

Physical Education Lifestyle Disease and Physical Activity

PROGRAMME OUTCOMES (PO):

At the end of the graduate program at Calicut University, a student would:

PO 1	Demonstrate a profound understanding of knowledge trends and their impact on the chosen discipline of study.
PO 2	Demonstrate professional skills to navigate diverse career paths with confidence and adaptability.
PO 3	Demonstrate mastery of varied digital and technological tools to understand and interact with the digital world, thus effectively processing complex information.
PO 4	Become a successful professional who drives positive change through effective communication, collaborative acumen, transformative leadership, and a dedication to inclusivity.
PO 5	Emerge as an innovative problem-solver and impactful mediator, applying scientific understanding and critical thinking to address challenges and advance sustainable solutions.
PO 6	Become a responsible leader, characterized by an unwavering commitment to human values, ethical conduct, and a fervent dedication to the well-being of society and the environment
PO 7	Emerge as an innovative researcher and entrepreneurial leader, leveraging collaborative partnerships with industry, academia, and communities, thus contributing to local, regional, and global development

Programme	MDC PHYSICAL EDUCATION				
Course Code	PEN1FM105(2)				
Course Title	Lifestyle Disease and Physical Activity.				
Type of Course	MDC I (2)				
Semester	1				
Academic Level	100 – 199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-	-	45
Pre-requisites					

Course Summary	This course aims to empower students with knowledge and skills needed to promote healthy living and prevent lifestyle diseases through informed choices in nutrition and physical activity.
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Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	To define lifestyle diseases and distinguish them from other health conditions.	U & An	F & P	Exams / Quiz
CO2	Gain an understanding of the key risk factors associated with lifestyle diseases such as poor nutrition, physical inactivity etc.	U & An	F & P	Assignments / Seminars / Exams / Quiz
CO3	To analyse how lifestyle choices like diet, physical activity and stress management affect the overall health and susceptibility to diseases.	An	P	Presentation / Exams / Quiz / Viva Voce /Group discussion
CO4	To categorize different types of exercises and it's practicality.	An	C	Assignments / Seminars / Exams / Quiz
CO5	To acquire knowledge on balanced diet and nutrition such as carbohydrates, proteins, fats, vitamins and minerals.	An & Ap	C & P	Seminars/ Exams / Quiz / Group discussion
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs
I	Introduction to Lifestyle diseases		5
	1	Meaning and understanding lifestyle diseases and their prevalence.	2
	2	Consequences of unhealthy lifestyle.	1
	3	Importance of physical activity and healthy living	2
II	Types of Lifestyle diseases		11
	4	Diabetes, Obesity, Hypertension, Coronary Heart disease, Osteoporosis, Chronic back ache, PCOS – Causes, symptoms, risk factors and management	8
	5	Psycho somatic disorders - Stress, Anxiety, Depression - Risk factors and management	3
III	Exercises and Lifestyle diseases		10
	6	Vital signs - Blood pressure, pulse rate, body temperature, respiratory rate	2
	7	Assessment - BMI, WHR	1

	8	General principles of Exercises - types of exercises	3
	9	Exercises - Own body exercises - Mobility Exercise -band and loop exercise - dumbbell and kettle bell exercises - develop physical fitness components – strength, endurance, flexibility, balance and coordination	4
IV	Nutrition and Lifestyle diseases		10
	10	Nutrients – Micro nutrients and Macro nutrients.	2
	11	Importance of Nutrition and diet- RDA for general population and special population	3
	12	Understanding BMR, calories and energy balance.	1
	13	Nutritional deficiency diseases.	2
	14	Rest, Sleep, Screen time, Substance abuse, physical inactivity.	2
V	Open Ended Module: Exercise interventions for Active living, health records		9
	15	Integrating Physical Activity into Daily Life, Wearable Technology and Health Monitoring	
	16	Maintaining personal health records – BMI, WHR, RHR, THR etc	

Mapping of COs with POs:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	2	2	-	-	1	2	1
CO 2	3	1	1	-	2	2	1
CO 3	2	2	1	-	2	2	-
CO 4	3	2	2	-	2	2	1
CO 5	3	2	-	-	2	2	1

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam

- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Discussion/ Debates	Quiz	Seminar	Project Evaluation	End Semester Examinations
CO 1	✓	✓					✓
CO 2	✓			✓	✓		✓
CO 3	✓		✓			✓	✓
CO 4		✓			✓		✓
CO 5	✓	✓		✓			✓

References:

1. Egger G, Bennis A, Rossner S; Sagner M (2017). Lifestyle Medicine Lifestyle, the Environmental and preventive Medicine and Disease. 3rd Edition, Academic publishers.
2. Rippe, J.M. (2017). Nutrition in Lifestyle Medicine: Overview. In: Rippe, J. (eds) Nutrition in Lifestyle Medicine. Nutrition and Health. Humana Press, Cham.
3. Silent Night D Jim Revees, Peter Jude K Antony (2015). Health and Physical fitness - Awareness, status and academics. Lambert Academic Publishing.
4. Singh D Anoop (2018). Physical Fitness and health. Delhin Random Publications.
5. Rosett W J, Jhangiani S S (2017). Obesity and Disease in an Interconnected World: A Systems Approach to Turn Huge Challenges into Amazing Opportunities. Bentham Books.
6. B. Srilakshmi (2014). Dietetics. 7th Edition, New age International publisher

I Semester B.A/B.Sc. (CUFYUGP) Degree Examinations

PEN1FM105(2): Lifestyle Disease and Physical Activity

(Credits: 3)

Maximum Time: 1.5 hours

Maximum Marks: 50

Section A

[Answer All. Each question carries 2 marks]

(Ceiling 16 marks)

1. Define physical activity.
2. Write a short note on PCOS.
3. Explain respiratory rate.
4. Importance of rest in daily life.
5. Define yoga.
6. Write a short note on Macro nutrients.
7. Describe Hypertension.
8. Analyse risk factors of anxiety.
9. Specify endurance.
10. BMI.

Section B

[Answer all. Each question carries 6 marks]

(Ceiling: 24 marks)

11. Identify and explain the consequences of unhealthy lifestyle.
12. Elucidate psycho somatic disorders.
13. Expound types of exercises.
14. Elaborate on components of nutrition.
15. Define and explain Vital signs.

Section C

[Answer any one. Each question carries 10 marks]

(1x10=10 marks)

16. Define nutrition. Elaborate various nutritional deficiency diseases
17. Illustrate general principles of Exercises and critically analyze the importance of exercise in daily life.