

D. Health & Wellness, Yoga Education, Sports & Fitness

Name of the Programme: UG General Education Programmes

Course Code: VAC-114

Title of the Course: Health and Wellness

Number of Credits: 02

Effective from AY: 2023-24

Prerequisites	Nil	
Course Objectives:	<ul style="list-style-type: none"> To introduce the student to the models and dimensions of health and wellness. To familiarize students with lifestyle diseases and the need for lifestyle changes. To understand the nature of mental health and stress and its management. To enable students to manage their health and wellness via healthy eating, physical fitness and rational decision making. 	
Content:	Unit 1: Introduction to Health and Wellness <ul style="list-style-type: none"> Meaning: Models of Health - Medical and Wellness; Dimensions of Health and Wellness; Measuring Health. Lifestyle diseases; Making Lifestyle Changes: Health Belief Model, Trans-theoretical Model, Theory of Reasoned Action. Mental Health and Stress: Thoughts, Emotions, and Mental Health; Stress: Components and Management. 	15 hours
	<ul style="list-style-type: none"> Unit 2: Health and Wellness Management Healthy Eating: Components of Food; Dietary Guidelines for Eating Right; Sensible Weight Management. Physical Activity for Health: Components and Benefits. Making Decisions about Health Care: Being a wise Healthcare Consumer; Choosing a Healthcare Provider; Health Insurance. 	15 hours
Pedagogy:	Lectures/Case analysis/Assignments/Classroom interactions	
References/Readings:	Main Textbook <ul style="list-style-type: none"> G. Edlin and E. Golanty, Health & Wellness, 13th ed. United States of America: Jones & Bartlett Learning, 2019. Suggested References <ul style="list-style-type: none"> S. Anil, Ed., Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases. Boca Raton: CRC Press Taylor & Francis Group, 2017. E. Hardman and D. J. Stensel, D. J., Physical Activity and Health: The Evidence Explained, 2nd ed. London and New York: Routledge, Taylor & Francis Group, 2009. K. L. Harkness and E. P. Hayden, Eds., The Oxford Handbook of Stress and Mental Health. New York: Oxford University Press, 2020. Human Kinetics, Health and Wellness for Life. Health Textbooks. United States of America: Human Kinetics, Inc., 2010. D. C. Wood, The Economics of Health and Wellness: Anthropological Perspectives, Research in Economic Anthropology, Vol. 26. United Kingdom: Elsevier Ltd., 2008. 	
Course Outcomes:	<p>Upon completion of this course, the student will be able to:</p> <ol style="list-style-type: none"> Comprehend the models and dimensions of Health and Wellness. Understand the prevalence of Lifestyle diseases and the urgency for change. Analyze the nature of Mental Health and Stress and ways to manage the same. Elucidate on Management of Health and Wellness through mechanisms of Nutrition, Fitness and Rational decisions. 	