



ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Affiliated to Mahatma Gandhi University, Kottayam
Re-Accredited by NAAC with A++ Grade in Fourth Cycle
NIRF Ranking 60 (2025) | KIRF Ranking 2 (2025) | www.teresas.ac.in

CERTIFICATE COURSE IN HEALTH AND FITNESS

Nutrition and fitness play an important role in maintaining a healthy and active lifestyle. This course is designed to introduce students and fitness enthusiasts to the fundamentals of nutrition, exercise, and overall well-being. It helps learners understand the importance of balanced nutrition and regular physical activity in achieving good physical and mental health. The course also creates awareness about healthy living and explains the relationship between nutrition and different exercise routines, enabling students to adopt better lifestyle practices.

COURSE OUTCOMES

CO1: Discuss on fundamentals of nutrition.

CO2: Describe about the macro and micro nutrients their functions, absorption and metabolism.

CO3: Discuss the role of electrolytes and fluids in the body.

CO4: Enumerate effect of exercise on body tissues.

CO5: Describe physiology of exercise with emphasis on organ systems.

Certificates will be issued by
the Department of Clinical Nutrition and Dietetics,
St. Teresa's College.

Duration
36 Hours