

**PUNYASHLOK AHILYADEVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR.**



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

NEP 2020 Compliant CO-Curriculum (CC)

Subject: (CC-405) Health, Wellness and Fitness

For Semester-IV

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

With effect from 2025-26

Punyashlok 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 I Non AICTE offered UG Programs)


With effect from June 2025-26

| Sem. | Paper Code | Title of the Paper | Semester Exam | | | | Total Credits |
|------|------------|------------------------------|---------------|----|----|-------|---------------|
| | | | UA | | CA | Total | |
| IV | CC-405 | Health, Wellness and Fitness | Th | Pr | | | |
| | | | 15 | 15 | 20 | 50 | 2 |

पुण्यश्लोक अहिल्यादेवी होळकर
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NAAC Accredited 2022
B++ Grade (CGPA-2.98)

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|  <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्यया संयन्ता ॥ NAAC Accredited 2022 'B++' Grade (CGPA 2.96)</p> | <p>Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</p> <p>Faculty of Interdisciplinary Studies Under – Physical Education (Semester-IV) NEP 2020 Complaint Curriculum</p> <p>Vertical: Co-Curriculum (CC) HW-IV Paper Code: CC-405 Paper Name: Health, Wellness and Fitness</p> |
| <p>Teaching Scheme</p> <p>Lectures: 02 Hours /Week, 02 Credits (01+01) (Th. 01 Hrs., Prac. 01 Hrs.)</p> | <p>Examination Scheme</p> <p>UA: 30 Marks Theory: 15 Marks Practical: 15 Marks CA: 20 Marks</p> |

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| <p>Course Preamble:</p> <p>The Health, Wellness, and Fitness program for Semester IV advances foundational knowledge by integrating nutrition science, sustainable lifestyle habits, recovery strategies, and performance optimization techniques to achieve peak physical and mental potential.</p> |
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| <p>Course Objective:</p> <p>Upon completing this Health, Wellness, and Fitness course, students will be able to:</p> <ol style="list-style-type: none"> 1. Understand nutritional principles for fitness and performance. 2. Adopt healthy lifestyle habits including sleep and recovery. 3. Identify recovery methods and performance enhancement strategies. 4. Master advanced training and holistic practices for sustained wellness. |
| <p>Course Outcome</p> <p>By the end of this course, students will be able to:</p> <ol style="list-style-type: none"> 1. Apply nutritional knowledge to support fitness goals. 2. Implement lifestyle modifications for optimal health. 3. Use recovery techniques to prevent overtraining. 4. Demonstrate performance-enhancing exercises and practices. |
| <p>Program Outcomes</p> <p>Upon completing the Health, Wellness, and Fitness program, students will:</p> <ol style="list-style-type: none"> 1. Optimize Nutrition: Design balanced diets for energy and recovery. 2. Build Healthy Habits: Integrate sleep, hydration, and routines for wellness. 3. Enhance Recovery: Apply methods like foam rolling and active rest. 4. Boost Performance: Execute advanced training for strength and endurance. |

Section I (Theory)

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

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| Unit 1: Mental Health and Fitness Technology | No. of Lectures: 01 | Weightage: 07 to 08 Marks |
| 1.1: Concept, Meaning and Definition of Balanced diet. 1.2: Macronutrients and hydration. 1.3: Supplements overview (Glucose, Protein, Multivitamins etc.) | | |
| Unit 2: Lifestyle and Recovery | No. of Lectures: 01 | Weightage: 07 to 08 Marks |
| 2.1: Sleep importance. 2.2: Recovery techniques (Active rest, Passive Rest). 2.3: Basic First Aid. | | |

Section II (Practical)

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

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| Unit 1: Performance Training | No. of Lectures: 01 | Weightage: 07 to 08 Marks |
| 1.1: Progressive strength training (dumbbells, resistance bands, etc.). 1.2: Endurance circuits (burpees, lunges, planks, etc.). | | |
| Unit 2: Holistic Practices | No. of Lectures: 01 | Weightage: 07 to 08 Marks |
| 2.1: Advanced yoga (Surya Namaskar, balances). 2.2: Recovery stretches and mobility drills. | | |

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| Practical Exam | 15 Marks |
| • 10 Surya Namaskar | 05 Marks |
| • Two Exercises of Student's choice | 05 Marks |
| • Two Exercises of Examiner's choice | 05 Marks |
| College Assessments (CA) | 20 Marks |
| Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book. | 20 Marks |

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| <ul style="list-style-type: none"> • Scheme Of Examination: • Examination will be conducted at End of the Semester. | |
| Theory Paper (1 Credit) | Total: 15 Marks |
| 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 |
| Practical Examination Conducted: (1 Credit) (One Inspection Day & One Days Examination) | Total: 15 Marks |
| <p>a) A Batch of 20 students for Practical period & 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> | |

| Books Recommended: | |
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| 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. |
