

VAC-190: HEALTH AND WELLNESS

(Contact Hrs: 45, Credits: 3)

Course objective:

The course is designed to provide a general concept of health and its importance in wellbeing of individual, community and nation as a whole. It will provide ways and means to stay fit by adopting healthy lifestyle, indulging in physical activities such as games and sports, dance movement therapy, yoga etc. and avoiding sedentary lifestyle and alcohol, tobacco and drug abuses.

Learning outcome:

On successful completion of the course, the students should be able to understand:

1. The general concept of good health and wellness and its significance.
2. The benefit of exercises for fitness and wellness.
3. The role of parents and the community for healthy society.
4. Role of balanced diet and water in maintaining good health and wellness.
5. The significance of having appropriate life style and body weight management.
6. Sleep and its health benefits.
7. Different types of exercise for good health and overall wellness.
8. How to prevent diseases through general fitness and wellbeing.
9. Sedentary lifestyle and its harmful impact of health and wellness.
10. Prevention of cardiovascular diseases and influence of exercise in healthy ageing.
11. The harmful effects of alcohol, tobacco and drug abuse and addiction management strategies.
12. The ways of stress management and spirituality.
13. The concept of yoga and its beneficial effects in health and wellness.
14. The health benefits of dance movement therapy and different forms of dance for wellness.

Unit 1- Health-meaning, dimensions of health and their interrelationships; Importance of health for individual, family, community and nation; Spectrum of health; Definition of fitness & wellness; Components of fitness & wellness; Benefits of exercise & health; Fitness & wellness strategy; Fitness potential for popular sports; Fitness & wellness activities; Role of parents & community for the maintenance of fitness & wellness.

Unit 2- Factors affecting Health; Balanced diet and water; Life style changes & weight management; Daily Schedule effect on health and wellness; Socio-economic factors & wellness; Sleep: Definition, types & health benefits; Principles of training & physical fitness; Benefits of exercise & health, Walking exercise & fitness; Components of physical and performance related fitness; Calisthenics & health.

Unit 3- Concept on diseases; Sedentary lifestyle; Prevention of diseases through fitness & wellness; BMI; Diabetes & exercise; Cardiovascular diseases and exercise; Ageing and exercise; Contemporary health problems of youth-alcohol, drugs, use of tobacco (chewing, sniffing, smoking) & their harmful effects; substance abuse management; Addiction management; Stress management, Spiritual management; Origin of yoga, definition and scope of yoga, limitations and misconceptions; Importance of yoga; Dance movement therapy; Different forms of dance & wellness.

Suggested readings:

1. Anspaugh D and Ezell G (2012). Teaching Today's Health, 10th Edition. Pearson; UK.
2. Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
3. Clear J (2018). Atomic Habits, 1st edition. Cornerstone Digital, San Diego, California.
4. Debnath M (2007). Basic Core Fitness through Yoga and Naturopathy. Sports Publication, India.
5. Dougherty NJ et al. (2002). Sport, Physical Activity and the Law. Sagamore Pub. Champaign, USA.
6. Driskell JA and Wolinky I (2002). Nutritional Assessment of Athletes. CRC Press, Boca Raton, USA.
7. Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the way you look, feel and perform. Human Kinetics. Champaign, USA.
8. Hoeger WW and Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth, USA.
9. Kumar ER (1988). Heal Yourself With Yoga: Specific Disease. Taraporevala, India.
10. Maughan RJ Burke LM and Coyle EF (2004). Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition. Routledge, USA.
11. Siedentop D (2004). Introduction to physical education, Fitness and sports. McGraw Hill, USA
12. Singh MK and Jain P (2008). Yoga aur Manoranjan. Khel Sahitya Kendra, India.