

Standing Committee on Academic Matters dated 17.08.2018
Annexure No.-33

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B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-2)

GE (II) : OBESITY MANAGEMENT

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I: Obesity & its Assessment

- 1.1 Concept and Causes of Obesity
- 1.2 Health Risks Associated with Obesity
- 1.3 Assessment of Obesity - Body Mass Index (BMI), Waist-Hip Ratio, Skinfold Thickness (Abdomen, triceps, thigh, Supra-iliac)

Unit-II: Management of Obesity through Diet

- 2.1 Nutrition and Balanced Diet
- 2.2 Dietary Aids and Gimmicks
- 2.3 Obesity and weight management through diet

Unit-III : Weight Management through physical activities and Behaviourmodification

- 3.1 Importance of maintaining Healthy Weight, Weight Management and Energy Balance
- 3.2 Principles of weight management; Aerobic & anaerobic activities
- 3.3 Behaviour Modification techniques for weight management

PART B : PRACTICAL

Maximum Marks : 25

1. Use BMI to identify the actual body weight status and desirable body weight status of at least ten students
2. Calculate BMR and Waist-Hip ratio of at least ten students.
3. Measurement of Body Composition for calculating body fat and lean body mass

Assessment of Practical

Practical (Demonstration/ Performance)	:	10 Marks
Viva	:	10 Marks
Record Book on all topics of Practical	:	05 Marks

PART C : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

SUGGESTED READINGS

1. Aspaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). *Wellness: Concepts and applications*. McGraw-Hill Companies.
2. Callendo, M. A. (1981). *Nutrition and preventive health care*. Macmillan.
3. Hales, D. (2006). *An invitation to health*. Cengage Learning.
4. Hoeger, W. W. K., & Hoeger, S. A. (2007). *Fitness & Wellness*. Belmont, USA: Thomson Wadsworth
5. Howley, E. T., & Franks, H. D. (1986). *Health/Fitness Instructor's Handbook*. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
6. Kansal D.K. (2012). *Test Measurement and Evaluation*. Sports Spiritual Sciences Publications, New Delhi.
7. Kaur, S. S., Rana, A., & Kaushik, S. (2008). *Fitness, Aerobics & Gym Operations*. New Delhi: Khet Sahitya Kendra.
8. Sharma K. et al. (2014). *Fitness Aerobics & Gym Operations*, Jyoti Enterprises, Delhi.
9. Tivari S. (1999). *Exercise Physiology*, Sports Publications, Delhi.

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