

Sree Narayana College Chengannur, Alappuzha

(Affiliated to University of Kerala NAAC accredited with 'B' Grade)

DEPARTMENT OF PHYSICAL EDUCATION



Certificate Course on "Health & Life Style Management"

Course Details

- The course is opened to all PG & UG students
- Course duration: 30 Hrs.
- Course fee : NIL
- Assessment: Assignment and MCQ
- Starts on November 2018




PRINCIPAL
SREE NARAYANA COLLEGE
CHENGANNUR

ORGANISING COMMITTEE

- SR. VELLAPPALLY NADESAN (PATRON)
- DR. K. SHINY SREEDHAR (PRINCIPAL)
- DR. VINLI S (IQAC COORDINATOR)

For further Details :Dr. Shereen K (Course Coordinator)
Assistant Professor
Department of Physical Education
S.N.College Chengannur
Contact No.9447075311

SREE NARAYANA COLLEGE, CHENGANNUR

MINUTES OF THE MEETING OF BOARD OF STUDIES on 28/09/18

ATTENDEES:-

- Dr. K Shiny Sreedhar (Principal In Charge)
- Dr. Sheela S Fernandez (IQAC Coordinator)
- Dr. K. Sreelatha (Head, Department of Physics)
- Smt. Shereen K (Course coordinator)


Venue:-Principal's Chamber

Agenda:- Review of Certificate Course proposal "**HEALTH AND LIFE STYLE MANAGEMENT**"

Minutes

1. Revised the certificate course proposal submitted by Physical Education SN College Chengannur
2. Approved the syllabus and proposal of the certificate course on "**HEALTH AND LIFE STYLE MANAGEMENT**"




PRINCIPAL
SREE NARAYANA COLLEGE
CHENGANNUR

SREE NARAYANA COLLEGE CHENGANNUR

DEPARTMENT OF PHYSICAL EDUCATION

Certificate Course on "Health and Lifestyle Management"

Course outcome

1. To development competencies, skill and knowledge required for the fitness and life style management.
2. To understand the relationship between fitness and wellness
3. To acquire the knowledge regarding healthy lifestyle approach.
4. To gain knowledge regarding various aspects and its practical implications fitness lifestyle management

Learning Outcomes:

As a result of successfully completing this course, the student will be able to:
Explain the health benefits of aerobic exercise, flexibility training, and muscular strength training
Learn proper exercise techniques, Develop and engage in a personal fitness program
Administer pre- and post fitness tests using specified protocol
Define basic terminology related to fitness principles and assessment
Measure resting heart rate and determine target heart rate to achieve health benefits
Identify the theory behind behavior change and physical activity adherence.

UNIT I – Fundamentals of Fitness & Wellness (8 hr)

Concept of Fitness - Definition and meaning of Fitness, Different Kinds of Fitness - Physical Fitness, Skill Related and Health Related Physical Fitness, Relationship of fitness and health
Wellness revolution: Basic concept of wellness, Role of various factors in wellness, Living a healthy life style; components of wellness, Health benefits of Exercise.

UNIT – II Health Related Fitness (6 hr)

Meaning of Health, Health related fitness components: Cardio Vascular Fitness, Muscular Endurance, strength, flexibility and Body composition, benefits of health related fitness. Exercise protocols for the health related fitness components.

UNIT III – Nutrition (6 hr)

Basic Concepts in nutrition; Nutritional requirements and components of a healthy diet. Nutritional Guidelines. Nutritional Planning, Balanced diet. Nutrition: Bases for human performance-Carbohydrates, Fats and Proteins. Recommended intake for Normal persons and exercising individuals. Vitamins, Minerals and Water.

UNIT IV – Stress and Healthy Behavior.(10 hr)

Fitness and Aging: Aging and cardiovascular health; Risk factors for cardio vascular disease, Forms of cardio vascular disease. Exercise and aging. Meeting the challenges of aging. Stress-meaning and types of stress, Physical and mental stress-Anxiety, Depression, insomnia, Compulsive obsessive behaviors, Stress relief through exercise and stress management protocols.

References: William D McArdle, Frank I Katch and Vitor I Katch, Essential of Exercise Physiology, Second edition, New York: Lipincoff Welliams and wilkins, 2000 Arthar C. Guyton, Physiology of Human Body, Philadelphia: Saunders Company, 1972. Melwin H. Williams. Nutrition for Health Fitness and sport. McGraw Hill Company, Newyork: 1995 Bradfird B, Strand and Others. Fitness Education Arizona Gorsuch Seani; sbrick Publishers, 1997. Scott K. Powers and Stephen L. Dodd. Total Fitness: Exercise, Nutrition and wellness, Boston: Allyn and Bacon, 1999. Thomas D. Fahey and Others. Fit and Well 6th Edition; Newyork: MCGraw Hill Publishers, 2005.




PRINCIPAL
SREE NARAYANA COLLEGE
CHENGANNUR

SREE NARAYANA COLLEGE CHENGANNUR

DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE COURSE ON "HEALTH AND LIFE STYLE MANAGEMENT " (2018-19)

List of Students Enrolled in Certificate Course on "HEALTH AND LIFE STYLE MANAGEMENT" (2018-19)

Sl.No.	Candidate Code	Name	Name of the programme
1	15018128001	Abhishek U	B.A. Economics
2	15018128006	ArathyMohan	B.A. Economics
3	15018128012	Megha Devan	B.A. Economics
4	15018128016	Sona kp	B.A. Economics
5	15018128018	Sreelakshmi. B	B.A. Economics
6	15018128026	Anakha S	B.A. Economics
7	15018128033	Asha.L	B.A. Economics
8	15018128035	Athulya Raj	B.A. Economics
9	15018128041	Jency sabu	B.A. Economics
10	15018128047	Mridhul s	B.A. Economics
11	15018128055	Seetha lekshmi s	B.A. Economics
12	15018128059	Suhail sujahi	B.A. Economics
13	15918128006	Aswini A	B.Com



14	15918128010	Jithin B	B.Com
15	15918128014	Sarath Chandran	B.Com
16	15918128031	Midhun Mohan	B.Com
17	15918128032	Mithin Mahesh	B.Com
18	23518128004	Akshara Satheesan	B.Sc Chemistry
19	23518128006	AMBADI NAMBOOTHIR	B.Sc Chemistry
20	23518128020	Aiswarya L	B.Sc Chemistry
21	23518128022	ARYALAKSHM I G	B.Sc Chemistry
22	23518128023	Aswathy S	B.Sc Chemistry
23	23518128026	Renju Raj	B.Sc Chemistry
24	23518128027	Shefeena S	B.Sc Chemistry
25	22018128003	Amal dev	B.Sc Mathematics
26	22018128017	Ammu. S	B.Sc Mathematics
27	22018128021	Manu Muraleedharan	B.Sc Mathematics
28	22018128027	Vinayan s	B.Sc Mathematics
29	23517128001	Anju Viswanathan	BSc Chemistry
30	23517128002	Aromal B Mohan	BSc Chemistry



31	23517128003	Bindhu B	BSc Chemistry
32	23517128004	Dhanya Krishnan	BSc Chemistry
33	23517128005	Gowri Divakaran	BSc Chemistry
34	23517128006	Greeshma G	BSc Chemistry
35	23517128007	Harikrishnan R	BSc Chemistry
36	23517128008	Nithish S Nair	BSc Chemistry
37	23517128009	Reshmi M Raju	BSc Chemistry
38	23517128010	Sibi S	BSc Chemistry
39	23517128011	Sreelekshmi R	BSc Chemistry
40	23517128012	Anagha Krishnan	BSc Chemistry
41	23517128013	Anakha R S	BSc Chemistry
42	23517128014	Ananthu M S	BSc Chemistry
43	23517128015	Anjana S M	BSc Chemistry
44	23517128016	Anusree Ambilikuttan	BSc Chemistry
45	23517128017	Aryamol S	BSc Chemistry
46	23517128018	Aswathy K	BSc Chemistry




47	23517128019	Ayana Ashok	BSc Chemistry
48	23517128020	Bidhunya Binu	BSc Chemistry
49	23517128021	Harindran B S	BSc Chemistry
50	23517128022	Mathew Panicker K G	BSc Chemistry
51	23517128023	Reshma U A	BSc Chemistry
52	23517128024	Sandra Surendran	BSc Chemistry
53	23517128025	Seethal R S	BSc Chemistry
54	63517128002	Athira C H	MSc Chemistry
55	63517128003	Chithra M	MSc Chemistry
56	63517128004	Divya S	MSc Chemistry
57	63517128005	Gopika Krishnan	MSc Chemistry
58	63517128006	Megha P	MSc Chemistry
59	63517128007	Neethu P	MSc Chemistry
60	63517128008	Nigila P	MSc Chemistry
61	63517128009	Reshmitha G Rajeev	MSc Chemistry
62	63517128010	Sayana C	MSc Chemistry



63	63517128011	Smruthy Sasi	MSc Chemistry
64	63517128012	Sneha P V	MSc Chemistry
65	63517128013	Soorya T K	MSc Chemistry
66	63517128014	Sruthi P L	MSc Chemistry




PRINCIPAL
SREE NARAYANA COLLEGE
CHENGANNUR