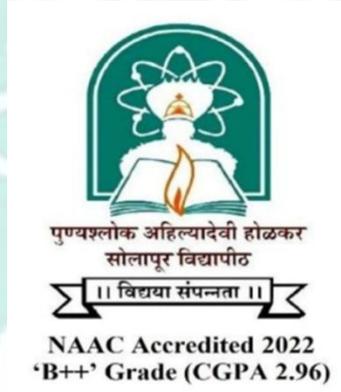


**PUNYASHLOK AHILYADEVVI HOLKAR  
SOLAPUR UNIVERSITY, SOLAPUR.**



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

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

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

**For Semester-III**

**(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 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	
Th	Pr	CA	Total				
III	CC-	Health, Wellness and Fitness	15	15	20	50	2

पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NAAC Accredited 2022  
B++ Grade (CGPA-2.96)



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
॥ विद्यया संपन्नता ॥  
NAAC Accredited 2022  
'B++' Grade (CGPA 2.96)

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

**Faculty of Interdisciplinary Studies Under –  
Physical Education (Semester-III)  
NEP 2020 Complaint Curriculum**

**Vertical: Co-Curriculum (CC) HW-III**

**Paper Code: CC-**

**Paper Name: Health, Wellness and Fitness**

**Teaching Schem**

**Lectures: 02 Hours /Week, 02 Credits (01+01)  
(Th. 01 Hrs., Prac. 01 Hrs.)**

**Examination Schem**

**UA: 30 Marks  
Theory: 15 Marks  
Practical: 15 Marks  
CA: 20 Marks**

**Course Preamble:**

The Health, Wellness, and Fitness program combines theoretical and practical knowledge to promote mental health and physical fitness. It emphasizes stress-relief techniques, injury prevention, advanced exercises, and wellness practices, integrating modern fitness technology to foster holistic well-being.

**Course Objective:**

Upon completing this Health, Wellness, and Fitness course, students will be able to:

1. To understand the concept of mental health and stress-relief techniques.
2. To explore fitness apps and devices for maintaining health and wellness.
3. To recognize common exercise-related injuries and learn preventive measures.
4. To develop proficiency in advanced exercises and wellness practices, including yoga and breathing techniques.

**Course Outcome**

By the end of this course, students will be able to:

1. Explain the concepts of mental health and implement stress-relief practices.
2. Effectively use fitness technology for tracking and improving health.
3. Identify and mitigate common exercise-related injuries through preventive strategies and basic first aid.
4. Demonstrate advanced exercises, yoga asanas, and breathing techniques for enhanced fitness and well-being.

**Program Outcomes**

Upon completing the Health, Wellness, and Fitness program, students will:

1. Promote Mental Wellness: Incorporate stress-relief techniques like meditation and deep breathing into daily routines.
2. Utilize Fitness Tools: Leverage technology, including apps and devices, to monitor and optimize fitness goals.
3. Ensure Safety: Apply knowledge of injury prevention and first aid to ensure safe exercise practices.
4. Exhibit Practical Skills: Perform advanced exercises, yoga, and wellness practices effectively for a balanced lifestyle.

### Section I (Theory)

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

<b>Unit 1: Mental Health and Fitness Technology</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
1.1: Concept, Meaning and Definition of Mental Health. 1.2: Stress relief techniques (meditation, deep breathing). 1.3: Fitness apps and Devices and Their Use.		
<b>Unit 2: Injury Prevention</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
2.1: Common Injuries During Exercise 2.2: How to avoid Injuries. 2.3: Basic First Aid.		

### Section II (Practical)

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

<b>Unit 1: Advanced Exercises</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
<ul style="list-style-type: none"><li>Simple weight training (Body Weight &amp; Free Weight Exercises) Circuit Training (Including Rope Jump, Pushups, Sit ups, Squats, etc.)</li></ul>		
<b>Unit 2: Wellness Practices</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
<ul style="list-style-type: none"><li>Yoga and stretching (Basic Yogasana with Seated/Standing Position) Breathing exercises (Deep Breathing, Anulom-Vilom, Nadishodhak Pranayama, etc.)</li></ul>		

<b>Practical Exam</b>	<b>15 Marks</b>
<ul style="list-style-type: none"><li>Two Exercises of Student's choice</li></ul>	06 Marks
<ul style="list-style-type: none"><li>Two Exercises of Examiner's choice</li></ul>	06 Marks
<ul style="list-style-type: none"><li>Any one Pranayama</li></ul>	03 Marks
<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  b) One Organizer (Internal Subject Teacher)  c) Two Examiners Appointed by Organizer / University.  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.