



॥ सा विद्या या विमुक्तये ॥

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

'ज्ञानतीर्थ', विष्णुपुरी, नांदेड - ४३१ ६०६ (महाराष्ट्र राज्य) भारत

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

'Dnyanteerth', Vishnupuri, Nanded - 431 606 (Maharashtra State) INDIA

Established on 17th September, 1994, Recognized By the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'B++' grade

Fax : (02462) 215572

Academic-1 (BOS) Section

website: srtmun.ac.in

Phone: (02462)215542

E-mail: bos.srtmun@gmail.com

प्रस्तुत विद्यापीठाच्या अंतर्गत संलग्नित महाविद्यालयातील आंतर विद्याशाखीय अभ्यास विद्याशाखेअंतर्गत न्युट्रीशियन अॅण्ड फिजीओथेरेपी एक वर्षाचा डिप्लोमा या अभ्यासक्रमास शैक्षणिक वर्ष २०२२-२३ पासून लागू करण्याबाबत.

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील आंतरविद्याशाखीय अभ्यास विद्याशाखेतील एक वर्षाचा **B. Voc. Diploma in Sports Nutrition and Physiotherapy** अभ्यासक्रम लागू करण्याबाबत दिनांक २१ एप्रिल २०२३ रोजीच्या बैठकीतील केलेल्या आंतर विद्याशाखीय अभ्यास विद्याशाखेच्या शिफारसी प्रमाणे व दिनांक २४ एप्रिल २०२३ रोजीच्या मा. विद्यापरिषदेच्या ५५ व्या बैठकीतील ऐनवेळचा विषय क्र. ०७/५५-२०२३ अन्वये न्युट्रीशियन अॅण्ड फिजीओथेरेपी अभ्यासक्रम शैक्षणिक वर्ष २०२२-२३ पासून लागू करण्यास मान्यता देण्यात आली आहे, त्यानुसार सदर अभ्यासक्रम लागू करण्यात येत आहे.

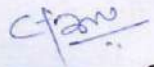
सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी.

'ज्ञानतीर्थ' परिसर,
विष्णुपुरी, नांदेड - ४३१ ६०६.
जा.क्र.: शैक्षणिक-१/बी.व्होक./डिप्लोमा/
अभ्यासक्रम/२०२३-२४/६९
दिनांक : २४.०५.२०२३.

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. अधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा, प्रस्तुत विद्यापीठ.
- २) मा. सहयोगी, आंतर विद्याशाखीय अभ्यास विद्याशाखा, प्रस्तुत विद्यापीठ.
- ३) मा. कुलसचिव, यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ४) मा. संचालक, परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ५) मा. प्राचार्य, सर्व संबंधित महाविद्याये, प्रस्तुत विद्यापीठ.
- ६) मा. अधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ७) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ यांना देवून कळविण्यात येते की,
सदरील परिपत्रक विद्यापीठाच्या संकेत स्थळावर प्रकाशित करावे.




सह.कुलसचिव
शैक्षणिक (१-अभ्यासमंडळ) विभाग

SYLLABUS

B.Voc.

**DIPLOMA IN SPORTS NUTRITION AND
PHYSIOTHERAPY**

SYLLABUS

B.Voc.DIPLOMA IN SPORTS NUTRITION AND PHYSIOTHERAPY

ANNUAL PATTERN

PAPER I : FUNDAMENTALS OF HUMAN NUTRITION

PAPER II : NUTRITION AND FITNESS

PAPER III: SPORTS PHYSIOTHERAPY METHODS

PAPER IV : SPORTS INJURIES AND PHYSIOTHERAPY

PAPER V : PROJECT SUBMISSION & FIELD VISIT

DIPLOMA IN SPORTS NUTRITION AND PHYSIOTHERAPY

The **Diploma in Sports Nutrition and Physiotherapy** is a one-year course that incorporates both general education and specific job roles. The sports nutrition and physiotherapy program is the first of its kind in Australia and has a number of exit options for graduates. The curriculum combines the requirements of various health care sectors, resulting in a well-rounded skilled person with many career options.

The **Diploma in Sports Nutrition and Physiotherapy** has been around for a few years, but it is now one of the best ways to advance your career. It also enables students to develop the knowledge and skills to treat athletes and others with musculoskeletal problems. The course teaches students how to apply the principles of nutrition and physiotherapy to manage patients. Upon completion, students are prepared to practice in various healthcare settings.

Benefits of Diploma in Sports Nutrition and Physiotherapy

This course will equip you with the knowledge and skills necessary to excel in your career. The course combines general education courses with specific job roles in the health sector, giving you a well-rounded graduate that can work in any field. In this program, you will learn about the latest trends in sports nutrition and physical therapy, and you'll develop your communication and writing skills.

The course includes a practical approach that will prepare you for an entry-level position in a specialized field. The curriculum is based on the needs of the different health sectors, incorporating both general and specific training. This program offers students the opportunity to pursue a wide range of careers. It is one year diploma that is accredited by the University Grants Commission under B.Voc..

Eligibility for Diploma in Sports Nutrition and Physiotherapy

It is designed to provide students with industry-relevant skills.

Candidates must have completed their 10+2 examination or equivalent from a recognized school board.

Candidates possess at least 55% aggregate marks in their intermediate examinations.

Future Scope of Diploma in Sports Nutrition and Physiotherapy

After completion you can become a Dietician Assistant Physiotherapist or a Junior Physiotherapist. The course also helps you to enhance your interpersonal skills and develop your writing and communication skills. The future scope of this course is vast. The course incorporates the demands of various sectors of the health care industry and creates a skilled person. This program will prepare students for a variety of careers and will train them in a number of areas. In addition to the practical aspects, this program provides students with the necessary theoretical knowledge and skills to enter the field of physical therapy and exercise rehabilitation.

Career Opportunities and Job Prospects

The course includes practical hands-on training and provides the student with industry-relevant knowledge and skills for a specific job role. After completing, the student receives a diploma in this field. This program can lead to a variety of career opportunities. Volunteering in youth sports organizations and participating in work experience in schools and colleges will provide valuable experience and build contacts. Part-time work in leisure centers can also lead to a career in teaching, fitness instruction, and pool attendant roles. one can also get experience by assisting at local sports clubs, engaging in health promotion efforts with local communities, or participating in outdoor pursuit activities.

Sports Nutrition & Physiotherapy Job Types

- Bio-Care Nutrition Specialist
- Junior Analytical Scientist
- Medical Representative
- Nutrition Adviser / Nutrition & Health Writer
- Regional Sales Manager
- Teacher / Tutor

Course duration and fee details

This is a one-year program, consisting of four semesters The average fees for the completion of this program are Rs 5000/- or it may vary from college to college.

PAPER I : FUNDAMENTALS OF HUMAN NUTRITION

UNIT I: Basic concepts in food and nutrition

Basic terms used in study of food and nutrition Understanding relationship between food, nutrition and health. Functions of food-Physiological, psychological and social.

UNIT II: Nutrients in Human diet

Functions, dietary sources and deficiency/ excess of the following nutrients: Carbohydrates, lipids and Proteins. vitamins-A, B₁₂ and Vitamin C , D, E and K Minerals – Calcium, Iron and Iodine

UNIT III: Nutritional problems and their implications

Protein energy malnutrition, nutritional anaemias, vitamin A deficiency, iodine deficiency disorders

Overnutrition – obesity, coronary heart disease, diabetes

UNIT-IV: Therapeutic Nutrition

Principles of nutrition care

Nutrition Care Process

Therapeutic adaptations of the normal diet

Progressive diets – clear fluid, full fluid, soft and regular

BOOKS

Swaminathan M. Handbook of Foods and Nutrition; Fifth Ed; 1986;

BAPPCO. Bamji MS, Rao NP, and Reddy V. Text Book of Human Nutrition; 2009; Oxford & IBH Publishing Co. Pvt Ltd.

Wardlaw GM, Hampl JS. Perspectives in Nutrition; Seventh Ed; 2007; McGraw• Hill.

Lakra P, Singh MD. Textbook of Nutrition and Health; First Ed; 2008; Academic• Excellence.

Manay MS, Shadaksharaswamy. Food-Facts and Principles; 2004; New Age• International (P) Ltd. Potter NN,

Hotchkiss JH. Food Science; Fifth Ed; 2006; CBS Publishers and• Distributors.

Wardlaw, Smith. Contemporary Nutrition: A Functional Approach. 2nd ed: 2012. Mc Graw Hill. •

Williams Melvin. Nutrition for health, fitness and sports. 2004. Mc Graw Hill •

Joshi AS. Nutrition and Dietetics 2010. Tata Mc Graw Hill.

Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.

PAPER II : NUTRITION AND FITNESS

UNIT I : Importance of Nutrition

- Role of nutrition in fitness
- Nutritional guidelines for health and fitness
- Nutritional supplements

UNIT II : Importance of Physical activity

- Importance and benefits of physical activity
- Physical Activity – frequency, intensity, time and type with examples
- Physical Activity Guidelines and physical activity pyramid

Unit III : Understanding Fitness

- Definition of fitness, health and related terms
- Assessment of fitness
- Approaches for keeping fit
- Nutrition for physical fitness and sport

UNIT IV : Weight Management

- Assessment, etiology, health complications of overweight
- Diet and exercise for weight management
- Principles of planning weight reducing diets

RECOMMENDED READINGS

- Wardlaw, Smith. Contemporary Nutrition: A Functional Approach. 2nd ed: 2012. McGraw Hill.
- Williams Melvin. Nutrition for health, fitness and sports. 2004. Mc Graw Hill
- Joshi AS. Nutrition and Dietetics 2010. Tata Mc Graw Hill.

PAPER II : SPORTS PHYSIOTHERAPY METHODS

Unit –I Protective Equipment in Sports

Types of bandages, Bandaging techniques and bandaging material.

Taping Techniques, athletic shoes and modifications and protective equipments in Sports.

Unit-II Rehabilitation and Therapeutic Exercises

Define Rehabilitation, Goals and Objectives of Rehabilitation in Sports, Clinical Evaluation phases of rehabilitation. (multidisciplinary approach)

Prehabilitation :Details of effects and uses of therapeutic exercises.

Unit-III : Massage.

Definition and classification of massage techniques, classical massage. Connective tissue massage, underwater massage, mechanical devices of massage, therapeutic applications and contraindications of massage.

SUGGESTED READINGS:

ICMR (1989) Nutritive Value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

• ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.

• Park K (2011). Park's Textbook of Preventive and Social Medicine, 21st Edition. M/s BanarasidasBhanot Publishers, Jabalpur, India.

• Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.

PAPER IV : SPORTS INJURIES AND PHYSIOTHERAPY

UNIT I : Sports Injuries

Shoulder – instability, rotator cuff injury, biceps tendonitis and rupture, pectoralis major rupture, joint injuries, Elbow – tennis elbow, golfer's elbow.

UNIT II : Heat Therapy

Introduction, Paraffine Wax Bath, Steam Bath, Sauna Bath, Moist Heat Pack, Fluidotherapy and Mud Bath.

UNIT III : Hydrotherapy

History & Introduction . Use of Hydrotherapy in Sports. Various Types of baths.

UNIT IV : Cryotherapy

Introduction, Use of cold therapy in acute phase, rehabilitative phase, preventive phase of athletic injury, Methods of application.

SUGGESTED READINGS:

Principles of Exercise Therapy—Dena Gardiner

Practical Exercise Therapy—Margaret Hollis

Massage- Holley & Cook

Practical Exercise Therapy—Margaret Hollis

Measurement of Joint Motion: A Guide to Goniometry--Cynthia Norkins

Joint structure and function- Cynthia Norkins

Therapeutic Exercise—Carolyn Kisner & Kolby

Physiotherapy in Orthopaedic conditions-by Jayant Joshi

Yoga for Health & Peace- S. Nimbalkar

Massage for Therapists – M. Hollis

PAPER IV : PROJECT SUBMISSION & FIELD VISIT