

VALUE ADDED COURSE (Health and Wellness)	
VALUE ADDED COURSE (VAC) -I	(PHE-VAC-101)
Course Objectives	<ol style="list-style-type: none"> 1. To introduce the concepts of health and wellness. 2. To provide a general understanding of balanced diet and stress management. 3. To familiarize the students regarding yoga and other activities for developing fitness and wellness.
Course Outcome	<ol style="list-style-type: none"> 1. Students will learn the concepts of health and wellness. 2. Students will learn about the balanced diet and stress management techniques. 3. Students will learn about yoga and other activities for developing their fitness and wellness.
Outline Syllabus	Health and Wellness
Credit	2
Marks	50
Contact Hrs	30
UNITS	TOPICS

Concept of Physical Education and Health

Definition, Aims and Objectives of Physical Education

Importance and Scope of Physical Education

Modern concept of Health, Physical fitness and Wellness

Unit 1

Components of wellness

Physicals components - Speed, Strength, Endurance, Flexibility and

Coordinative Abilities

Emotional component,

5. Hoeger, W.K. and S.A., Principles and Labs for Physical Fitness, Englewood Morton, 1999.
6. Maud, J.R. and Foster, C., Physiology Assessment of Human Fitness, New Delhi, 1995.
7. Mcglynn, G., Dynamics of Fitness, Madison: W.C.B Brown, 1993.
8. Muller, J.P., Health Exercise and Fitness, Delhi: Sports, 2003.
9. Shankar,G. (1998) *Holistic approach of yoga*. New Delhi:Aditya Publishers.
10. Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics Book.
11. Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, 1990.
12. Shekar,K. C., (2003).*Yoga for health*. Delhi: Khel Sahitya Kendra.

	VALUE ADDED COURSE (YOGA)
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VALUE ADDED COURSE	
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10. Swami Stayananda Saraswati, Asanas, Pranayama, Nundra & Bandhas Bihar School of yoga, Munger-2004.
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