

सावित्रीबाई फुले पुणे विद्यापीठ (पूर्वीचे पुणे विद्यापीठ)

दूरध्वनी क्रमांक :

०२०-२५६२११५६
२५६२११५७
२५६२११६०



शैक्षणिक विभाग

गणेशखिंड, पुणे-४११ ००७

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संदर्भ क्र. : सीबीई/ ६७३

दिनांक : ६/११/२०२१

परिपत्रक क्र. २५२/२०२१

विषय:- आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत सावित्रीबाई फुले पुणे विद्यापीठाच्या शारीरिक शिक्षणशास्त्र विभागातील प्रमाणपत्र व पदविका अभ्यासक्रमांचे गुणांक प्रणाली मधून श्रेयांक प्रणाली (Credit System) मध्ये बदल करून, त्याच्या आराखडयास शैक्षणिक वर्ष २०२१-२२ पासून मान्यता देणेबाबत.

विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार कळविण्यात येते की, आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत सावित्रीबाई फुले पुणे विद्यापीठाच्या शारीरिक शिक्षणशास्त्र विभागातील खालील प्रमाणपत्र व पदविका अभ्यासक्रमांचे गुणांक प्रणाली मधून श्रेयांक प्रणाली (Credit System) मध्ये बदल करून, त्याच्या आराखडयास शैक्षणिक वर्ष २०२१-२२ पासून मान्यता देण्यात येत आहे.

- Certificate Course in Yoga Education
- Certificate Course in Gym Instructor and Gym Management
- Certificate Course in Fitness and Sports Nutrition
- Certificate Course in Media Application in Sports
- Certificate Course in Mountaineering and Allied Sports
- Diploma in Mountaineering and Allied Sports

सदर अभ्यासक्रम सावित्रीबाई फुले पुणे विद्यापीठाच्या www.unipune.ac.in या संकेतस्थळावर Syllabi या शीर्षकाखाली उपलब्ध करण्यात आला आहे, याची सर्व संबंधितांनी नोंद घ्यावी.

मा. विभागप्रमुख, शारीरिक शिक्षणशास्त्र विभाग यांना विनंती की, सदर परिपत्रकाचा आशय सर्व संबंधितांच्या निदर्शनास आणून दयावा.


(मुंजाजी रासवे)
उपकुलसचिव

प्रत माहितीसाठी व पुढील योग्य त्या कार्यवाहीसाठी:-

१. मा. अधिष्ठाता, आंतरविद्याशाखीय अभ्यास विद्याशाखा
२. मा. विभागप्रमुख, शारीरिक शिक्षणशास्त्र विभाग
३. मा. संचालक, परीक्षा व मूल्यमापन मंडळ, सावित्रीबाई फुले पुणे विद्यापीठ
४. मा. संचालक, स्पर्धा परीक्षा केंद्र
५. मा. संचालक, (आंतरराष्ट्रीय केंद्र)
६. मा. प्रमुख, विद्यापीठ उपकेंद्र :अहमदनगर, नाशिक.
७. मा. उपकुलसचिव, परीक्षा (१,२)
८. मा. सिस्टीम अॅनालिस्ट डेटा प्रोग्रेसिंग युनिट
९. मा. उपकुलसचिव, शैक्षणिक प्रवेश विभाग
१०. मा. उपकुलसचिव, नियोजन व विकास विभाग
११. मा. उपकुलसचिव (सभा व दप्तर विभाग)
१२. मा. उपकुलसचिव (परीक्षा-एस.अॅण्ड टी.विभाग)
१३. मा. उपकुलसचिव, जनसंपर्क अधिकारी
१४. सहायक कुलसचिव, शैक्षणिक पात्रता विभाग
१५. सहायक कुलसचिव (परीक्षा समन्वय विभाग)
१६. सहायक कुलसचिव (गोपनीय कक्ष)
१७. सहायक कुलसचिव (संलग्नता कक्ष)
१८. सहायक कुलसचिव (प्र-कुलगुरू कार्यालय)
१९. कक्षाधिकारी (बहिःस्थ विभाग)

विद्यापरिषद ठराव क्र. - ब २२ पीए/२२/२०२१ दि. १०.८.२०२१

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विद्यापीठ

(सहायक कुलसचिव)
व्यवस्थापक



Savitribai Phule Pune University
(Formerly University of Pune)

Department of Physical Education
under the
Faculty of Inter-disciplinary Studies

Syllabus for
Certificate Course in
Fitness and Sports Nutrition
(C. C. F. & S. N.)

Credit System
(Academic Year 2021-2022)

CERTIFICATE COURSE IN FITNESS AND SPORTS NUTRITION

OBJECTIVES :-

- To provide the concept and relationship among fitness, sports and nutrition.
- To enable student to understand the basic physiology of human body and the energy systems of the human body.
- To provide detail understanding of macro and micro nutrients; their role, requirement, classification, digestion and absorption.
- To provide knowledge on food selection, macronutrient ratios, micronutrients and human physiology related to digestion and metabolism of food.
- To provide scientific understanding of Ergogenic Aids, Supplements, Fad Diets and Eating Disorders.
- To make student Learn about obtaining essential nutrients from food and supplements and dietary guidelines to support athletic health and performance
- To acquaint student with the guidelines required to prepare diet chart for general fitness , specific sports and therapeutic diets and to provide them hands on experience of preparing basic diet charts.

DURATION:-

- The duration of the course shall be of three months. (180 hours).
- Each working Day shall consist of three hours.

ELIGIBILITY FOR ADMISSION :-

- Minimum XII Std. or equivalent examination passed from Govt. Board
- **Age Limit :-** 18 to 60 Years (Both inclusive)
- **Intake Capacity :-** 50 Students

COURSE FEE :-

Category		Sub - Category	Fees to be paid
A	Students who have been admitted in Savitribai Phule Pune University or Its affiliated Colleges	A-1 : Indian Students	Rs. 7,500/- (Rupees Seven Thousand Five hundred only)
		A-2 : International Students	Rs. 22,500/- (Rupees Twenty-Two thousand Five hundred only) *International Students should apply through International Centre, SPPU.
B	Others (Indian Nationals : Not included in above A-1 & A-2 Category)	B-1 : Indian Nationals	Rs. 15,000/- (Rupees Fifteen Thousand Only)
		B-2 : International Candidates	Rs. 45,000/- (Rupees Forty-Five thousand only)

MEDIUM OF INSTRUCTION AND EXAMINATION :-

Medium of instruction will be in Marathi and /or English and question papers shall be set in Marathi and English.

ELIGIBILITY FOR APPEARING AT CERTIFICATE COURSE IN FITNESS AND SPORTS NUTRITION EXAMINATION:-

Student should have at least 75% Attendance during the Course. He / She should complete all the practical and other related work expected in all parts of the syllabus. A student who misses more than 25% of the scheduled classes will not be allowed to appear for the exam.

GENERAL INSTRUCTIONS :-

- The **Certificate Course in Fitness and Sports Nutrition (C. C. F. & S. N.)** consists of **12 credits**.
- One credit will be equivalent to 15 clock hours of student-teacher contact.
- Details of the theoretical and practical components are given in the structure of the program.
- Internal evaluation will follow Continuous Comprehensive Evaluation procedures. Internal evaluation should be done on every credit of each course or minimum two per course as decided by the teacher concerned.

RULES & REGULATIONS :-

The **Certificate Course in Fitness and Sports Nutrition (C. C. F. & S. N.)** will be awarded to a student who completes a total of 12 credits.

Each course will have

- 50 % of marks for Final Examination
- 50 % marks for Internal Assessment

Each core unit will have an Internal (continues) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
 - Lecture / Library Notes
 - Seminar Presentation
 - Short Quizzes
 - Assignments
 - Field Work
-
- To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. internal assessment and final examination) and minimum aggregate 40% marks in each course.
 - Internal assessment answer book may be shown to the students concerned but not the final examination answer scripts.
 - While marks will be given for all examinations, they will be converted into grades. The final grade sheets and transcripts will have only grades and grade-points average.
 - To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
 - The system of evaluation will be as follows: Each assignment/ test will be evaluated in terms of marks. The marks for separate assignment and the final examination will be

added together and converted into a grade and later grade point average. Results will be declared after the final examination which will give grades, grade point average and the Final Grade.

EVALUATION SCALE FOR INDIVIDUAL SUBJECT :-

<u>Percent</u>	<u>Grade</u>	<u>Grade Points</u>
80 to 100	O : Outstanding	10
70 to 79	A + : Excellent	09
60 to 69	A : Very Good	08
55 to 59	B+ : Good	07
50 to 54	B : Above Average	06
45 to 49	C : Average	05
40 to 44	P : Pass	04
00 to 39	F : Fail	00
--	Ab : Absent	00

The formula for conversion of Grade point average (GPA) into the final grade

09.00	-	10.00	-	O
08.50	-	08.99	-	A+
07.50	-	08.49	-	A
06.50	-	07.49	-	B+
05.50	-	06.49	-	B
04.25	-	05.49	-	C
04.00	-	04.24	-	P
00.00	-	03..99	-	F

$$CGPA = \frac{\sum (\text{Grade Points X Credits})}{\sum (\text{Earned Credits})}$$

STRUCTURE OF THE COURSE :-

Part	Subject Code	Subject Name	Hours	Credits
I Theory	FSN-1	Fundamentals of Fitness, Sports and Nutrition	30	02
	FSN-2	Introduction to Human Physiology & Energy Metabolism	30	02
	FSN-3	Macronutrients , Micronutrients and Hydration	30	02
	FSN-4	Ergogenic Aids, Supplements, Fad Diets and Eating disorders	30	02
	Total Part-I		120	08
II Practical	FSN-5	Meal Planning and preparing Diet Chart (Practical)	60	04
	Total Part-II		60	04
Total Course			180	12

SYLLABUS

FSN-1 : Fundamentals of Fitness, Sports and Nutrition

CREDIT 1

- Introduction to HRPF and SRPF
- Body composition and its assessment
- Morphological Classification of Body Type

CREDIT 2

- Nature and Classification of sports :Aerobic & Anaerobic, Strength & Endurance, Recreational & Competitive
- Concept of Nutrition
- Understanding fitness and Sports specific nutritional requirements

FSN 2 : Introduction to Human Physiology & Energy Metabolism

CREDIT 1

- Physiology of digestive system
- Parts of the digestive system
- Process of Digestion
- Digestion and Absorption of Nutrients

CREDIT 2

- Introduction to Excretory System
- Energy metabolism :
 - Aerobic energy metabolism
 - Anaerobic energy metabolism
- Assessment of Energy requirements
- Recommended Dietary Allowance

FSN 3 : Macronutrients , Micronutrients and Hydration

CREDIT 1

- Concept of Balanced diet and Food Pyramid
- Classification of Nutrients
- Macronutrients : Classification, Function, Digestion and Absorption, Metabolism, Requirement, Source and Role in Human body Health and Exercise
 - Carbohydrates
 - Fats
 - Proteins

CREDIT 2

- Micronutrients : Classification, Requirement, Source and Role in Human body
 - Vitamins
 - Minerals
- Role of Water and Fluids during and after activity
- Maintenance of Electrolyte balance

FSN 4 : Ergogenic Aids, Supplements, Fad Diets and Eating Disorders

CREDIT 1

- Ergogenic Aids: concept, Need and Importance , Ethical considerations
- Supplements : Need and Importance for maintaining general and specific fitness

CREDIT 2

- Fad Diets: History, Concept and Research based interpretations
- Validification of Fad Diets
- Eating Disorders : Symptoms, Causes and Management
- Lesson presentation

FSN 5 : Meal Planning and preparing Diet Chart (Practical)

CREDIT 1

- Introduction to food and nutrients.
- Meal Planning Principles of meal planning through the life cycle.
- Preparation of basic and general Diet Charts

CREDIT 2

- Concept of exchange list
- Balanced diet
- Diet Planning for various sports – Endurance, Strength, Team sport etc

CREDIT 3

Diet Planning for :-

- Pre-competition, during competition and post-competition meals
- Weight management

CREDIT 4

Diet Planning for therapeutic/ special conditions

- Nutritional Guidelines to Therapeutic Conditions
- Diabetes Mellitus
- CVDs etc.

BOOKS FOR REFERENCE:-

- Carolyn D. Berdanier, CRC Desk Reference for Nutrition, CRC Press 1998
- Fink, H., Burgoon, L., & Mikesky, A. (2006). Practical Applications in Sports Nutrition.
- James Groff, Advanced Nutrition and Human metabolism, Wadsworth 2000.
- Jones and Bartlett. USA Williams (2005). Nutrition for Health, Fitness, & Sport (7edn)
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- Judy A. Driskell & Ira Wolinsky, Sports Nutrition, friends Pub. 2006
- Manore M and Thompson J. 2000. Sport Nutrition for Health and Performance. Human Kinetics, Windsor, ON. ISBN: 9780873229395.
- Mark Kern, Sports Nutrition, Tayloy & Francis Group 2005
- Meltzer, S., & Fuller, C. (2005). The Complete Book of Sports Nutrition: A Practical Guide to Eating for Sport. New Holland Publishers. London
- Pande P.K. (2010). Outline of Sports Medicine, New Delhi Jaypee Bros 36
- Pande, P. (2005). Sports Medicine – curious queries. KSK. New Delhi
- Wilmore, J H and Costill, D L (2004) Physiology of Sport and Exercise. Champaign, Illinois: Human Kinetics
- McArdle, W.D., Katch, F.I. and Katch, V.L. (2007). Exercise Physiology, Energy, Nutrition and Human Performance. Baltimore: Lippincott, Williams & Wilkins