

1.3.3 VALUE ADDED COURSES

HEALTH AND FITNESS



**PERIYAR UNIVERSITY**  
(RE-ACCREDITED WITH 'A' GRADE BY THE NAAC)  
PERIYAR PALKALAI NAGAR  
SALEM-636 011, TAMIL NADU, INDIA

**DEPARTMENT OF NUTRITION & DIETETICS**

Value Added Course On

**HEALTH & FITNESS**



**Introduction**

Physical fitness is a general state of health and well-being and more specifically, the ability to perform aspects of sports, occupation and daily activities.

Physical fitness is generally achieved through proper nutrition. Without proper nutrition, exercise is not enough to create a healthy body and healthy mind.

**Objectives**

To enable the students to know the effect of the various nutrients on nutritional status of normal individuals and sports personalities

**Outcome of the course**

To increase the awareness on physical activity which helps for health and fitness of human well-being through nutrients support.

**Syllabus**

Introduction to foods-micro and macro nutrients-water and electrolyte balance- Nutritional fitness for Athletes.

**Contact**

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**Course Duration**

Hours - 30

**Course fee**

Rs.500/-