

**KOLHAN UNIVERSITY,
CHAIBASA**



**Syllabus for FYUGP, NEP-2020
UG – Health & Wellness (2022 onwards)**

EXAMINATION FRAMEWORK FOR VAC-1

Paper Type	Credits	Full Marks	Pass Marks	End Semester Examination
VAC(Theory)	2	50	20	50

END SEMESTER UNIVERSITY EXAMINATION (ESE):

- For End Semester Examination (ESE 50 marks, 2Hrs Exam), there will be two group of questions. Question No.1 will be very short answer type compulsory question in Group A consisting of five questions of 1 mark each. Group B will contain descriptive type five questions of fifteen marks each, Out of which any three are to answer.

Semester-I
Course Title: Health & Wellness (VAC-1)

Course Objectives:

The prime objective of this course is to encourage youths to concentrate towards health and fitness. It will also help the students to lessen the mental tension and classroom pressure.

THEORY (02 Credits)

Unit	Content	30 Hours
Unit 1	Health & Hygiene	10 Hours
	Concept, meaning and definition of Health and Health Education Dimension of Health Disease- Types & sources Personal & Environmental Hygiene	
Unit 2	Sports Nutrition	10 Hours
	Nutrition: Meaning & definition Macro & Micro Nutrients Common sources of Nutrition Hydration, Caloric Intake & Expenditure	
Unit 3	Fitness & related terms	10 Hours
	Meaning, definition & Types of Fitness Component of Physical Fitness, Role of Physical Fitness in human performance Health Related Physical Fitness BMI & Assessment of Obesity	