

BACHELORS WITH HEALTH AND WELLNESS AS VALUE ADDED COURSE

SEMESTER -1st to 2nd VALUE ADDED COURSE

HYS025V HEALTH AND WELLNESS

CREDITS: 02

COURSE OBJECTIVES:

- 1. To help understand the importance of a healthy lifestyle.*
- 2. To familiarize students about physical and mental health.*
- 3. To create awareness of various life style related disease.*
- 4. To provide understanding of stress management.*

UNIT I - INTRODUCTION TO HEALTH & WELLNESS (15 lectures)

- Definition and significance of health and wellness, factors affecting health and wellness (Local, Demographic, Societal).
- Balanced diet and essential component of balanced diet (Carbohydrates, Proteins, Fats, and Vitamins & Minerals).
- Malnutrition, Under-Nutrition and Over-Nutrition.
- Substance abuse and factor affecting substance abuse: Drugs, Cigarette, Alcohol.
- Mental health and factors affecting it: Stress, Anxiety, and Depression.

UNIT II- MANAGEMENT OF HEALTH AND WELLNESS (15 lectures)

- Physical Fitness, components and its health benefits.
- Modern lifestyle and Hypo-kinetic diseases: Hypertension, Obesity, Diabetes- II), Prevention and management through exercise.
- Postural deformities and corrective measures: Kyphosis, Lordosis, Sclerosis, Knock Knee, and Bowleg.
- Role of Yoga in health and wellness.
- Significance of sleep in health and wellness.

SUGGESTED BOOKS:

1. Fitness & Wellness, Werner W. K. Hoeger, Sharon A. Hoeger, Amber L. Fawson, Cherie I. Hoeger, 2019
2. Complete Guide to Fitness & Health Second Edition, Barbara A. Bushman, Human Kinetics, 2017
3. Physical effects, and maintaining, mark a. Powell, 2011
4. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
5. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.