

Dr Ambedkar Institute of Technology, Bengaluru-56
Department of Humanities & Social Sciences
Scheme and Syllabus – OBE - CBCS – 2021 -2022

Course Title	HEALTH & WELLNESS						
Course Code	21HST109						
Category	Ability Enhancement Course (AEC)						
Scheme and Credits	No. of Hours/Week					Total Hrs./semester	Credits
	L	T	P	SS	Total		
	1	0	1	-	02	26	01
CIE Marks: 50	SEE Marks: 50	Total Max. Marks: 100			Duration of SEE: 02 Hours		

Course objective:

The definition of Health and quality of life will teach the learner the necessity for a balanced strength and well-being. The Determinants of Health and Wellness topics like Diet, Food & Nutrition, life style, bring the points of understanding. Physical health, mental health, Social Health, Spiritual health, etc is a point to learn. The adolescent chooses the food as per the taste rather than the usefulness. Warming up exercises, physical exercises, yogasanas, pranayama and certain aspects of personality development may help in going a long way to improve the health and personality of the youth.

UNIT I	5 hours
Fundamentals of Balanced Health: Health and quality of life, Definition of Health (WHO), Five Pillars of Balanced Health, Body and Mind concepts, Disease and Healing, Genetics & Environment.	
UNIT II	4 hours
Determinants of Health and Wellness: Lifestyle and Health, Sleep and health, Relaxation and Meditation, Physical Fitness and Stamina, Reproductive health and hygiene.	
UNIT III	7 hours
Seven dimensions of Health & Wellness: Physical health, Mental health, Social Health, Spiritual health, Cultural health, Moral health, Economical health.	
UNIT IV	5 hours
Healthy Eating- Diet and Nutrition: Food and Diet – Difference, Concept of DIET, Nutrition.	
UNIT V	5 hours
Physical activity and personality Development: Warming up exercise, Physical exercise, Yogasanas, Pranayama etc. Special training for the challenged students A few words on personality development (personal quality)	
TEACHING LEARNING PROCESS: Chalk and Talk, power point presentation, videos	

COURSE OUTCOMES: On completion of the course, student will be able to:

CO1: Understand the necessity for a balanced health and well-being.

CO2: know one's life style, physical fitness and stamina.

CO3: Differentiate types of health.

CO4: understand 'Food is medicine' or 'Medicine is food' concept.

CO5: Have the knowledge of yogasanas & pranayama for an overall personality.

TEXT BOOKS

1. Dixit Suresh (2006) Swasthya Shiksha Sports Publications, Delhi.
2. Pinto John and Ramachandra K (2021) Kannada version “ Daihika Shikshanada Parichaya”, Louis Publications, Mangalore.

REFERENCE BOOKS

- 1.Simplified Physical Exercises, Thathvagnani, The World Community Service Center, Vethathiri Maharshi, Vethathiri Publications, Erode, SKY Yoga.
2. Puri K. & Chandra S.S (2005) “Health & Physical Education’, Surjeet Publication, New Delhi.
3. Shanti K.Y (1987) “The Science of Yogic Breathier” Pranayama D B Bombay.s

SCHEME FOR EXAMINATIONS

Theory Question Paper Pattern:

CIE- Objective type (Max. marks: 30 marks)

SEE- Objective type (Max. marks: 50 marks)

MAPPING of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1												
CO2												
CO3												
CO4												
CO5												
Strength of correlation: Low-1, Medium- 2, High-3												