

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 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
	Unit 2: Health and Wellness Management <ul style="list-style-type: none">• 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"> 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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GOA UNIVERSITY				
Exam	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

SEA
37
26

Certified that all the sub components have been taken into account while finalising the above marks.

(for) 

Selma Viegas
NAME OF EXAMINER

(for) 

EXAMINER'S SIGNATURE

(for) 

HOD/Principal's Signature

Date: 18/3/25

N.B. NOTE : Department/College may kindly confirm that the above details are correct with reference to paper title, paper code and number of credits.

<< Absentees should be marked as 'A' (without quotes) >>

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


GOA UNIVERSITY				
Exam	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	ISA	Max Marks	10	Credits 2

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 account while finalising the above marks.

(801) 
Selma Viegas
NAME OF EXAMINER

(401) 
EXAMINER'S SIGNATURE

(401) 
HOD/Principal's Signature
Date: 18/3/25

N.B. NOTE : Department/College may kindly confirm that the above details are correct with reference to paper title, paper code and number of credits.

<< Absentees should be marked as 'A' (without quotes) >>
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TIME-TABLE FOR AY 2023-24 (TERM II)

2023 BATCH

	9.30-10.30 AM	10.45-11.45 AM	12.00-1.30 PM	1-2.30 PM	2.30-3.30 PM	3.30-4.30
Monday			Portugal TTC 1.5 hrs	Break		Food and Beverage Operations
Tuesday		Fundamentals of Tourism		Break		Food and Beverage Operations
Wednesday		Fundamentals of Accounting	Portugal TTC 1.5 hrs	Break		Awareness of Cyber crimes and Security
Thursday		Fundamentals of Accounting		Break		Fundamentals of Tourism
Friday		English 2		Break		Health and Wellness



PROGRAM DIRECTOR
(IMBA - HTT), GBS
GOA UNIVERSITY

SCHOOL SGSLL

COURSES

(Code)

(Title)

Teacher's Name SELMA

Programme Name: BACHELORS OF ARTS (HONOURS IN FRENCH)

Academic Year 2023 - 2024.

Semester 2

Total number of lectures delivered by the teacher

during the Semester 30 hrs.

[illegible]

GOA UNIVERSITY

ATTENDANCE SHEET

SCHOOL SGSLL

COURSES

HEALTH AND WELLNESS

(Code)

(Title)

Teacher's Name SELMA VIEGAS

Programme Name: BACHELOR OF ARTS
(HONOURS IN FRENCH)

Academic Year 2023 - 2024

Semester 2

Total number of lectures delivered by the teacher

during the Semester 30 hrs

[illegible]