



SNDT Women's University, Mumbai

Department of Sports and Physical Education

Health and Wellness

as per NEP-2020

Syllabus

(w.e.f. 2024-25)



SNDT Women's University, Mumbai

**Under Graduate
Co-curricular Course
Course Title: Health and Wellness
Course Credit: 02
Duration: 45 hours
Marks: 50
Mode: Offline / Online
Co-Curricular Course- Health and Wellness**

Course Title	Health and Wellness
Course Credits	2
Course Outcome	1. Apprehend the fundamental concepts of health and wellness
	2. Acquire practical tools for managing stress, enhancing emotional resilience, and implementing mind-body practices.
	3. Appreciate the critical impact of nutrition, sleep, and fitness in maintaining holistic health and wellness.
Module 1: Health and wellness (Theory 15 hours)	
Learning Outcomes	After learning the module, learners will be able to
	1. Apprehend the concept of Health and Wellness, distinguish between the two and understand the importance of both.
	2. Identify and comprehend the key Dimensions of Wellness
	3. Perceive the significance of Wellness in maintaining good Health.
Content Outline	<ul style="list-style-type: none"> • Concept of Health and Wellness • Importance of Health • Dimensions of Wellness • The difference between Health and Wellness. • Importance of Wellness in maintaining good Health
Module 2: Practical Exercise (30 hours)	
Learning Outcomes	1. Overview on Health and Wellness.

	2. Recognize the importance of warming up before physical activity to prevent injuries and enhance performance.
	3. Perceive the role of cool-down exercises in promoting flexibility, reducing musclesoreness, and aiding in recovery.
	4. Apply practical techniques to enhance physical, mental and emotional health in daily life.
Content Outline	<ul style="list-style-type: none"> • Warm up and Cool down before exercise • Posture and basics of exercise • 5 Components of Health-related Fitness <ul style="list-style-type: none"> - Body Composition - Muscular Strength - Muscular Endurance
	<ul style="list-style-type: none"> - Cardiorespiratory Endurance - Flexibility • Mind-body Practices <ul style="list-style-type: none"> - Pranayama - Meditation.

Assessment Criteria:

- 10m = Assignment/ Presentation (related to syllabus)
- 10m = MCQ Exam
- 15m = Fitness Test (Flexibility+ Strength)
- 15m = Endurance Test

Reference Book List:

- B Shrilaxmi,V Suganthi,CKalaivani Ashok (2024) Exercise Physiology Fitness and Sports Nutrition
- Mark A. Finley and Peter N. Landless (2015) Health and Wellness: Secrets That Will Change Your Life
- G. Sireesha N. Rajani (2019) Nutrition, Health and Wellness
- S.P. Nimbalkar (2019) Meditation: Easy Effortless Dhyanasadhana
- Durgadas Sawant (2020) Nisargahar: Natural Diet for healthy life.
- S.P. Nimbalkar (2017) Pranayama: An Effective Means to Mental Health

***Note:**

1. Students who have represented SNTD Women's University in the West Zone, SouthWest Zone, All India Inter University Championships and Khelo India University Games will be directly awarded marks for 2 Credits in the semesters where they have participated in the above mentioned tournaments.

