

Semester VI
Theory Course
IMTE 602 Sports Nutrition

ESSENCE OF THE COURSE

This course offers an introduction of Sports Nutrition. It aims to develop understanding about Nutritional values of diet in Sports and for Sports Persons, its aim and objectives, historical developments, structure / functions.

COURSE LEARNING OUTCOMES

After completing this course, the students will be able to

-) Understand the concept of Sports Nutrition in physical education and Sports.
-) Understand the historical development of Sports Nutrition and its impact on Sports Performance.
-) Describe the different aspects of Sports Nutrition in Sports. .

COURSE CONTENT

27.1 Unit 1.

Introduction to Nutrition, Principles of Foods and Nutrition, Food groups, Diet and balanced diet, Meal planning, meal pattern, selection of adequate diet, BDA, RDA of different age groups, use of Food exchange list.

27.2 Unit 2.

Nutritional requirements for infancy, pre-school, school going and adolescents and adult hood. Factors affecting nutritional status, Nutritional problems, Packed lunch, and school lunch programmes, Food habits.

27.3. Unit 3.

Nutritional requirements for expectant and nourishing mother, dietary modification, - dietary problems, complications of pregnancy and Indian nourishing mother. Geriatric Nutrition: Nutritional requirement, physiological changes, Nutritional changes, Nutritional problems during old age., Nutritional problems in India, Anemia, overweight, underweight, vito A- deficiency, PEM, goiter, thiamin deficiency.

27.4 Unit 4

Nutrition and Health Education, Definition. importance. channels of nutrition education. nutrition education methods.planning for Nutrition and Health Education. Techniques of Nutrition Education. Evaluation of Nutritional Programmes. Role of Nutrition Education Programmes ineradication of malnutrition, Role of National & International Agencies to overcome malnutrition (ICDS.UNICEF ,WHO,F AO,ICAR.)

TEACHING LEARNING STRATEGIES

-) The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

-) Laboratory Work/Field Work/Outreach Activities/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

-) End Semester Exam **Marks: 100 (70+30)**
 -) Classroom Test, Project Work, Assignments, Presentations **Marks: 70**
 - o Classroom Tests: Best one out of two unit tests **Marks: 30 (10+20)**
 - Project Work, Assignments, Presentations **(Marks: 10)**
 - Project Work, Assignments, Presentations **(Marks: 20)**

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3. Joshi S. 'Nutriton and Dietetics' New Delhi, Tata McGraw Hill Publishing Co. Ltd.
4. Crampton E.W. and L.E.Lloyd, (1915), 'Fundanentals of Nutrition' W.H.Freeman, San Francisco.
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6. Antia F.P, (1986), 'Clinical Dietetics and Nutrition' 3rd edition, Bombay Oxford University Press.
7. Devadas R.P. (1972) 'Nutrition in Tamil Nadu Sangam' Publishers.
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9. King M. and Morley 0, (1976), 'Nutrition for Developing Countries, Oxford University Press.
10. Lowenberg E.M. Todhunter N.E. Wilson Eva D Savage and Jane R. (1970), 'Food and Man Wiley' Eastern Pvt. Ltd.
11. Wesna D. (1981). 'Where There is No Doctor', The Voluntary Health Association of India.
12. Rajalakshmi R. (1981), 'Applied Nutrition Oxford & IDH Publishers' .
13. ICMR, 'Technical Report Series'.
14. Applied Nutritional Programmes ANP.MMP.SNPJCDS.FWPJPP.BNP.