

# Govt. College, Amargarh

## • Syllabus for Nutrition And Fitness

Physical Department

Duration: - 1 Month

Sr. No.	Topics
1.	Introduction to Nutrition and Fitness:
2.	Principles of a balanced diet.
3.	Importance of physical activity and exercise.
4.	Healthy Eating Habits:
5.	Understanding portion control and mindful eating.
6.	Nutritional requirements for different fitness goals.

### Learning Outcomes:-

Upon completion of the course, participants will be able to:

- Demonstrate a comprehensive understanding of essential nutrients and their roles in maintaining health and fitness.
- Plan balanced and personalized diets for various fitness objectives, considering individual needs and preferences.
- Apply effective strategies for weight management, incorporating both nutritional and physical activity interventions.
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*Heena*  
Principal  
Govt College  
Amargarh (Sangrur)  
3/8/24

• Evaluation Process:-

➤ **Grading Categories**

- a) Practical work 60%
- b) Assessments 30%
- c) Class Participation 10%

➤ **Grading Scale**

- 100-90% A
- 89-80% B
- 79-70% C
- 69-60% D
- 59-0% E

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