



SOPHIA CENTRE FOR WOMEN'S STUDIES AND DEVELOPMENT
SOPHIA COLLEGE CAMPUS, BHULABHAI DESAI ROAD
CERTIFICATE COURSE IN BASICS IN FOODS AND NUTRITION

Duration: 10 Months; COMMENCING ON 14th June 2018

Number of seats: 25 participants

Days: Tue, Wed, Thu, Fri (1.00 pm - 4.00 pm)

Fees: Rs.35, 000/- (Cheque payment in favour of

Sophia Centre for Women's Studies and Development)

Eligibility: HSC from any stream, Admission is on a first come first served basis.

- Imparts nutrition education, which is vital in today's health-conscious times
- Introduces participants to the nutritional components of any diet and their impact on health
- Instruct participants through lectures and practicals
- Offers various diet plans for altered conditions such as diabetes, hypertension, obesity, heart problems, terminal illnesses etc.
- Helps participants to develop effective meal planning
- Especially useful for people in the fields of health-care and physical fitness as well as the hospitality, food processing and beauty industries

N.B.: Registration for this course will commence from 2nd April 2018

COURSE CURRICULUM

PAPER 1

FUNDAMENTALS OF FOODS AND FITNESS NUTRITION

(With basic biochemistry of each nutrient) (Theory) 100 Marks

PAPER 2

FUNDAMENTALS OF DIET PLANNING PRACTICALS

100 Marks

PAPER 3

HOLISTIC NUTRITION THROUGH THE AGES - THEORY AND PRACTICAL 100 Marks

PAPER 4

INDIAN, GLOBAL AND INNOVATIVE PRODUCT DEVELOPMENT

(Practical) 150 Marks

PAPER 5

INTRODUCTION TO ANATOMY AND PHYSIOLOGY WITH AN EMPHASIS ON SPORTS PHYSIOLOGY (Theory) 100 Marks

PAPER 6

NUTRITION FOR FITNESS AND SPECIAL HEALTH CONDITIONS (THEORY AND PRACTICALS) 100 Marks

ANCILLARY SUBJECTS (GRADED)

1. OUT REACH NUTRITION PROGRAM (Practical)

2. CASE STUDY