presentation	15 marks
	- Continuous evaluation - 3 Diet plans	30 marks
	Total marks	100

REFERENCES:

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