

(Abstract)

Second semester MDC syllabus of Physical Education offered for FYUG Programmes in Affiliated colleges under Kannur University w e f 2024 admission- Modified- Approved -Orders issued

ACADEMIC C SECTION

ACAD C/ACAD C1/21988/2024

Dated: 05.02.2025

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- Read:-1. U O No ACAD C/ACAD C1/21988/2024 dated 02.12.2024
2. Minutes of the meeting of the Board of Studies Physical Education held on 30.12.2024
 3. E mail dated 31.12.2024 from the Chairperson, BoS Physical Education
 4. Remarks dated 20.01.2025 furnished by the Dean, Faculty of Sports Science and Physical Education
 5. Minutes of the meeting of the Standing Committee of Academic Council held on 21.01.2025
 6. The orders of the Vice Chancellor, dtd 05.02.2025

ORDER

1. The Syllabus of the Multidisciplinary Courses (MDC), Value Added Courses (VAC) and Skill Enhancement Courses (SEC) offered by Physical Education for FYUG Programmes in Affiliated Colleges was implemented vide paper read (1) above.
2. As per the approved Syllabus, '**Nutrition and Weight Management**' (KUMDCPED102) was the Multi Disciplinary Course (MDC) offered in the Second Semester and the Chairperson, Board of Studies in Physical Education, vide paper read (3) forwarded the Modified Second Semester Syllabus, approved by the Board of Studies (BoS) (vide paper read 2 above) by replacing the existing MDC with "**Sports Nutrition and Weight Management,**" for approval.
3. Subsequently, the modified Syllabus was forwarded to the Dean, Faculty of Sports Science and Physical Education for verification and the Dean, after vetting the same recommended for approval of the modified Syllabus.
4. The Vice Chancellor ordered to place the modified second semester MDC Syllabus offered by Physical Education for FYUG Programme, before the Standing Committee of Academic Council, for consideration.
5. The Meeting of the Standing Committee of Academic Council held on 21-1-2025 vide paper read (5) above, considered the modifications done in the Second semester MDC Syllabus of Physical Education and recommended to approve the same.
6. The Vice Chancellor, after considering the recommendations of Standing Committee of Academic Council and in exercise of the powers of the Academic Council conferred under Section 11(1) Chapter III of Kannur University Act, 1996 and all other enabling provisions read together with, ***approved the Modified Second semester MDC Syllabus of Physical Education for FYUGP in Affiliated Colleges under Kannur University and accorded sanction to implement the same w.e.f. 2024 admission,*** subject to the reporting to the Academic Council.
7. The Modified Second semester MDC Syllabus of the Physical Education for FYUGP in Affiliated colleges under Kannur University w.e.f. 2024 admission are appended with the U.O. and uploaded in the University website.

Orders are issued accordingly.

Sd/-

ANIL CHANDRAN R
DEPUTY REGISTRAR (ACADEMIC)
For REGISTRAR

To: The Principals of Arts and Science Colleges Affiliated to Kannur University

Copy To: 1. The Examination Branch (through PA to CE)

2. JR (Exam)

2. The Chairperson, Board of Studies in Physical Education (Cd)

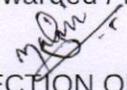
3. PS to VC/PA to R

4. DR/AR (Academic)

5. The IT Cell (For uploading in the website)

6. SF/DF/FC

Forwarded / By Order


SECTION OFFICER



SEMESTER II
MULTI-DISCIPLINARY COURSES (MDC)
KU2MDCPED102: SPORTS NUTRITION AND WEIGHT MANAGEMENT

Semester	Course Type	Course Level	Course Code	Credits	Total Hours
II	MDC	100	KU2MDCPED102	3	45

Learning Approach(Hours/ Week)			Marks Distribution			Duration of ESE(Hours)
Lecture	Practical/ Internship	Tutorial	CE	ESE	Total	
3	-	-	25	50	75	1.5 hr.

Course Description

The course provides a holistic exploration of nutrition science, basics of weight management, and preventing nutrition-related chronic diseases. It also offers a comprehensive understanding of nutrition's impact on health and practical strategies for positive lifestyle changes and weight management.

Course outcomes: after the completion of the course, the students will be able to

CONo.	Expected outcome	Learning Domains
CO1	Understand the fundamental principles of nutrition.	U
CO2	Develop a basic understanding of energy balance and its role in weight management.	R,U
CO3	Understand the role of nutrition on managing and preventing Chronic lifestyle diseases	R,U,A
CO4	Realize the importance of healthy eating habits	R,U,A

***Remember(R), Understand (U), Apply(A), Analyze(An), Evaluate(E), Create(C)**

Mapping of Course Outcomes to PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5	PO6	PSO7
CO1	√	√					
CO2	√	√					
CO3	√	√					
CO4	√	√					

COURSECONTENTS

Module 1: Basics of Nutrition

Hours of transaction:10

1.1 Definition and importance of nutrition.

1.2 Overview of nutrients: Macronutrients and Micronutrients, Role of water and dietary Fiber

1.3 Concept of a balanced diet.

1.4 Nutritional guidelines and food pyramids.

Suggested reading Specific to the Module

1.1 Whitney, E. N., Rolfes, S. R., Crowe, T., & Walsh, A. (2019). *Understanding nutrition*. Cengage AU.

1.2 Gropper, S. S., & Smith, J. L. (2013). *Advanced nutrition and human metabolism*. Cengage Learning.

1.3 Mann, J., & Truswell, A. S. (2007). *Essentials of human nutrition* (No. Ed. 3, pp. 599-pp).

1.4Sizer, F. S., & Whitney, E. N. (2022). *Nutrition: concepts and controversies* (p. 848). Brooks/Cole.

Module 2: Diet and Exercise

Hours of transaction:10

2.1 Concept of calories and energy balance.

2.2 Basal Metabolic Rate (BMR) and factors affecting it.

2.3 Relationship between diet and Different types of exercise

2.4 Role of Meals and Hydration before, during and after exercise

Suggested reading Specific to the Module

2.1 Marie Kainoa Fialkowski Revilla and Jennifer Draper"Human Nutrition" (2020 Edition)University of Hawai'i at Mānoa

2.2 McArdle, W. D., Katch, F. I., & Katch, V. L. (2010). *Exercise physiology: nutrition, energy,*

and human performance. Lippincott Williams & Wilkins.

2.3 Eric S. Rawson, David L. Branch, and Tammy J. Stephenson "Williams' Nutrition for Health, Fitness and Sport" (12th Edition

2.4 Bushman, B., & American College of Sports Medicine. (2017). *ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics.*

Module 3: Fundamentals of Weight Management

Hours of transaction:10

3.1 Healthy body weight and Body Mass Index (BMI).

3.2 Causes of weight gain and loss: Genetic, environmental, and lifestyle factors.

3.3 Role of Diet in Weight Management.

3.4 Role of physical activity and exercise in Weight Management

Suggested reading Specific to the Module

3.1 Steelman, G. M., & Westman, E. C. (Eds.). (2016). *Obesity: Evaluation and treatment essentials. CRC Press.*

3.2 "The Genetics of Obesity" edited by Claude Bouchard (1st Edition, 2010),, CRC Press. ISBN: 978-1439837836.

3.3 Summerfield, L. M. (2001). *Nutrition, exercise, and behavior: an integrated approach to weight management. (No Title).*

3.4 *ACSM's Guidelines for Exercise Testing and Prescription" by the American College of Sports Medicine (10th Edition, 2017), Lippincott Williams & Wilkins. ISBN: 978-1496339072.*

Module 4: Practical Applications and Healthy Living

Hours of transaction:10

4.1 Basics of meal planning.

4.2 Meals Planning for Weight loss, weight gain, and maintaining weight.

4.3 Myths and Misconceptions on diet trends.

4.4 Risks of extreme diets and supplements.

Suggested reading Specific to the Module

4.1 "The Meal Prep Manual: A Guide to Planning and Preparing Healthy Meals" by Joshua Prospero (2023).

"Meal Planning for Beginners: A Step-by-Step Guide to Creating Balanced Meals" by Emily Roberts (2022).

4.2 *"Nutrition for Weight Management: A Practical Guide" by Heather Frazier (2023).*

"The Complete Guide to Macronutrient Planning: Tailoring Diets for Weight Loss, Gain, and Maintenance" by Dr. Laura King (2022).

4.3 *"Debunking Diet Myths: Separating Fact from Fiction in Popular Nutrition" by Dr. Michael Harris (2023).*

"The Truth About Diets: Understanding Fads, Trends, and Nutrition Science" by Sarah Mitchell, RD (2022).

4.4 *"Dangerous Diets: The Risks of Extreme Weight Loss Methods and Supplements" by Dr. Karen Thompson (2023).*

"Supplements Exposed: The Real Risks Behind Dietary Supplements and Extreme Dieting" by Dr. James Peterson (2022).

Module5: Teacher Specific Module

Hours of transaction: 05

- Preparation of dietary guidelines and recommendations for weight management goals
- Discussion on the topic social and environmental influences on food choices and portion sizes
- Debate on latest trends in weight management focusing on diet and exercise

Core Compulsory reading

- *Sports Nutrition and Weight Management ,Author: T.C. Roy, Publisher: R Sons Books Year of Publication: 2020 ISBN: 9788194058625*
- *Sports Nutrition and Weight Management, Author: Dr. Balbinder Singh, Publisher: Friends Publications (India) Year of Publication: 2020 ISBN: 9789388457927*
- *Practical Applications in Sports Nutrition, Seventh Edition, Authors: Heather Hedrick Fink and Alan E. Mikesky, Publisher: Jones & Bartlett Learning Year of Publication: 2023 ISBN: 9781284284300*

Core suggested readings

- *Sports Nutrition and Weight Management, Author: Dr. Balbinder Singh, Publisher: Friends Publications (India) Year of Publication: 2020 ISBN: 9789388457927*

- *Sport Nutrition 4th Edition WithHKPropel Access, Authors: Asker Jeukendrup and Michael Gleeson, Publisher: Human Kinetics Year of Publication: 2025 ISBN: 9781718221703*
- *Sports Nutrition and Weight Management, Author: Dr. Sandeep Bhalla, Publisher: Sports Publication Year of Publication: 2021 ISBN: 9788194361145*

TEACHING LEARNING STRATEGIES

The class will be taught by using lectures and demonstrations, seminars, classroom discussions, videos, charts, and presentation and blended learning methods.

MODE OF TRANSACTION

Lecture/ Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/ Viva/ Seminars/ Term Papers/ Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRICS

EvaluationType		Marks
End Semester Evaluation		50
Continuous Evaluation		25
a)	TestPapers	10
b)	Assignment/Book/Articlereview	5
c)	Seminar	5
d)	Viva-Voce	5
Total		75

Sample questions to test the outcomes

1. Explain Macro and Micro Nutrients in detail
2. What is the role of diet and exercise in weight management?
3. Elucidate the practical approaches to weight management.