

2/VAC-190 Syllabus-2023

2024

(July/August)

FYUP : 2nd Semester Examination

VALUE ADDED COURSE

(Health Wellness)

(VAC-190)

Marks : 56

Time : 2½ hours

***The figures in the margin indicate full marks
for the questions***

Answer any four questions

1. (a) What is the meaning of health and what are the dimensions of health? How are these dimensions interrelated? (1+4)+3=8
- (b) Explain the importance of maintaining fitness and wellness for individuals, families, communities and nations. 6

2. (a) How do lifestyle and diet affect overall health? $3\frac{1}{2}+3\frac{1}{2}=7$
- (b) What are the socio-economic factors that affect health? 4
- (c) How do sleep patterns determine overall wellness? 3
3. (a) What steps can parents and communities take to promote health and wellness? 7
- (b) Discuss some of the most popular sports in India and comment on their fitness potential. 7
4. (a) Explain the principles of physical fitness training and its benefits. 7
- (b) What are the lifestyle changes that can positively impact weight management and health? 7
5. (a) Define the concept of disease. Discuss how fitness and wellness practices can contribute to disease prevention. 7
- (b) Explain the role of physical exercise in managing chronic conditions such as diabetes and cardiovascular diseases. 7

6. (a) Discuss the contemporary health problems faced by Indian youth. How can fitness and wellness interventions be tailored to address these challenges? $3+3=6$
- (b) Explain the harmful effects of alcohol, drugs and tobacco use on health. How can community-based initiatives help to prevent substance abuse? $6+2=8$
7. Write short notes on any two of the following : $7 \times 2 = 14$
 - (a) Yoga and fitness
 - (b) Spiritual practices that promote health
 - (c) Effects of stress on health
 - (d) Calisthenics
