



## UNIVERSITY OF KERALA

Re-accredited by NAAC with A++ GRADE

### College Basket

May 18, 2024, 5:34 a.m.

College : V T M N S S College (145)  
 Year of admission : Batch 2024  
 Discipline : FYUGP Physical Education

Category	Course Code	Course Name	Entered by	Entered on	Description
<b>Semester: 3</b>					
VAC	UK3VACPES202	EXERCISE AND DIET IN WEIGHT MANAGEMENT	DR. ANANDAKUMAR V M	Tue, 07 May 2024 08:13:34 GMT	Exercise, diet and weight management are necessary components for quality life. This course opens the vistas for empowering students with the knowledge of exercise and diet in weight management. This achieved skill could help in leading a quality life and tackling discomforts. The physical, mental and social components of health are addressed through a proper weight management regime. Module:Basics of Food and Nutrients/Introduction to Weight Management/Weight Tracking and Monitoring measures/Ph
<b>Semester: 6</b>					

SEC	UK6SECPES300	ESSENTIALS OF EXERCISE AND STRENGTH TRAINING	DR. ANANDAKUMAR V M	Tue, 07 May 2024 08:14:20 GMT	Essentials of Exercise and Strength Training” is a dynamic course designed to equip young students with the fundamental principles and practical skills necessary to excel in the field of strength training and fitness. Through a comprehensive curriculum blending theory and hands- on application, students will delve into the core concepts of strength training, including anatomy, physiology, biomechanics, and exercise programming. They will learn to design personalized training programs tailored to
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