

<b>Name of Faculty</b>		<b>Faculty Of Allied Health Sciences</b>					<b>L: 1 T:1</b>
<b>Name of Course</b>		<b>BSc. Nutrition &amp; Dietetics (BND)</b>					<b>Credits: 2</b>
<b>Subject/Paper</b>		<b>HEALTHY LIFESTYLES AND NUTRITION</b>		<b>Semester</b>	<b>II</b>	<b>Paper Code</b>	<b>Marks: 50</b>
						<b>05240106</b>	
<b>Course Objectives:</b>		<p>At the completion of this course each student will be able to meet the following student learning objectives:</p> <ul style="list-style-type: none"> <li>• Gain in-depth knowledge of the physiological and metabolic role of macronutrients, fat-soluble vitamins and electrolytes and their importance in human nutrition.</li> <li>• Enable the understanding of basis of human nutritional requirements and recommendations through the life cycle and translate the knowledge into practical guidelines for dietary needs.</li> <li>• Familiarize with the recent advances in nutrition and apply this knowledge in planning for public health programs.</li> </ul> <p><b>This course will impart transferable and life skills for a nutrition expert as well as to general individual about the concept of healthy lifestyle that is to be adopted and the nutrition required, the sources providing and the daily requirement of each for a individual for appropriate fitness and health.</b></p>					
<b>Course Coordinator Name:</b>		<b>Dr Akanksha Yadav</b>					
<b>Contact:</b>		<b>9719415211</b>			<b>Class Time:</b>	<b>Days</b>	<b>Wednesday</b>
					<b>2:00-4:00 pm.</b>		<b>2:00-4:00 PM</b>
<b>Unit</b>	<b>Sub Units</b>	<b>Time (hrs)</b>	<b>Topic</b>	<b>Teaching Methodology</b>		<b>Assessment Method</b>	<b>Teaching Faculty</b>
<b>Unit-I</b>	<b>1.1</b>	2	<b>Definition of Food, Diet, Nutrition, Health, Fitness.</b> Interrelationship between nutrition and health, Concept of a desirable diet for optimum nutrition, health and fitness. Factors affecting food	Student Interactive Session &  Students Seminar		Single Response Answer Multiple Response Answer Assertion –Reasoning On Spot Group Discussion Long Answer	Dr Govind Bhatt

			habits, choices and dietary patterns		Short Answer	
1.2	2		<b>A brief review of nutrients in general –</b>			
			<ul style="list-style-type: none"> <li>• Macronutrients – Carbohydrates, Protein, Fat - functions, sources RDA, deficiency disorders and Consequences of inadequate and excessive intake.</li> </ul>			
1.3	4					
			<ul style="list-style-type: none"> <li>• Micronutrients: Minerals – Calcium, Iron, Iodine, and other elements. - Functions, sources, deficiency, disorders and recommended intakes.</li> </ul>			
1.4	4					
			<ul style="list-style-type: none"> <li>• Vitamins – A, D, E, K, B-complex, and Vitamin C- Functions, sources deficiency, disorders and recommended intakes.</li> </ul>			
1.5	3					
			<ul style="list-style-type: none"> <li>• Energy- energy balance measurement of energy, energy intake and source of food and energy</li> </ul>			
1.6	2					
1.7						
1.8						

		2	<p>requirements</p> <ul style="list-style-type: none"> <li>Water – as a nutrient, components of body fluids, function, sources, requirement, water balance &amp; effect of deficiency.</li> </ul>			
<b>Unit-II</b>	2.1  2.2	2  2	<p><b>Basic principles of planning diet</b></p> <p>Nutritional assessment RDA for Indians Food groups &amp; pyramid Dietary guides Balanced diets.</p> <p><b>Basics of Body composition</b></p> <p>Significance of body composition and changes through the life cycle. Methods for assessing body composition and their applications.</p>	<p>Student Interactive Session &amp; Problem based learning</p>	<p>Single Response Answer Multiple Response Answer Assertion –Reasoning On Spot Group Discussion Long Answer Short Answer Problem Based Question</p>	Dr Govind Bhatt
<b>Unit-III</b>	3.1  3.2	2  2	<p><b>Nutrition and physical fitness:</b> Exercise and Fitness- Definition, benefits, components and indicators of fitness. Nutritional requirements of</p>	<p>Student Interactive Session &amp; Project based learning</p>	<p>Single Response Answer Multiple Response Answer Assertion –Reasoning On Spot Group Discussion</p>	Dr Govind Bhatt

	3.3	1	exercise – fluids, vitamins and minerals, energy, macronutrient needs and distribution, body adaptation. Approaches to the management of fitness and health in weight management.		Long Answer Short Answer Problem Based Question Question Interpretation Question	
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**Assessment: 50 Marks (10 marks Internal – 40 End Term)**

**Recommended Books:**

- Textbook of Human Nutrition by Agrawal , Udipi
- Textbook of Nutrition & Dietetics by Kumud Khanna
- Basics of Clinical Nutrition by Y.K.Joshi
- Nutrition and Diet Therapy by Corroll lutz & Karen Przytulski
- Dietetics by B .Srilakshmi
- Principles of Nutritional Assessment by Rosalind S. Gibson