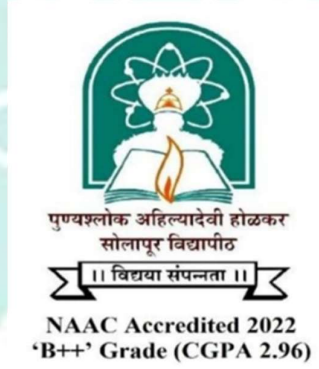


**PUNYASHLOK AHILYADEVII HOLKAR  
SOLAPUR UNIVERSITY, SOLAPUR.**



**NAME OF FACULTY:  
INTERDISCIPLINARY STUDIES UNDER –  
PHYSICAL EDUCATION**

**NEP 2020 Compliant CO-Curriculum (CC)**

**Subject: (CC-205) Health, Wellness and Fitness**

*(B.A., B.Com., B.Sc., B.B.A., B.C.A., and all Non AICTE offered UG Programs)*

**With effect from 2024-25**

**Punyshlok Ahilyadevi Holkar Solapur University, Solapur**  
**Syllabus**  
**(According to NEP 2020)**

**Faculty of Interdisciplinary Studies Under - Physical Education**  
**(B.A., B.Com., B.Sc., B.B.A., B.C.A., and all Non AICTE offered UG Programs)**

**With effect from June 2024-25**

Sem.	Paper Code	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
			Th	Pr			
II	CC-205	Health, Wellness and Fitness	15	15	20	50	2

**Evaluation Pattern (2 Credit Paper)**


Nature of Assessment	Total Marks	Minimum Passing Marks
CA	20	08
Theory UA	15	06
Practical UA	15	06

सोलापूर विद्यापीठ

॥ विशया संपन्नता ॥

NAAC Accredited 2022

B++ Grade (CGPA-2.76)

	<p align="center"><b>Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</b></p> <p align="center"><b>Faculty of Interdisciplinary Studies Under –</b>  <b>Physical Education (Semester-II)</b>  <b>NEP 2020 Complaint Curriculum</b></p> <p><b>Vertical:</b> Co-Curriculum (CC) HW-II  <b>Paper Code:</b> CC-205  <b>Paper Name:</b> Health, Wellness and Fitness</p>
<p><b>Teaching Schem</b></p> <p><b>Lectures: 02 Hours /Week, 02 Credits (01+01)</b>  <b>(Th. 01 Hrs., Prac. 01 Hrs.)</b></p>	<p><b>Examination Schem</b></p> <p><b>UA: 30 Marks</b>  <b>Theory: 15 Marks</b>  <b>Practical: 15 Marks</b>  <b>CA: 20 Marks</b></p>

**Course Preamble:**

The Health, Wellness, and Fitness program empowers individuals to adopt a holistic approach to well-being, cultivating physical, mental, and emotional resilience. This comprehensive course explores the interconnectedness of lifestyle choices, physical activity, and mental well-being, equipping students with the knowledge and skills to thrive in an ever-changing world.

- Course Objective:**
- Upon completing this Health, Wellness, and Fitness course, students will be able to:
1. Understand the dimensions of wellness (physical, emotional, mental, social, and spiritual).
  2. Develop a personalized fitness plan, incorporating cardiovascular exercise, strength training, and flexibility.
  3. Identify stress management techniques and practice mindfulness.
  4. Recognize the importance of sleep, relaxation, and recovery.

- Course Outcome**
- By the end of this course, students will be able to:
1. Assess and evaluate individual health risks and develop strategies for improvement.
  2. Design and implement a comprehensive fitness program.
  3. Apply principles of nutrition and meal planning.
  4. Demonstrate stress management and relaxation techniques.
  5. Understand the impact of lifestyle choices on overall well-being.

- Program Outcomes**
- Upon completing the Health, Wellness, and Fitness program, students will:
1. Adopt a proactive approach to health and wellness.
  2. Develop self-awareness and self-management skills.
  3. Cultivate healthy relationships and social connections.
  4. Integrate physical activity and exercise into daily life.
  5. Embody resilience, confidence, and overall well-being.

## Section I (Theory)

Hours: 01/ Week, Credits: 01 (Marks: UA: 15 & CA: 20 Marks)

<b>Unit 1: Introduction, Definition, Components Of Health.</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
1.1: Definition, meaning of Health. 1.2: Components of Health: Physical, Emotional, Social & Intellectual. 1.3: Personal Hygiene. 1.4: Function of Organization: WHO, Redcross, NIH.		
<b>Unit 2: Introduction Of Fitness and Wellness.</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
2.1: Definition, Meaning of Wellness. 2.2: Dimensions of Wellness. 2.3: Balanced Diet and its Components (Macro and Micro). 2.4: Meaning and components of Fitness.		

## Section II (Practical)

Hours: 01/ Week, Credits: 01 (Marks: 15)

<b>Unit 1: Physical Fitness Training</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
1.1 Aerobic Training: ◆ Definition and Benefits ◆ Aerobic Exercises: Running / Cycling / Brisk walking / Dancing / Skipping rope, etc. 1.2 Anaerobic Training: ◆ Definition and Benefits ◆ Anaerobic Exercises: Push ups / Pull ups / Sit ups / Squats / Burpees, etc.		
<b>Unit 2: Physical Fitness Test</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
2.1 Body Composition (BMI) Test 2.2 C.V. Endurance Test (12 min. Run or Walk) 2.3 Muscular Strength & Endurance Test (Push ups & Sit ups) 2.4 Flexibility Test (Sit & Reach)		

<b>Practical Exam</b>			<b>15 Marks</b>
<b>i) Vertical Jump Test</b>		<b>No. of Lectures: 01</b>	<b>Weightage: 05 Marks</b>
<b>Sr. no.</b>	<b>Men (inches)</b>	<b>Women (inches)</b>	<b>Marks</b>
1.	25 to 29	21 to 24	03 Marks
2.	21 to 24	16 to 20	02 Marks
3.	< 20	< 15	01 Marks
<b>b) For Technique &amp; Modern style</b>			<b>02 Marks</b>
<b>ii) 12 min. Run or Walk Test</b>		<b>No. of Lectures: 01</b>	<b>Weightage: 05 Marks</b>
<b>a) Performance chart</b>			<b>03 Marks</b>
<b>Sr. no.</b>	<b>Men (meters)</b>	<b>Women (meters)</b>	<b>Marks</b>
1.	1901 to 2300	1801 to 2200	03
2.	1501 to 1900	1401 to 1800	02
3.	< 1500	< 1400	01
<b>b) For Technique &amp; Modern style</b>			<b>02 Marks</b>
<b>iii) Sit-ups Test</b>		<b>No. Of Lectures: 01</b>	<b>Weightage: 05 Marks</b>
<b>a) Performance chart</b>			<b>03 Marks</b>
<b>Sr. no.</b>	<b>Men (1 min.)</b>	<b>Women (1 min.)</b>	<b>Marks</b>
1.	31 to 40	26 to 35	03
2.	21 to 30	16 to 25	02
3.	< 20	< 15	01
<b>b) For Technique &amp; Modern style</b>			<b>02 Marks</b>
<b>College Assessments (CA)</b>			<b>20 Marks</b>
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.			20 Marks

<ul style="list-style-type: none"> <li><b>Scheme Of Examination:</b></li> <li>Examination will be conducted at End of the Semester.</li> </ul>	
<b>Theory Paper (1 Credit)</b>	<b>Total: 15 Marks</b>
Q. 1: Multiple choice questions (04 MCQs x 1 mark)	04 Marks
Q. 2: Write short notes (Any Three x 2 marks)	06 Marks
Q. 3: Long Answer Questions (Any One x 5 marks)	05 Marks
<b>Practical Examination Conducted: (1 Credit)</b> (One Inspection Day & One Days Examination)	<b>Total: 15 Marks</b>
<p>a) A Batch of 20 students for Practical period &amp; Examination</p> <p>b) One Organizer (Internal Subject Teacher)</p> <p>c) Two Examiners Appointed by Organizer / University.</p> <p>d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc.</p>	

<b>Books Recommended:</b>	
1.	Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
2.	Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
3.	Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
4.	Measurement and Evaluation in Physical Education, Dr. Ashok Kumar Sharma
5.	शारीरिक शिक्षण मापन व मूल्यमापन, डॉ. शरद आहेर (२००९), डायमंड पब्लिकेशन, पुणे.
6.	अथलेटिक्स: राम भगवत, ट्रॅक अँड फोल्ड पब्लिकेशन, पुणे.-९.
7.	मैदानी स्पर्धा व नियम, आयोजन: उमेश तावडे, रामभागवत ट्रॅक अँड फील्ड प्रकाशन, पुणे.
8.	शारीरिक शिक्षण सेट-नेट, डॉ. सोपान कांगणे, डॉ. शरद आहेर, डॉ. श्रीकांत महाडिक, निराली प्रकाशन, पुणे.

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पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ

॥ विशया संपन्नता ॥

SVAC Approved 2022  
B-1 - Grades (C GPA-2.0-3)