CALICUT UNIVERSITY – FOUR-YEAR UNDER GRADUATE PROGRAMME (CU-FYUGP)

Physical Education

Lifestyle Disease and Physical Activity

Module	Unit	Content	Hrs
1		**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
2		**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, Rest , Sleep, Screen Time, Substance abuse and its effect on Health	3
3		**Exercises and Lifestyle diseases**	**8**
	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	Vital signs - Blood pressure, pulse rate, body temperature, respiratory rate	2
		Nutrition and Lifestyle diseases	**10**

4	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
5	**Open Ended Module: Exercise interventions for Active living, health records**		9
	15	Practicing Aerobics, Zumba, Yoga, gym exercises etc	
	16	Maintaining personal health records – BMI, WHR, RHR, THR etc	

References:

1. Egger G, Benns 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