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Semester Wise Syllabus for Postgraduates
Recommended by Home Science Board of Studies
Jiwaji University, Gwalior

M.Sc. (Home Science)
Food and Nutrition

SEMESTER-IV
PAPER-I
Health and Fitness

SS. 476A
M-16
M-17

M.M. 100⁸⁵

Objectives

- Understand the components health and fitness and the role of nutrition in these. Make nutritional. Dietary and physical recommendations to achieve fitness and well-being
- Develop ability to evaluate fitness and will.

UNIT-I

(A) Body Composition

(1) Methods

- (a) Chemical analysis
- (b) Nutritional anthropometry
- (c) Skin fold Thickness
- (d) Body density
- (e) Dilution Technique
- (f) ⁴⁰K Analysis
- (g) Other methods: Concept

(2) Composition changes concept

- (a) Human foetal development
- (b) Material weight gain - Distribution composition
- (c) Compositional changes between birth and maturity
- (d) Compositional changes with weight changes: Physical activity, Obesity

(B) Holistic approach to the management of fitness and health: Nutrition, Exercise, Physical fitness and health inter-relationship

- (a) Energy input and output
- (b) Diet and Exercise

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