## 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 for the Course	Nil										
Course Objectives:	<ul> <li>To introduce the student to the models and dimensions of health and wellness.</li> <li>To familiarize students with lifestyle diseases and the need for lifestyle changes.</li> <li>To understand the nature of mental health and stress and its management.</li> <li>To enable students to manage their health and wellness via healthy eating, physical fitness and rational decision making.</li> </ul>										
Content:	<ul> <li>Unit 1: Introduction to Health and Wellness</li> <li>Meaning: Models of Health - Medical and Wellness; Dimensions of Health and Wellness; Measuring Health.</li> <li>Lifestyle diseases; Making Lifestyle Changes: Health Belief Model, Trans-theoretical Model, Theory of Reasoned Action.</li> <li>Mental Health and Stress: Thoughts, Emotions, and Mental Health; Stress: Components and Management.</li> <li>Unit 2: Health and Wellness Management</li> <li>Healthy Eating: Components of Food; Dietary Guidelines for Eating Right; Sensible Weight Management.</li> <li>Physical Activity for Health: Components and Benefits.</li> <li>Making Decisions about Health Care: Being a wise Healthcare Consumer; Choosing a Healthcare Provider; Health Insurance.</li> </ul>										
Pedagogy:	Lectures/Case analysis/Assignments/Classroom interactions										
References/ Readings:	<ul> <li>Main Textbook</li> <li>G. Edlin and E. Golanty, Health &amp; Wellness, 13th ed. United States of Americal Jones &amp; Bartlett Learning, 2019.</li> <li>Suggested References</li> <li>S. Anil, Ed., Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases. Boca Raton: CRC Press Taylor &amp; Francis Group 2017.</li> <li>E. Hardman and D. J. Stensel, D. J., Physical Activity and Health: The Evidence Explained, 2nd ed. London and New York: Routledge, Taylor &amp; Francis Group 2009.</li> <li>K. L. Harkness and E. P. Hayden, Eds., The Oxford Handbook of Stress and Mental Health. New York: Oxford University Press, 2020.</li> <li>Human Kinetics, Health and Wellness for Life. Health Textbooks. United States of America: Human Kinetics, Inc., 2010.</li> <li>D. C. Wood, The Economics of Health and Wellness: Anthropologica Perspectives, Research in Economic Anthropology, Vol. 26. United Kingdom</li> </ul>										

## Course Outcomes:

Upon completion of this course, the student will be able to:

- 1. Comprehend the models and dimensions of Health and Wellness.
- 2. Understand the prevalence of Lifestyle diseases and the urgency for change.
- 3. Analyze the nature of Mental Health and Stress and ways to manage the same.
- 4. Elucidate on Management of Health and Wellness through mechanisms of Nutrition, Fitness and Rational decisions.

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Exam	Semester End Examination	Semester End Examination April 2024 (BA)											
College	Shenoi Goembab School of Languages and Literature												
Programme	Bachelor of Arts												
Semester	Semester II												
Paper	VAC 114	Health and Wellness											
Paper Head	SEA	Max Marks	40	Credits	2								

Seat No	Student Name [PR Number]	SEA
1001	SANIKAA PUNDALIK VERLEKAR [202300036]	37
1002	TANUSHREE RAI [202300037]	26

Certified that all the sub co

(Por)Q EXAMINERS'S SIGNATURE (Pe)

HOD/Principal's Signature

Date: 18/3/25

N.B.NOTE : Department/Col of credits.

<< Absentees should be marked as 'A' (without quotes) >> 
<< Carry forward of marks should be indicated as 'CF' (without quotes) >>

		GOA UNIVERSIT	Y		
Exam	Semester End Examination	on April 2024 (BA)			
College		of Languages and Literature			
Programme	Bachelor of Arts				
Semester	Semester II				
Paper	VAC 114	Health and Wellness			
Paper Head	ISA	Max Marks	10	Credits	

Seat No	Student Name [PR Number]	ISA
1001	SANIKAA PUNDALIK VERLEKAR [202300036]	10
1002	TANUSHREE RAI [202300037]	10

Certified that all the sub components have been taken into

(or) D EXAMINERS'S SIGNATURE

18/3/25

N.B.NOTE : Department/College may kindly confirm that to of credits.

<< Absentees should be marked as 'A' (without quotes) >> << Carry forward of marks should be indicated as 'CF' (without quotes) >>

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Monday			hrs	Break	<b>Food and Beverage Operations</b>	tions
Tuesday		Fundamentals o	of Tourism	Break	<b>Food and Beverage Operations</b>	tions
			Portugal TTC 1.5			
Wednesday	Fundamentals of Accounting	of Accounting	hrs	Break	Awareness of Cyber crimes and Security	s and Security
Thursday	Fundamentals of Accounting	of Accounting	i e	Break	<b>Fundamentals of Tourism</b>	
Friday	Eng	English 2	ı.	Break	Health and Wellness	





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Signature of the Teacher

Signature of the Programme Director / Vice Dean/Dean

NOTE: (a) The students shall put their signatures against their respective names at every lecture / dass