

SEMESTER-III

B.A. (Prog.) with Physical Education as a Major

DISCIPLINE B3-(4): B.A.-PE-DSC-3-(4)-SPORTS NUTRITION AND ERGOGENIC AIDS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE B3-(4): B.A.-PE-DSC-3-(4)- SPORTS NUTRITION AND ERGOGENIC AIDS	4	3	0	1	Class XII pass	NIL

Learning Objective: To acquaint the students with basic concepts, applications, and creativity related to sports nutrition and ergogenic aids.

Learning Outcomes:

1. The learners will understand the basic concept and practices of Nutrition and its importance in the field of Sports.
2. The learners will be able to describe the functions of different types of Nutrients and their sources.
3. The learners will gain knowledge of the application of nutrient supplementation and nutrition guidelines.
4. The learners will understand the concept of Ergogenic Aids and their role in sports.
5. The learners will identify the list of prohibited substances to control doping.
6. The learners will be able to create/construct the diet chart/ plan as per individual needs.
7. The learners will be acquainted with the role of the World Anti-Doping Agency (WADA) and National Anti-Doping Agency.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours

Practical: 30 hours

PART A: THEORY

Unit-1: Nutrition

(11 Hours)

1. Meaning, Definition & Importance of Nutrition
2. Nutrients: Classification, Function, Source
3. Balanced Diet, Dietary Aids, Dietary Gimmicks

Unit-2: Sports Nutrition (11 Hours)

1. Role of Nutrition in Sports
2. Basic Nutrition Guidelines
3. Energy Balance Equations
4. Pre- and Post-performance Nutrition to athletes

Unit-3: Ergogenic Aids (11 Hours)

1. Meaning and Definition of Ergogenic Aids
2. Types of Ergogenic Aids
3. Role of Ergogenic Aids in Sports
4. Nutrition and Ergogenic Aids

Unit-4: Doping and Sports (12 Hours)

1. Meaning and Definition of Doping
2. Disadvantages of Doping in Sports
3. Introduction to WADA (World Anti-Doping Agency)
4. Introduction to WADA NADA (National Anti-Doping Agency)

PART B: PRACTICAL (Any three) (30 Hours)

1. Preparation of a self-daily Diet/ calorie consumption Chart for a week.
2. Preparation of self-daily Diet/ calorie expenditure Chart for a week.
3. List of prohibited substances by WADA (World Anti-Doping Agency)
4. Prepare a report on the nutritional practices of sportspersons.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Anspaugh, D.J.; Ezell, G. and Goodman, K.N. (2006). Teaching Today's Health. Mosby Publishers. Chicago, USA.
2. Balayan, D. (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
3. Chopra, D. and Simon, D. (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
4. Dewan, A.P. (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
5. Dixit, S. (2006). Swasthya Shiksha. Sports Publication. Delhi.
6. Donatelle, R.J. (2005). Health the Basics. Sixth Edition. Oregon State University.
7. Floyd, P. M. and Yeilding, C. (2003). Personal Health: Perspectives and Lifestyles. Thomson Wadsworth. Belmont. California. USA.
8. Hales, D. (2005). An Invitation to Health. Thomson- Wadsworth, Belmont. California. USA.
9. Park, K. (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.
10. Snehlata (2006). Shareer, Vigyan Evam Swasthya Raksha. Discovery Pub. Houses. New Delhi.
11. Uppal, A.K. & Gautam, G.P. (2008). Health & Physical Education. Friends Publication. New Delhi.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.