

CURRICULAM PLANNER

PROGRAMME NAME	B.A. (HONS) II YEAR SEM 2
COURSE NAME	OBESITY MANAGEMENT (GE)
SEMESTER DURATION	NOVEMEBER-MARCH

Week	Topic	Teaching Methodology	Continuous Evaluation
Weeks 1-3	Unit- I : Obesity & its Assessment <ul style="list-style-type: none"> ➤ Concept and Causes of Obesity ➤ Health Risks Associated with Obesity ➤ Assessment of Obesity – Body Mass Index (BMI), Waist-Hip Ratio, Skinfold Thickness (Abdomen triceps, thigh, Supra-illiac) 	Using: Lectures; PPTs; Audio-visual	MCQs; Practice Tests
Weeks 4-6	Unit - II : Management of Obesity through Diet <ul style="list-style-type: none"> ➤ Nutrition and Balanced Diet ➤ Dietary Aids and Gimmicks ➤ Obesity and weight management through diet 	Using: Lectures; PPTs; Audio-visual; Group Discussions	MCQs; Q&A Sessions
Weeks 7-8	Unit – III : Weight Management through physical activities and Behavior modification <ul style="list-style-type: none"> ➤ Importance of maintaining Healthy Weight; Weight Management and Energy Balance ➤ Principles of weight management; Aerobic & anaerobic activities ➤ Behavior Modification techniques for weight management 	Using: Lectures; PPTs; Role-playing; Group Discussions	Q&A Sessions; MCQs
Weeks 9-10	PART B : PRACTICAL <ul style="list-style-type: none"> ➤ Use BMI to identify the actual body weight status and desirable body weight status of at least ten students. 	Using: Group Discussions; Brainstorming	Practice Tests; Written Assignments
SEMESTER BREAK			
Weeks 11-13	PART B : PRACTICAL <ul style="list-style-type: none"> ➤ Calculate BMR and Waist-Hip ratio of at least ten students. ➤ Measurement of Body Composition for calculating body fat and lean body mass. 	Lectures; PPTs; Group Discussions; Brainstorming	Practice Tests; Written Assignments
Week 14	Presentation by Student	Remedial Classes	Class Test

