Semester IITheory courses BPD-E205 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following......

CO-1. Identifying the concepts of sports nutrition.

CO-2. Describing the concepts of weight management and energy metabolism.

CO-3. Estimating the concepts of diet plan and exercise schedule.

CO-4.Calculating the tool of BMI.

CO-5. Testing different weight categories through BMI and suggest the solutions for body weight management.

Unit – I Introduction to Sports Nutrition

(10 Hrs.)

Meaning and Definition of Sports Nutrition

Basic Nutrition guidelines

Role of nutrition in sports

Factor to consider for developing nutrition plan

Unit – II Nutrients: Ingestion to energy metabolism

(15 Hrs.)

Carbohydrates, Protein, Fat – Meaning, classification and its function

Role of carbohydrates, Fat and protein during exercise

Vitamins, Minerals, Water – Meaning, classification and its function

Role of hydration during exercise, water balance

Unit – III Nutrition and Weight Management

(15 Hrs.)

Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management

Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction,

Dieting versus exercise for weight control, Common Myths about Weight Loss

Obesity – Definition, meaning and types of obesity,

Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit – IV Steps of planning of Weight Management

(15 Hrs.)

Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight

Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle

Weight management program for sporty child

Role of diet and exercise in weight management

Design diet plan and exercise schedule for weight gain and loss

References:

Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.93*(6), 2027-2034. Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. *15*(12), 3091-3096.

Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4								
CO 5								