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|  **BBA644.**HEALTH AND WELLNESS MANAGEMENT |
| **Teaching Scheme** | **Examination Scheme** |
| Lectures: 3 hrs/Week | Class Test -12Marks |
| Tutorials: 1 hr/Week | Teachers Assessment - 6MarksAttendance – 12 Marks |
|  Credits: 4 | End Semester Exam – 70 marks |

# Course Objectives:

# The course aims at imparting basic knowledge to students about the importance of sound health and the parameters of good health. The course content is rich enough to give a broad overview of a healthy lifestyle, fitness management, spirituality and family connection, risk of ignorance of body composition. It also gives students the knowledge of the nutritional requirements of the body with also the techniques of stress management.

# Course Outcomes:

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| CO1 | An understanding of the requirements of a healthy lifestyle. |
| CO 2 | Knowing the body composition to avoid the risk of ignoring it. |
| CO 3 | Prioritising weight management |
| CO4 | Knowing the art of a stress free lifestyle. |
| CO5 | Techniques of disease prevention by enhancing immunity. |
| CO6 | Finding new avenues in the subject. |

**Course Content -**

**Unit-1**

INTRODUCTION- Understanding the importance of wellness, requirements of a healthy lifestyle, choice of lifestyle, personal growth, life makeover, spirituality and family connection.

**Unit-2**

FITNESS MANAGEMENT- Loving and caring your own ins and outs, regular workouts, nourishing your body by staying fit, importance of physical exercise to cut down on medicine intake, muscular strength, balance and flexibility.

**Unit-3**

UNDERSTANDING BODY COMPOSITION – Know the difference between fat, proteins, minerals and body water, Body Mass Index. Reversing the decline in strength, bone density, and muscle mass that accompanies age . Maintenance of flexible joints .Weight management.Dangers of not knowing your body composition.

**Unit-4**

NUTRITION IN THE BODY- Nutrition facts and good choices of nutrition, the vegan diet, right diet plan for different ages, causes and treatment of eating disorders.

**Unit-5**

STRESS MANAGEMENT – Symptoms of stress, ways to reduce stress , art of living in present, anger management. keeping the mind alert.

**Unit-6**

DISEASE PREVENTION AND RISK FACTORS – Common preventable diseases, identifying and treating diseases, cut risks and champion health, understanding food and health connection, home remedies to stay healthy

**Text and Reference Books-**

1. Barbara Wexler ,Health and Wellness , Farmington Hills, Mich. : Gale, Cengage Learning, edition 2016
2. Smith, Melanie, and László Puczkó. 2013. Health and wellness tourism. London[u.a.]: Routledge.
3. Hubbard, Ben, and Diego Vaisberg. 2018. Health and wellness. London : Franklin Watts, 2018. ©2018.
4. Edlin, Gordon, Eric Golanty, and Kelli McCormack Brown. 2000. Essentials for health and wellness. Sudbury, Mass: Jones and Bartlett.