

**THIAGARAJAR COLLEGE, MADURAI – 9.**  
**(Re-Accredited with ‘A’ Grade by NAAC)**  
**WOMEN’S STUDIES CENTRE**  
(From 2014 – 2015 Batch Onwards)  
**Certificate Course in Women’s Health & Fitness**

Duration: 3 Months  
Classes: 2 days /week

Hours: 2 h/ day  
Total Hours: 40

**Unit I:**

**Concept of health:** Definition of physical health, mental health, social health, spiritual health- Determinants of health, Nutrition and health: Food groups and their nutrient contribution – Basic 5 (ICMR recommended). Women’s Health – Assessment of Nutritional status of women: i) Anthropometric measurements – Height, weight, Body Mass Index (BMI), Resting heart rate, ii) Biochemical estimation, iii) Clinical Estimation and iv) Dietary survey. Significance of physical fitness and nutrition in the procedure of treatment and management of obesity, underweight, anaemia, peptic ulcer, diabetics, cardio vascular disease, disorders of bone health and cancer. Balanced Diet: Recommended Dietary Allowance.

**Practical:** Assessment of nutritional status, physiological parameters like heart rate and BP, Haemoglobin content, endurance test (Harward steps & diet counselling), Clinical examination of candidates before and after the course.

**Unit II:**

Yoga and its importance to women’s health and fitness – Surya Namaskar and its benefits – difference between asanas and physical exercises – asanas in standing and long sitting position, prone and supine position, pranayama and meditation.

**Practical:** yoga asanas in standing and long sitting position, prone and supine position, pranayama and meditation.

**Text books:**

1. Singh. V.K., and A.K. Nayak, 1997. Health Education. Common wealth Publishers, New Delhi.
2. Hazedine, 1985. Fitness for sport. The Crowood Ress Ltd., Ramsburg.
3. James and Leona Hart, 1983. 100 % Fitnesss. Goodwill Publishing House, New Delhi.
4. Chandrasekaran, K., 1999. Sound Health through Yoga. Prem Kalyan Publications, Sedapatti.
5. Kumaresan, P, 2002. Yogasanam, Abinaya Publications, Tirunelveli.

**Theory:** Continuous Assessment: – 15Marks

Summative Examination- 35Marks

**Practical:** Continuous Assessment: – 15Marks

Summative Examination- 35Marks (Documentation – 15Marks, Viva-20Marks)

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**WOMEN’S STUDIES CENTRE**  
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**Certificate course in Life Skills for Women**

Duration: 3 months  
Classes: 2 days/ week

Hours: 2 hr/ day  
Total Hours: 40

### **Life Skills for Women**

#### **Unit – I**

20Hours

Core Life Skills: 1. Self awareness and empathy- self esteem self acceptance, self growth, motivation, Time management, leadership skills 2. Critical thinking and creative thinking – techniques 3. Communication and interpersonal relationship – Intrapersonal attitude, values and body language. 4. Decision Making and Problem Solving – Techniques in personality development. 5. Stress Management and emotional intelligence – meditation and concentration techniques. Social Skills: Gender friendly strategies at home and at workplace. Knowledge skills: Government Policies on Women- women and higher education.

#### **Unit – II**

20 Hours

Computers for effective information and communication – internet and search engines -Writing skills: Reporting issues and trends on women. Documentation – Oral Narratives, Mute, Audio and Video, Script writing on women, Docu Drama, Documentary films.

Computer Apps for Home management: Online payment gateway - Small savings and investment avenues.

#### **References:**

WHO- 10core skills for Young adolescents.

Basic Managerial Skills- M. J. Mc Grath.

#### **Evaluation:**

**Theory:** Continuous Assessment: – 15Marks

Summative Examination- 35Marks

**Practical:** Continuous Assessment: – 15Marks

Summative Examination- 35Marks (Documentation – 15Marks, Viva-20Marks)