

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**"




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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.




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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	Signature
1	15018128001	Abhishek U	B.A. Economics	<u>Abhishek U</u>
2	15018128006	Arathy Mohan	B.A. Economics	<u>Arathy Mohan</u>
3	15018128012	Megha Devan	B.A. Economics	<u>Megha</u>
4	15018128016	Sona kp	B.A. Economics	<u>Sona kp</u>
5	15018128018	Sreelakshmi. B	B.A. Economics	<u>Sreelakshmi B</u>
6	15018128026	Anakha S	B.A. Economics	<u>Anakha S</u>
7	15018128033	Asha.L	B.A. Economics	<u>Asha.L</u>
8	15018128035	Athulya Raj	B.A. Economics	<u>Athulya Raj</u>
9	15018128041	Jency sabu	B.A. Economics	<u>Jency</u>
10	15018128047	Mridhul s	B.A. Economics	<u>Mridhul s</u>
11	15018128055	Seetha lekshmi s	B.A. Economics	<u>Seetha lekshmi s</u>
12	15018128059	Suhail sujahi	B.A. Economics	<u>Suhail. Sujah</u>
13	15918128006	Aswini A	B.Com	<u>Aswini. A</u>



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



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



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



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



Sr
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 CHENGANNUR

MSc Chemistry

MSc Chemistry

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ATTENDANCE REGISTER FOR THE

MONTH OF OCTOBER 2018

No.	NAME	Designation	1	2	3	4	5	6	7	8	9	10	11	12	13
37	Reshmi M. S		X	X	X	X	X				X	X	X	X	X
38	Sibi S		X	X	A	X	X				X	X	X	X	X
39	Sree Lashmi R		X	X	X	X	X								X
40	Prabha Krishnan		X	X	X	X	X				X	A	X	X	X
41	Prakha R S		X	X	X	X	X				X	X	X	X	X
42	Aravindu MS		X	X	X	X	X				X	X	X	X	X
43	Anjana S M		X	X	X	X	X				X	X	X	X	X
44	Anusree Anbilikulang		X	X	X	X	X				X	X	X	X	X
45	Arjamoile S		X	X	X	X	X				X	X	X	X	X
46	Aravathy K.		X	X	X	X	X				X	X	X	X	X
47	Ayana Asok		X	A	X	X	X				X	X	X	X	X
48	Bichunya Binu		X	X	X	X	X				X	X	X	X	X
49	Harindran BS		X	X	X	X	X				X	X	X	X	X
50	Mathew Aniket KS		X	X	X	X	X				X	X	X	X	X
51	Reshma UA		X	X	X	X	X				X	X	X	X	X
52	Sandya Sridharan		X	X	X	X	X				X	X	X	X	X
53	Seetha R S		X	X	X	A	X				X	X	X	X	X
54	Athira CH		X	X	X	X	X				X	X	X	X	X
55	Chithra M		X	X	X	X	X				X	X	X	X	X
56	Divya S		X	X	X	X	A	X			X	X	X	X	X
57	Geopika Krishnan		X	X	X	X	X				X	X	X	X	X
58	Meeta P		X	X	X	X	X				X	X	X	X	X
59	Neethu P		X	X	X	X	X				X	X	X	X	X
60	Nigita P		X	X	X	X	X				X	X	X	X	X
61	Reshma G Rajend		X	X	X	X	X				X	X	X	X	X
62	Sajana C		X	X	X	X	X				X	X	X	X	X
63	Smrithy Sasi		X	X	X	X	X				X	X	X	X	X
64	Snetha PV		X	X	X	X	X				X	X	X	X	X
65	Sooraya TK		X	X	X	X	X				X	X	X	X	X
66	Sruithi PL		X	X	X	X	X				X	X	X	X	X

14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Working Days	Days Present	Days absent	Leave Taken	Remarks
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SREE NARAYANA COLLEGE ,CHENGANNUR
DEPARTMENT OF PHYSICAL EDUCATION



CERTIFICATE COURSE ON HEALTH AND LIFE STYLE MANAGEMENT

Certificate

*This is to certify that.....has
successfully completed the course conducted by the
Department of Physical Education on November 2018.*

Smt.Shereen.K
(Asst.Professor)
Head of the Department

Dr.Shyny sredhar
Principal