

COURSE-IV HUMAN NUTRITION

Block -1 Body Composition and Energy Requirements

Unit – 1: Body composition

Unit- 2: Body composition: impedance, imaging techniques and compartment models

Unit -3: Body compositional changes during stages of life

Unit-4: Energy metabolism

Block - 2 Macro Nutrients

Unit- 5: Carbohydrate

Unit- 6: Proteins

Unit -7: Lipids

Unit-8: Water and electrolyte balance

Block -3 Micronutrients

Unit – 9: Micro nutrients

Unit- 10: Water soluble vitamins

Unit – 11: Macro elements

Unit- 12: Trace elements

Block - 4 Recent Advance in Human Nutrition

Unit – 13: Antioxidants

Unit- 14: Phytochemicals

Unit -15: Natural food supplements

Unit-16: Nutrition and physical performance