

**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 6 (GE-11)**

**OBESITY AND WEIGHT MANAGEMENT**

| Sl. No. | Course Title & Code                                    | Credits | Credit Distribution of the Course |          |                    | Eligibility Criteria | Pre-Requisite of the Course (if any) |
|---------|--------------------------------------------------------|---------|-----------------------------------|----------|--------------------|----------------------|--------------------------------------|
|         |                                                        |         | Lecture                           | Tutorial | Practical/Practice |                      |                                      |
| 11      | <b>SEM-6 (GE-11)<br/>OBESITY AND WEIGHT MANAGEMENT</b> | 04      | 3                                 | 0        | 1                  | XII Pass             | NIL                                  |

**Learning Objective:** This course aims to provide understanding through practical knowledge and practices with enough scope for creativity/Innovations.

**Learning Outcomes:**

- The learner will learn about the concept of obesity and its causes.
- The learner will practice and manage the ways to prevent obesity.
- The learner can assess the obesity (Basic methods).
- The learner can practice and maintain a healthy weight.
- The learner can modify behavior to control weight through diet and physical activities.
- The learner can design a balanced diet chart for his/her requirements.

**SYLLABUS**

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

Theory: 45 hours, Practical: 30 hours.

**Unit-I: OBESITY & IT'S ASSESSMENT**

**(11 hrs. lectures)**

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, Waist-Height ratio, Skinfold Thickness (Abdomen, triceps, thigh, Suprailiac).

**Unit-II: MANAGEMENT OF OBESITY THROUGH DIET**

**(11 hrs. lectures)**

2.1 Nutrition and Balanced Diet.

2.2 Dietary Aids and Gimmicks.

2.3 Obesity and weight management through diet.

**Unit- III: WEIGHT MANAGEMENT**

**(11 hrs. lectures)**

3.1 Concept of weight, Importance of weight Management in Life.

3.2 Cultural and social aspects, Lifestyle patterns in contemporary system.

3.3 Goal setting and goal accomplishment, Self-control skills for weight management.

**Unit-IV: WEIGHT MANAGEMENT THROUGH PHYSICAL ACTIVITIES AND BEHAVIOUR MODIFICATION**

**(11 hrs. lectures)**

4.1 Importance of maintaining Healthy Weight; Weight Management and Energy Balance.

4.2 Principles of weight management; Aerobic & Anaerobic activities.

4.3 Behavior Modification techniques for weight management.

## **Practical**

**(30 hrs.)**

1. Use BMI to identify the actual body weight status and desirable body weight status of at least ten students.
2. Calculate the Waist-Hip ratio and waist-height ratio of ten persons.
3. Suggested exercises for Obesity (Jogging, Running, Aerobics, and calisthenics exercises)
4. Development of a Diet chart for a sportsperson

## **Suggested Reading**

1. Pawar, B., Joshi, A., Chaudhary, V. (2022), "Practical Manual for Physical Education", Friends Publications. New Delhi (India) ISBN-978-93-95829-30-4.
2. Kumar, P (2022). "Assessment & Management of Obesity". Friends Publication (India)
3. Saini N., Suri. M., (2020) "Sports Psycho-Physiology", Friends Publication, New Delhi (India) ISBN-978-93-88457-58-3.
4. "Sports Nutrition and Weight Management", ISBN: 978-93-88269-53-7, Year 2019, published by Sports Publication, Darya Ganj, New Delhi-110002
5. Anspaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). "Wellness: Concepts and applications". McGraw-Hill Companies.
6. Caliendo, M. A. (1981). "Nutrition and preventive health care". Macmillan.
7. Hales, D. (2006). "An invitation to health". Cengage Learning.
8. Hoeger, W. W. K., & Hoeger, S. A. (2007). "Fitness & Wellness. Belmont", USA: Thomson Wadsworth
9. Howley, E. T., & Franks, B. D. (1986). "Health/Fitness Instructor's Handbook". Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
10. Kansal D.K. (2012). "Test Measurement and Evaluation". Sports Spiritual Sciences Publications, New Delhi.
11. Kumari, S. S., Rana, A., & Kaushik, S. (2008). "Fitness, Aerobics & Gym Operations". New Delhi: Khel Sahitya Kendra
12. Sharma K. et. al. (2014), "Fitness Aerobics & Gym Operations", Jyoti Enterprises, Delhi.
13. Tiwari S. (1999). "Exercise Physiology", Sports Publications, Delhi.
14. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
15. Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
16. Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
17. Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN 978-81-7730-847-1.
18. Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN 978-81-937698-1-2.
19. Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN 978-93-90461-18-9.
20. Shaw D. (2020) "Yoga Asanas and their Benefits" Sports Publication, ISBN 978-81-9436-11-9-0.

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