

Shikshan Prasarak Sanstha's
Padmabhushan Vasantodada Patil Mahavidyalaya

Kavathe Mahankal Dist. Sangli



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

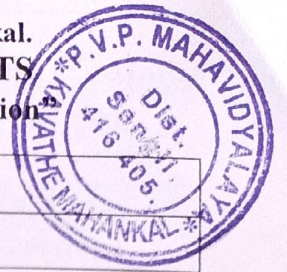
Career Oriented Course in

“Fitness and Sports Nutrition”

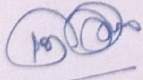
(2023-24)

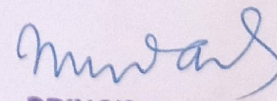


Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal.
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
Report on Career Oriented Course in "Fitness and Sports Nutrition"



Title	Career Oriented Course in "Fitness and Sports Nutrition"
Duration	20 July 2023 to 15 September 2023
Organizer	Department of Gymkhana, P.V.P. Mahavidyalaya Kavathe Mahankal
Funding	--
BOS / Faculty	Mr. A.P. Bhosale Dr. M. M. Shinde Mr. S. N. Phakade Mr. N.S. Waghmare Mr. N. P. Shinde
Coordinator	Dr. M. M. Shinde
Background	A course in fitness and sports nutrition typically provides a comprehensive understanding of the principles of nutrition and how they apply to physical fitness, exercise, and sports performance.
Objective	1. To provide the concept and relationship among fitness, sports and nutrition. 2. To enable student to understand the basic physiology of human body and the energy systems of the human body. 3. To provide detail understanding of macro and micro nutrients; their role, requirement, classification, digestion and absorption. 4. To provide scientific understanding of Ergogenic Aids, Supplements, Fad Diets and Eating Disorders. 5. To acquaint student with the guidelines required to prepare diet chart for general fitness, specific sports and therapeutic diets and to provide them hands on experience of preparing basic diet charts
Outcomes	1. Introduction to HRPF and SRPF, Body composition and its assessment Morphological Classification of Body Type. 2. Understanding of Nature and Classification of sports :Aerobic & Anaerobic, Strength & Endurance, Recreational & Competitive, Concept of Nutrition Understanding fitness and Sports specific nutritional requirements 3. Understand Concept of Balanced diet and Food Pyramid, Classification of Nutrients, Macronutrients : Classification, Function, Digestion and Absorption, Metabolism, Requirement, Source and Role in Human body Health and Exercise •Carbohydrates •Fats •Protein 4. Understand Concept of exchange list, Balanced diet, Diet Planning for various sports – Endurance, Strength, Team sport etc., Diet Planning for , Pre-competition, during competition and post-competition meals, Weight management
Conclusion	In conclusion, a fitness and sports nutrition course provides a comprehensive foundation in the principles of nutrition and their application to physical fitness, exercise, and sports performance. Students gain knowledge in macronutrients, micronutrients, supplementation, exercise physiology, weight management, meal planning, and counseling.


- The Head
Department Of Physical Education
P.V.P.College, Kavathe Mahankal,
Dist - Sangli


PRINCIPAL,
Padmabhushan Vasantrodada Patil
Mahavidyalaya, K. Mahankal, Dist-Sangli



Estd.:1978

Re-accredited 'B' Grade
In 3rd NAAC cycle

Shikshan Prasarak Sanstha's

Padmabhushan Vasantraodada Patil Mahavidyalaya

KAVATHE MAHANKAL, Dist. Sangli (Maharashtra) Pin 416405

Affiliated to Shivaji University Kolhapur, Arts/Commerce/Science (UG)

INTERNAL CORRESPONDANCE LETTER

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Ref. No. PVPKM/GYM/

Date:

To,
The Principal,
Padmabhushan Vasantraodada Patil Mahavidyalaya,
Kavathe Mahankal, Dist. Sangli,
Maharashtra 416405

Subject: Seeking a permission to start the career oriented course in “**Fitness and Sports Nutrition**”.

Respected sir,

As per your guidelines we are going to start a career oriented course in “**Fitness and Sports Nutrition**” in Department of Physical Education for our college students. This course will be of 30 hours and will be completed during July 2023 to September 2023. The course will be definitely very beneficiary for students.

I request you to give permission to start the above course in the Department.

Thanking you.



Permission granted

Mundal

Yours faithfully,

[Signature]
Director.

Physical Education and Sports
Padmabhushan Vasantraodada Patil
Mahavidyalaya, K. Mahankal, Dist-Sangli





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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS


Ref. No. PVPKM/GYM/

Date: 05/07/2023

NOTICE

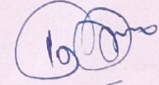
All the students of B.A., B.Com and B.Sc. are hereby informed that, Department of Physical Education is going to start the career oriented course in "Fitness and Sports Nutrition". The interested students are requested to enroll up to 15th July, 2023.




Coordinator
Director

Physical E
Padmabhush
Mahavidyalaya

Sports
a Patil
Dist-Sangli



- The Head
Department Of Physical Education
P.V.P.College,Kavathe Mahankal,
Dist - Sangli



Shikshan Prasarak Sanstha's
Padmbhushan Vasantodada Patil Mahavidyalaya

KAVATHE MAHANKAL Dist. Sangli

Affiliated to Shivaji University Kolhapur,

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Career Oriented Course in

Career Oriented Course in


FITNESS AND SPORTS NUTRITION

Duration: 30
Hours

Starting From 20th July 2023

Open For
Enrollment

Contact: 9730139706


PRINCIPAL,
Padmbhushan Vasantodada Patil
Mahavidyalaya, Kavathe Mahankal, Dist-Sangli





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Affiliated to Shivaji University Kolhapur, Arts/Commerce/Science (UG)

INTERNAL CORRESPONDANCE LETTER

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Fitness and Sports Nutrition

Board of Studies

Sr. No.	Name	Designation	Signature
1.	Mr. A.P. Bhosale	HoD	
2.	Dr. M. M. Shinde	Coordinator	
3.	Mr. S. N. Phakade	Member	
4.	Mr. N.S. Waghmare	Member	
5.	Mr. N. P. Shinde	Member	

The Head
Department Of Physical Education
P.V.P.College,Kavathe Mahankal,
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PRINCIPAL,
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Mahavidyalaya, K.Mahankal, Dist-Sangli.





Shikshan Prasarak Sanstha's
Padmabhushan Vasantodada Patil Mahavidyalaya
Kavathe Mahankal Dist. Sangli

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Career Oriented Course in

“”

(2023-24) Fitness and Sports Nutrition

Fitness and Sports Nutrition

Objectives:

- To provide the concept and relationship among fitness, sports and nutrition.
- To enable student to understand the basic physiology of human body and the energy systems of the human body.
- To provide detail understanding of macro and micro nutrients; their role, requirement, classification, digestion and absorption.
- To provide knowledge on food selection, macronutrient ratios, micronutrients and human physiology related to digestion and metabolism of food.
- To provide scientific understanding of Ergogenic Aids, Supplements, Fad Diets and Eating Disorders.
- To make student Learn about obtaining essential nutrients from food and supplements and dietary guidelines to support athletic health and performance
- To acquaint student with the guidelines required to prepare diet chart for general fitness, specific sports and therapeutic diets and to provide them hands on experience of preparing basic diet charts

Duration:

The course will be completed in 50 hours (3 months).

Eligibility of the student:

1. Student must have passed HSC Examination
2. Candidates should be medically fit and sound.

Course outcomes:

By the end of this course students are expected,

1. Introduction to HRPF and SRPF, Body composition and its assessment
Morphological Classification of Body Type.

2. Understanding of Nature and Classification of sports :Aerobic & Anaerobic, Strength & Endurance, Recreational & Competitive, Concept of Nutrition Understanding fitness and Sports specific nutritional requirements
3. Understand Concept of Balanced diet and Food Pyramid, Classification of Nutrients, Macronutrients : Classification, Function, Digestion and Absorption, Metabolism, Requirement, Source and Role in Human body Health and Exercise
•Carbohydrates •Fats •Protein
4. Micronutrients : Classification, Requirement, Source and Role in Human body Vitamins, Minerals, Role of Water and Fluids during and after activity, Maintenance of Electrolyte balance
5. Understanding Ergogenic Aids: concept, Need and Importance , Ethical considerations – Supplements : Need and Importance for maintaining general and specific fitness.
6. Understand Concept of exchange list, Balanced diet, Diet Planning for various sports – Endurance, Strength, Team sport etc., Diet Planning for , Pre-competition, during competition and post-competition meals, Weight management

Evaluation Method:

The examination will be conducted in theory examination will consist of 50 multiple choice questions will be of 50 marks at the end of the course.

Fitness and Sports Nutrition Syllabus

Unit 1: Fundamentals of Fitness, Sports and Nutrition

- Introduction to HRPF and SRPF
- Body composition and its assessment
- Morphological Classification of Body Type
- Nature and Classification of sports :Aerobic & Anaerobic, Strength & Endurance, Recreational & Competitive
- Concept of Nutrition
- Understanding fitness and Sports specific nutritional requirements

Unit 2: Introduction to Human Physiology & Energy Metabolism

- Physiology of digestive system
- Parts of the digestive system
- Process of Digestion
- Digestion and Absorption of Nutrients
- Introduction to Excretory System
- Energy metabolism : • Aerobic energy metabolism • Anaerobic energy metabolism

- Assessment of Energy requirements
- Recommended Dietary Allowance

Unit 3: Macronutrients, Micronutrients and Hydration

- Concept of Balanced diet and Food Pyramid
- Classification of Nutrients
- Macronutrients : Classification, Function, Digestion and Absorption, Metabolism, Requirement, Source and Role in Human body Health and Exercise •Carbohydrates •Fats •Proteins
- Micronutrients : Classification, Requirement, Source and Role in Human body •Vitamins •Minerals
- Role of Water and Fluids during and after activity
- Maintenance of Electrolyte balance

Unit 4: Ergogenic Aids, Supplements, Fad Diets and Eating Disorders

- Ergogenic Aids: concept, Need and Importance , Ethical considerations
- Supplements : Need and Importance for maintaining general and specific fitness
- Fad Diets: History, Concept and Research based interpretations
- Validification of Fad Diets
- Eating Disorders : Symptoms, Causes and Management

Unit 5: Meal Planning and preparing Diet Chart

- Introduction to food and nutrients.
- Meal Planning Principles of meal planning through the life cycle.
- Preparation of basic and general Diet Charts
- Concept of exchange list
- Balanced diet
- Diet Planning for various sports – Endurance, Strength, Team sport etc
- Diet Planning for :- Pre-competition, during competition and post-competition meals
- Weight management

Books For Reference:-

- Carolyn D. Berdanier, CRC Desk Reference for Nutrition, CRC Press 1998
- Fink, H., Burgoon, L., & Mikesky, A. (2006). Practical Applications in Sports Nutrition.
- James Groff, Advanced Nutrition and Human metabolism, Wadsworth 2000.

- Jones and Bartlett. USA Williams (2005). *Nutrition for Health, Fitness, & Sport* (7edn) Mc Graw Hill Publication. Newyork
- Judy A. Driskell & Ira Wolinsky, *Sports Nutrition*, friends Pub. 2006
- Manore M and Thompson J. 2000. *Sport Nutrition for Health and Performance*. Human Kinetics, Windsor, ON. ISBN: 9780873229395.
- Mark Kern, *Sports Nutrition*, Tayloy & Francis Group 2005
- Meltzer, S., & Fuller, C. (2005). *The Complete Book of Sports Nutrition: A Practical Guide to Eating for Sport*. New Holland Publishers. London
- Pande P.K. (2010). *Outline of Sports Medicine*, New Delhi Jaypee Bros 36
- Pande, P. (2005). *Sports Medicine – curious queries*. KSK. New Delhi
- Wilmore, J H and Costill, D L (2004) *Physiology of Sport and Exercise*. Champaign, Illinois: Human Kinetics
- McArdle, W.D., Katch, F.I. and Katch, V.L. (2007). *Exercise Physiology, Energy, Nutrition and Human Performance*. Baltimore: Lippincott, Williams & Wilkins



- The Head
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Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal.


Department of Physical Education and Sports

TIMETABLE FOR CERTIFICATE COURSE IN FITNESS AND SPORTS

NUTRITION (2023-24)

Period No.	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	11.03 to 11.51	Theory	***	Theory	Theory	***	***
2.	11.51 to 12.39	***	Theory	***	***	Theory	Theory




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KAVATHE MAHANKAL, Dist. Sangli (Maharashtra) Pin 416405

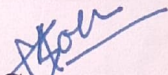
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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Date: 15/07/2023

NOTICE

All the enrolled students are hereby informed that, the lectures & practical of the course will be started from 20th July, 2023 as per timetable. All the lectures will be conducted in Department of Physical Education.


Coordinator
Director,

Physical Education and Sports
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Mahavidyalaya, K.Mahankal, Dist-Sangli





Head
- The Head
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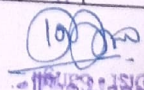


Padmabhushan Vasantraodada Patil Mahavidyalaya, Kavathe Mahankal

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Attendance for Fitness and Sports Nutrition Course

Sr. No.	Student Name	Class	Date	20/07	21/07	22/07	24/07 2023	25/07 2023	26/07 2023	27/07 2023	28/07 2023	01/08 2023	02/08 2023	03/08 2023	04/08 2023	07/08 2023	08/08 2023	09/08 2023
1	Bajbale Vijay Suresh	B.A.- II		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
2	Bhosale Dhanashree Himmat	B.Com.- II		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
3	Bhosale Gaurav Ganpatrao	B.Sc.- III		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
4	Bhosale Laxmi Bhanudas	B.A.- II		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
5	Bhosale Sanika Netaji	B.Com.- II		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
6	Chavan Mahesh Maruti	B.A.- II		M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C
7	Chavan Yogesh Tanaji	B.A.- II		M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C
8	Gujale Abhijit Adhik	B.A.- III		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
9	Holkar Akshada Manik	B.A.- III		H.M	H.M	H.M	H.M	H.M	H.M	H.M	H.M	H.M	H.M	H.M	H.M	H.M	H.M	H.M
10	Kamble Shilyug Rajendra	B.A.- III		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
11	Londhe Adarsh Chandrakant	B.A.-II		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
12	Malame Shankar Suresh	B.A.-II		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
13	Malame Vijay Malhari	B.A.- II		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA
14	Mali Karan Dattatray	B.A.-II		K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M
15	Mali Namrata Sanjay	B.A.- II		N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali	N.Mali
16	Mane Kunal Ramesh	B.A.- II		K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane	K.Mane
17	Mane Rohit Sunder	B.A.- II		PSM	PSM	PSM	PSM	PSM	PSM	PSM	PSM	PSM	PSM	PSM	PSM	PSM	PSM	PSM
18	Narute Chandrakant Rajaram	B.A.- II		PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA	PSA


 Department of Physical Education
 Kavathe Mahankal
 Patil Mahavidyalaya

Attendance for Fitness and Sports Nutrition Course

Sr. No.	Student Name	Class	20/07/2023	21/07/2023	22/07/2023	24/07/2023	25/07/2023	26/07/2023	27/07/2023	28/07/2023	01/08/2023	02/08/2023	03/08/2023	04/08/2023	07/08/2023	08/08/2023	09/08/2023	
19	Patil Aniket Avinash	B.Sc.- II	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	
20	Patil Rushikesh Namdev	B.Sc.- II	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	
21	Rupnar Dhananjay Rajaram	B.A.- II	der	der	der	der	der	der	der	der	der	der	der	der	der	der	der	
22	Sakate Vaibhav mahadev	B.A.- III	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	
23	Sargar Yuvraj Laxman	B.A.- III	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	
24	Shinde Sanket Ramrav	B.com.- III	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	
25	Khilare Sachin Natha	B.A.- I	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	
26	More Sourabh Arvind	B.A.- I	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	
27	Olekar Vaibhav Vikas	B.Com. I	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	
28	Shinde Tatyaso Ananda	B.A.- I	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	
29	Jagtap Shubham Shivaji	B.A.- I	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	
30	Kolekar Prasad Prakash	B.A.- I	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	
31	Mane Sachin Prakash	B.A.- I	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane	Smane
32	Nikam Vaishnavi Vinayak	B.A.- I	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	N.Nikam	
33	Pinjari Simaran Bandu	B.A.- I	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	
34	Sonnur Ashwini Yashwant	B.Sc.- I	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	A.Y.S.	
35	Gawade Aparna Sanjay	B.A.- I	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	

The Head
Department Of Physical Education
P.V.P.College,Kavathe Mahankal,
Dist - Sangli

Attendance for Fitness and Sports Nutrition Course

Sr. No.	Student Name	Class	10/08/2023	11/08/2023	12/08/2023	17/08/2023	18/08/2023	19/08/2023	21/08/2023	22/08/2023	23/08/2023	24/08/2023	25/08/2023	26/08/2023	28/08/2023	04/09/2023	05/09/2023
1	Bajbale Vijay Suresh	B.A.- II	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS
2	Bhosale Dhanashree Himmat	B.Com.- II	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS
3	Bhosale Gaurav Ganpatrao	B.Sc.- III	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS
4	Bhosale Laxmi Bhanudas	B.A.- II	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS	BVS
5	Bhosale Sanika Netaji	B.Com.- II	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh	SNBh
6	Chavan Mahesh Maruti	B.A.- II	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C	M.M.C
7	Chavan Yogesh Tanaji	B.A.- II	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.	Y.T.
8	Gujale Abhijit Adhik	B.A.- III	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.	A.G.
9	Holkar Akshada Manik	B.A.- III	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M	A.H.M
10	Kamble Shilyug Rajendra	B.A.- III	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.	S.K.
11	Londhe Adarsh Chandrakant	B.A.-II	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.	A.L.
12	Malame Shankar Suresh	B.A.-II	S.	S.	S.	S.	S.	S.	S.	S.	S.	S.	S.	S.	S.	S.	S.
13	Malame Vijay Malhari	B.A.- II	M.	M.	M.	M.	M.	M.	M.	M.	M.	M.	M.	M.	M.	M.	M.
14	Mali Karan Dattatray	B.A.-II	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M	K.D.M
15	Mali Namrata Sanjay	B.A.- II	N.	N.	N.	N.	N.	N.	N.	N.	N.	N.	N.	N.	N.	N.	N.
16	Mane Kunal Ramesh	B.A.- II	R.	R.	R.	R.	R.	R.	R.	R.	R.	R.	R.	R.	R.	R.	R.
17	Mane Rohit Sunder	B.A.- II	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M	R.S.M
18	Narute Chandrakant Rajaram	B.A.- II	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.	N.R.

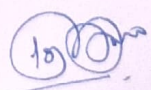
Department of Physical Education and Sports
 P.V.P. College, Kavathe Mahankal
 Dist - Solapur

Padmabhushan Vasantraodada Patil Mahavidyalaya, Kavathe Mahankal

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Attendance for Fitness and Sports Nutrition Course

Sr. No.	Student Name	Class	10/08/2023	11/08/2023	12/08/2023	17/08/2023	18/08/2023	19/08/2023	21/08/2023	22/08/2023	23/08/2023	24/08/2023	25/08/2023	26/08/2023	28/08/2023	04/09/2023	15/09/2023
19	Patil Aniket Avinash	B.Sc.- II	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
20	Patil Rushikesh Namdev	B.Sc.- II	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
21	Rupnar Dhananjay Rajaram	B.A.- II	der	der	der	der	der	der	der	der	der	der	der	der	der	der	der
22	Sakate Vaibhav mahadev	B.A.- III	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate	sakate
23	Sargar Yuvraj Laxman	B.A.- III	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS	YLS
24	Shinde Sanket Ramrav	B.com.- III	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde
25	Khilare Sachin Natha	B.A.- I	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK	SNK
26	More Sourabh Arvind	B.A.- I	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore
27	Olekar Vaibhav Vikas	B.Com. I	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar	Nolekar
28	Shinde Tatyaso Ananda	B.A.- I	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde	shinde
29	Jagtap Shubham Shivaji	B.A.- I	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap
30	Kolekar Prasad Prakash	B.A.- I	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP	KPP
31	Mane Sachin Prakash	B.A.- I	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore	Smore
32	Nikam Vaishnavi Vinayak	B.A.- I	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam	V.Nikam
33	Pinjari Simaran Bandu	B.A.- I	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB	SPB
34	Sonnur Ashwini Yashwant	B.Sc.- I	AYS	AYS	AYS	AYS	AYS	AYS	AYS	AYS	AYS	AYS	AYS	AYS	AYS	AYS	AYS
35	Gawade Aparna Sanjay	B.A.- I	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG	ASG


 The Head
 Department Of Physical Education
 P.V.P. College Kavathe Mahankal,
 Dist - Solapur



Estd.:1978

Re-accredited 'B' Grade
In 3rd NAAC cycle

Shikshan Prasarak Sanstha's
Padmabhushan Vasantrodada Patil Mahavidyalaya

KAVATHE MAHANKAL, Dist. Sangli (Maharashtra) Pin 416405
Affiliated to Shivaji University Kolhapur, Arts/Commerce/Science (UG)

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Date: 05-09-2023

NOTICE

All the enrolled students are informed that, the timetable for theory examination and practical examination of the course in "Fitness and Sports Nutrition" is as below,

Examination	Time
Theory	21 th September, 2023 (11.00 a.m. to 12.30 p.m.)

Coordinator

Director,
Physical Education and Sports
Padmabhushan Vasantrodada Patil
Mahavidyalaya, K.Mahankal, Dist-Sangli



Head

- The Head
Department Of Physical Education
P.V.P.College, Kavathe Mahankal,
Dist - Sangli



Instructions: 1) All questions are compulsory
2) Each question carries 1 marks.

1. खालीलपैकी कशामध्ये मनोरंजनात वाव नाही ?
 - खेळणे
 - झोपणे
 - चालणे
 - व्यायाम
2. संवर्धनाचा शरीर संवर्धनाचा पोट भाग कोणता. ?
 - चालणे
 - बोलणे
 - जिम्नास्टिक
 - यापैकी नाही
3. क्रीडा साहित्य व मोठी मैदाने ह्याची गरज का असते?
 - बसण्यासाठी
 - खेळण्यासाठी
 - अभ्यासासाठी
 - झोपण्यासाठी
4. मानसिक ताणतणावातून बाहेर पडण्यासाठी पुढीलपैकी कोणत्या आसनाचा फायदा होतो.
 - एकपाद उतानासन
 - शवासन
 - पवन मुक्तासन
 - सर्वांगास
5. उत्साही व यशस्वी जिवाचे साधन कोणते?
 - दमदारपणा
 - लवचिकता
 - आरोग्य
 - यापैकी नाही
6. खालीलपैकी कश्यामुळे स्नायु गोंडस, पिळदार व शक्तिमान होतात?
 - व्यायाम
 - हालचाल
 - झोप
 - यापैकी नाही
7. चालण्याचा व्यायाम किती मिनिटे करावा?
 - 30 मिनिटे
 - 40 मिनिटे
 - 45 मिनिटे
 - 35 मिनिटे

8. आहार कसा असावा?

- समतोल
- फक्त मांसाहारी
- थंड
- यापैकी नाही

9. कोणता अन्नघटक शरीरामध्ये साठविला जात नाही?

- कार्बोदके
- प्रथिने
- स्निग्ध पदार्थ
- यापैकी नाही

10. थकवा येऊन सुद्धा गरजेच्या वेळी ऊर्जा साठवून ठेवण्याची क्षमता म्हणजे काय?

- सदृढता
- लवचिकता
- दम
- चपळता

11. एखादी कृती किंवा कार्य सतत जास्त वेळ करण्याची क्षमता म्हणजे काय?

- दमदारपणा
- दिशाभिमुखता
- लवचिकता
- यापैकी नाही

12. कार्बोदके मिळण्याचा प्राणीज स्रोत कोणता?

- मांस
- मासे
- फळे
- दूध

13. योगासने आणि प्राणायामामुळे शरीर बनते.

- लवचिक व सुदृढ
- ताठर
- जाड
- ठेंगणे

14. नियमित योगासने केल्याने मानसिक स्तरावरचा ताणतणाव राहतो.

- नियंत्रणात
- वाढतो
- कमी
- तसाच रहातो

15. चालने हा कोणत्या प्रकारचा व्यायाम आहे ?

- अनएरोबिक
- एरोबिक
- पारंपारिक
- यापैकी नाही

16. रक्तामध्ये हिमोग्लोबिन तयार करण्यासाठी काय आवश्यक आहे?

- कॅल्शियम
- लोह
- फॉस्फरस
- मॅग्नेशियम

17. आयोडीनच्या कमतरतेमुळे होणारा आजार हा आहे

- रक्तक्षय
- गलगंड
- कांजिण्या
- स्वाइन फ्लू

18. ---- आपल्या शरीरातील निरंतर शरीराचे तापमान राखण्यास मदत करते.

- पाणी
- धान्याचा कोंडा
- जीवनसत्त्वे
- ऊर्जा देणारे पदार्थ

19. चरबीयुक्त खाणे जास्त केल्याने व्यक्ती बनते.

- लठ्ठ
- गलगंड
- चरबीयुक्त
- काहीही नाही

20. खालीलपैकी कोणत्या पदार्थात कार्बोहायड्रेट्स असतात

- तांदूळ
- धान्य
- कडधान्ये
- यापैकी काहीही नाही

21. मुलांच्या शारीरिक व मानसिक विकासासाठीहालचाली महत्वाच्या आहेत.

- झोपेतील
- धावण्यातील
- तालबद्ध
- यापैकी नाही

22. शरीर धारणेतील दोष कोणता?

- व्यसनाधीनता व)
- प्रामाणिकपणा
- सपाट पाऊल
- यापैकी नाही

23. व्यायाम म्हणजे काय?

- शरीर व मनाची प्रगती
- मनाची प्रगती
- शरीराची प्रगती
- यापैकी नाही

24 शक्ति, युक्तिच्या योग्य समन्वयाने सफाईदारपणे कोणतीही क्रिया करणे म्हणजे काय ?

- आरोग्य
- कौशल्य
- लवचिकता
- चपळाई

25. उत्साही व यशस्वी जिवाचे साधन कोणते?

- दमदारपणा
- लवचिकता
- आरोग्य
- यापैकी नाही

Padmabhushan Vasantraodada Patil Mahavidyalaya, Kavathe Mahankal
DEPARTMENT OF PHYSICAL EDUCATION

Result for Fitness and Sports Nutrition Course



Sr. No.	Student Name	Class	Marks	Remark
1	Bajbale Vijay Suresh	B.A.- II	44	O
2	Bhosale Dhanashree Himmat	B.Com.- II	46	O
3	Bhosale Gaurav Ganpatrao	B.Sc.- III	48	O
4	Bhosale Laxmi Bhanudas	B.A.- II	40	A
5	Bhosale Sanika Netaji	B.Com.- II	44	O
6	Chavan Mahesh Maruti	B.A.- II	46	O
7	Chavan Yogesh Tanaji	B.A.- II	40	A
8	Gujale Abhijit Adhik	B.A.- III	48	O
9	Holkar Akshada Manik	B.A.- III	46	O
10	Kamble Shilyug Rajendra	B.A.- III	38	A
31	Londhe Adarsh Chandrakant	B.A.-II	46	O
12	Malame Shankar Suresh	B.A.-II	44	O
13	Malame Vijay Malhari	B.A.- II	48	O
14	Mali Karan Dattatray	B.A.-II	48	O
15	Mali Namrata Sanjay	B.A.- II	40	A
16	Mane Kunal Ramesh	B.A.- II	48	O
17	Mane Rohit Sunder	B.A.- II	46	O
38	Narute Chandrakant Rajaram	B.A.- II	48	O
39	Patil Aniket Avinash	B.Sc.- II	42	A
40	Patil Rushikesh Namdev	B.Sc.- II	34	A
42	Rupnar Dhananjay Rajaram	B.A.- II	34	A
44	Sakate Vaibhav mahadev	B.A.- III	34	A
46	Sargar Yuvraj Laxman	B.A.- III	46	A
48	Shinde Sanket Ramrav	B.com.- III	40	A
25	Khilare Sachin Natha	B.A.- I	38	A
26	More Sourabh Arvind	B.A.- I	44	A
27	Olekar Vaibhav Vikas	B.Com. I	40	A
28	Shinde Tatyaso Ananda	B.A.- I	46	A
29	Jagtap Shubham Shivaji	B.A.- I	48	A
30	Kolekar Prasad Prakash	B.A.- I	42	A
31	Mane Sachin Prakash	B.A.- I	42	A
32	Nikam Vaishnavi Vinayak	B.A.- I	34	A
33	Pinjari Simaran Bandu	B.A.- I	34	A
34	Sonnur Ashwini Yashwant	B.Sc.- I	34	A
35	Gawade Aparna Sanjay	B.A.- I	46	A

(*A – Satisfactory **O – Outstanding)

The Head
Department Of Physical Education
P.V.P.College,Kavathe Mahankal,
Dist - Sangli

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal.

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Career Oriented Course in "Fitness and Sports Nutrition"

Brief Summary

Sr. No.	Organizing department	Department Of Physical Education & Sports		
1	Type of Activity	Career Oriented Course in "Fitness and Sports Nutrition"		
2	Duration of Activity	20 th July 2023 to 15 th September 2023		
3	Venue	Department Of Physical Education		
4	Participation Students	Male	Female	Total
		26	09	35
5	Result	A-Grade	O-Grade	Total
		21	14	35


Coordinator

Physical Education & Sports
Padmabhushan Vasantrodada Patil
Mahavidyalaya, Kavathe Mahankal





- The Head
Department Of Physical Education
P.V.P.College, Kavathe Mahankal,
Dist - Sangli

Shikshan Prasarak Sanstha's
PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA,
KAVATHE MAHANKAL, Dist. Sangli (Maharashtra)



Affiliated to Shivaji University Kolhapur,

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Career Oriented Course in

"FITNESS AND SPORTS NUTRITION"

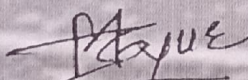
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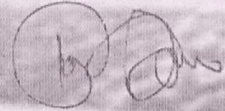
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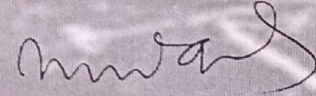
(B.A./B.COM./B.SC. I/II/III) of *P.V.P. Mahavidyalaya Kavathe Mahankal*

Dist. Sangli. has successfully completed the career oriented course in "Fitness and Sports Nutrition" during July 2023 to Septembr 2023.

PRINCIPAL,
Padmabhushan Vasanttraodada Patil
Mahavidyalaya, K. Mahankal, Dist-Sangli


Dr. M. M. Shinde
Coordinator


Mr. A.P. Bhosale
Head


Prof. (Dr.) M.K. Patil
Acting Principal