



SHAHEED BABA DEEP SINGH
DEPARTMENT OF HOME SCIENCE
SUBHARTI COLLEGE OF ARTS & SOCIAL SCIENCES
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A constituent college of
SWAMI VIVEKANAND SUBHARTI UNIVERSITY
(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



Overview of syllabus: Health and Fitness

16 hours

VAC-HSC-22

- **UNIT 1. Introduction to Fitness and Training Benefits of Exercise.**
 - Component of physical fitness
 - Assessment of nutritional status
 - Holistic approach to management of health and fitness including diet and exercise (Aerobic and anaerobic)

- **UNIT 2. Introduction of Cardio-respiratory System.**
 - Effect of aerobic exercise on heart rate, blood pressure and lung function.
 - Assessment of Cardio-respiratory fitness using Maximum aerobic capacity
 - Recognizing symptoms to stop any exercise, Emergency procedures.

- **UNIT 3. Introduction of Water and Electrolyte Balance**
 - Regime of hydration and dehydration.
 - Symptoms and effect of dehydration.
 - Sports Drink.

- **UNIT 4. Effect of Specific nutrients on Work Performance, Physical Fitness and Training.**
 - Diets for physical fitness & training.
 - Consumption pattern of nutrigenic aids & supplements.
 - Merits and demerits of nutrigenic aids and supplements.

- **Unit 5. Formulating dietary guidelines for fitness, health & disease conditions.**
 - Critically analyzing different established weight reduction diet plans.
 - Management of obesity and CVDs.


Registrar
Swami Vivekanand
Subharti University
MEERUT

REPORT ON VALUE ADDED COURSE - HEALTH AND FITNESS (2020-21)

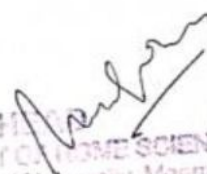
Department of Home Science conducted value added course on Health and fitness from 1st of March 2021 which lasted for around 16 hours course duration and was of prime importance since the pandemic was spreading widely.

This course was an attempt to generate knowledge among our students about various components of physical fitness and how to assess nutritional status of one and all during the time of crisis like pandemic such corona.

The course was conducted by our HOD Dr Nishma Singh, in the course she taught students about various aerobic exercises for heart and lung health and when to stop these exercises depending on the symptoms while exercises and what emergency procedures we can do if such situation arises. Further, she taught about water and electrolyte balance and why one should keep oneself hydrated and what various sport drinks are available in market. Students were also made aware about the effect of specific nutrients on work performance and also dietary guidelines for fitness were made aware to the students. In all, this course made our students get knowledge about our body needs and how one can meet those needs through nutrition and exercises.



Dr. Nishma taking lecture on VAC: Health & Fitness


DEPARTMENT OF HOME SCIENCE
S. V. Subharti University, Meerut

VAC-HSC-22

Health and Fitness (2020-2021)

Sr. No.	Student Name	Signature
1	Iteema Singh	Iteema
2	Muskan Jain	Muskan Jain
3	Vanshika Gulati	Vanshika Gulati
4	Aakansha Bharadwaj	Aakansha
5	Vanshika Dixit	Vanshika
6	Vaishnavi Som	Vaishnavi Som
7	Saloni Singh	Saloni
8	Pranjali Yadav	Pranjali
9	Nishu	Nishu
10	Nupur Chaudhary	Nupur
11	Poonam	Poonam
12	Rajan Kumar	Rajman
13	Roshan Singh Mawri	R. S. Mawri
14	Shivangi Agarwal	Shivangi Agarwal
15	Shivani Tomar	Shivani
16	Siddharth	Siddharth
17	Somya Kaushik	Somya Kaushik
18	Tarun Bharti	Tarun
19	Urvashi	Urvashi
20	Varsha Sharma	Varsha
21	Vishesh Tomar	Vishesh
22	Vranda Maheshwari	Vranda
23	Divya Ahuja	Divya
24	Sancha Maya Rai	Sancha
25	Karma Wangchuk	Karma
26	Jigme Zangmo	Jigme Zangmo
27	Moin Shekh Rehman	Moin shekh
28	Stephen	Stephen
29	Muskan Sharma	Muskan Sharma


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Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

CERTIFICATE OF COMPLETION

This is to certify that

Pooanjali Yadav

has successfully completed
16 hours Value added course on
" **HEALTH AND FITNESS**"
(March 1- March 18, 2021)

Dr Jyoti Gaur
Head , Department of Home Science

[Signature]
DEPARTMENT OF HOME SCIENCE

[Signature]
Dr Nishma Singh
Program Coordinator



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SWAMI VIVEKANAND SUBHARTI
UNIVERSITY



Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

CERTIFICATE OF COMPLETION

This is to certify that

Urvashi

has successfully completed
16 hours Value added course on
" **HEALTH AND FITNESS**"
(March 1- March 18, 2021)

Dr Jyoti Gaur
Head , Department of Home Science

[Signature]
DEPARTMENT OF HOME SCIENCE

[Signature]
Dr Nishma Singh
Program Coordinator



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SWAMI VIVEKANAND SUBHARTI
UNIVERSITY



Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

CERTIFICATE OF COMPLETION

This is to certify that

Stephen

has successfully completed
16 hours Value added course on
“ **HEALTH AND FITNESS** ”
(March 1- March 18, 2021)

Dr Jyoti Gaur
Head , Department of Home Science

Dr Nishma Singh
Program Coordinator