

The Department of Physical Education

MDC – Ist Semester

Lifestyle Diseases and Physical Activity

Syllabus:

Module	Unit	Content	Hrs.
I	Introduction to Lifestyle diseases		5
	1	Meaning and understanding lifestyle diseases.	2
	2	Consequences of unhealthy lifestyle.	1
	3	Importance of physical activity and healthy living	2
II	Types of Lifestyle diseases		11
	4	Meaning of Hypokinetic and Psychosomatic Diseases. Hypokinetic Disorders- Symptoms and Causes- Diabetes, Obesity, Hypertension, Coronary Heart disease, Osteoporosis, Chronic back ache, PCOS. Psycho somatic Diseases- Stress, Anxiety and Depression.	6
	5	Management of Lifestyle Diseases	3
	6	Importance of Rest, Sleep and exercise Risk Factors- Screen time, Substance abuse and its effect on health	2
III	Principles of Exercises and types		10
	7	Principles of exercise	3
	8	Types of exercises- Isotonic and Isometric with examples Aerobic, Strengthening, Stretching and Balancing	3
	9	Means of Exercises- Own body exercises and Resistance training exercises	4
IV	Nutrition and Lifestyle diseases		10
	10	Nutrients- Definition and types- Micro and Macro nutrients.	3
	11	Importance of Nutrition and diet- RDA for general and specific population	3
	12	Understanding BMR, calories and energy balance.	2
	13	Nutritional deficiency diseases.	2
V	Open Ended Module: Exercise interventions for Active living, health records		9
	1	Practicing Aerobics, Zumba, Yoga, Minor activities recreational activities etc.	
	2	Maintaining personal health records – BMI, WHR, RHR, THR	
	3	Debate and discussion on various health issues and food habits	