

<p style="text-align: center;"><b>Centre for Studies in Physical Education and Sports</b>  <b>VALUE ADDED ADD-ON COURSES FOR PG (CBCS)</b>  <b>Name of the Course: Sports Nutrition</b>  <b>Nature of Course: Value Added Course</b>  <b>Total Credit: 2</b>  <b>Distribution of Marks: 40 (End-Sem) + 10 (In-Sem) = 50</b></p>			
<p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• Understand the role of nutrition in sports performance</li> <li>• Identify the nutritional needs of athletes based on their Sport and individual factors.</li> <li>• Develop skills in meal planning and creating balanced meals.</li> </ul>			
Unit	Topic	Contact Hours	Marks
<b>I</b>	<p><b>Introduction to Sports Nutrition</b></p> <ul style="list-style-type: none"> <li>• Meaning and Definition of Nutrition and Sports Nutrition.</li> <li>• Basic principles of nutrition</li> <li>• Importance of nutrition in Sports</li> </ul>	<b>6</b>	<b>10</b>
<b>II</b>	<p><b>Nutrients and Athletic Performance</b></p> <ul style="list-style-type: none"> <li>• Classification and function of Nutrition's.</li> <li>• Role of nutrients in Sports: Pre, during and Post competition Requirements.</li> </ul>	<b>7</b>	<b>10</b>
<b>III</b>	<p><b>Balance diet</b></p> <ul style="list-style-type: none"> <li>• Concept of Balance Diet</li> <li>• Concept of BMI (Body Mass Index)</li> <li>• Calculation of daily calories intake and expenditure</li> <li>• Preparation of diet plan</li> </ul>	<b>9</b>	<b>10</b>
<b>IV</b>	<p><b>Weight Management and Obesity Management</b></p> <ul style="list-style-type: none"> <li>• Meaning of Healthy Weight</li> <li>• Methods of Maintaining Healthy Weight</li> <li>• Obesity: Meaning and causes of obesity,</li> <li>• Health risk associated to obesity.</li> <li>• Exercise for weight and obesity management.</li> </ul>	<b>8</b>	<b>10</b>
<p><b>Mode of In-Semester Assessment (10 Marks):</b></p> <p>1. At least one Sessional Tests <span style="float: right;"><b>:05 Marks</b></span></p> <p>2. At least one of the following activities: <span style="float: right;"><b>:05 Marks</b></span></p> <p style="margin-left: 20px;">a) Assignments</p> <p style="margin-left: 20px;">b) Unit Test</p> <p style="margin-left: 20px;">c) Class seminar presentation</p>			
<p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Learner will become familiar with the macro and micro nutrients in athletic performance.</li> <li>• Learner will be able to analyzed and calculate the energy requirements of various sports and activities.</li> <li>• Learner will able to know about the role of nutrition in recovery from sports injury.</li> <li>• Will be able to manage their health and fitness.</li> </ul>			
<p><b>References:</b></p> <ul style="list-style-type: none"> <li>• Bessesen , D.H.(2008). <i>Update on Obesity. J ChinEndocrinolMetab.</i>93(6), 2027-2034.</li> <li>• Chu, S.Y. &amp; Kim, L. J. (2007), <i>Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol</i>,197(3), 223- 228.</li> <li>• DeMaria, E. J (2007). <i>Bariatric surgery for morbid obesity. N Engl J Med</i>,356(21), 2176-2183.</li> <li>• Mcglynn, G., (1993). <i>Dynamic of fitness. Madison; W.C.B Brown.</i></li> <li>• <i>Nutrition value of Indian food:- National Institute of Nutrition (NIN )</i></li> </ul>			