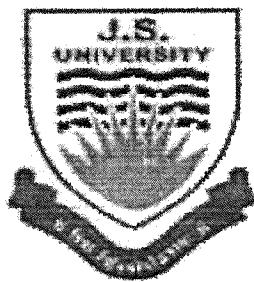


J.S. UNIVERSITY SHIKOHABAD



Value Added Course

Certificate Course in Wellness Trainer

Regulations and Syllabus

(for students admitted from 2020 - 2021 & Onwards)

Department of Physical Education

Value Added Course

“Certificate Course in Wellness Trainer”

1. Preamble

The Certificate Course in Wellness Trainer is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

4: Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

Part	Subject ,l code	Name of the paper	Total
Theory		Concepts and Methods of Wellness Training	100
Practical		Techniques of Wellness Training	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination

Syllabus

Theory

CONCEPTS AND METHODS OF WELLNESS TRAINING

UNIT I : Meaning and Definition Wellness - Components of Wellness- Need and Importance of Wellness. Factors affecting Wellness. Multi factorial causation of

Chronic diseases. Environmental and Occupational health and Wellness . Wellness Park

UNIT II : Work place. Wellness Importance of Workplace Wellness. Programmes: Onsite-Fitness Centers —,7 Smoking Cessation Programmes - Transit Option - Paramedical Services- Yoga Classes- Lunch and Healthy Snacks - Employees Assistance Programme- Naps - Wellness Challenges- Wellness Adventures.

UNIT III : Fitness Assessment and Exercise Prescription. Meaning and Definition Fitness. Types and COMponents of Fitness. Assessing Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components. Exercise Prescription for Anaerobic, Aerobic'. CitOcities. Assessing HealthRelated Fitness components.

UNIT IV : Weight Management. Health and Wellness problem for Under, Over Weight and Obesity. Principles of Eating Right. Lifestyle changes for weight management ,, Lifestyle interventions for disease management : hypertension, diabetes, he#rt disease, strap, cancer and many other chronic conditions. Impact of mental and emotional health on overall wellness.

UNIT V : Psychological Health and Recreation. Psychological Dimension of Health. Psychological Wellbeing and Wellness. Positive Psychology. Management of psychological health including stress, sleep, relationships and addictions. Behavioural change **end** wellness. Anger. Meaning , Types and Methods of Assessment and **Reduction** Recreational Games.

UNIT VI : Stress Management and Yoga. Meaning and Definition of Stress- Types and causes of Stress. Stress and Wellness. Tips for Stress Reduction. Yoga for Wellness. Mindfulness Meditation. Wellness Training: Detox Guidance- Nutrition Program- Fitness Program- Hormone Analysis.

REFERENCE

Michelle Sutton- Kerchner (2019) <http://fitnessandwellnessnews.com/health-stress-management/>

Muktibodhiartanda Swami (1998) Hatha Yoga Pradipika, The Yoga Publication Bihar.

Nanette E. Tummers (2013) Stress Management: A Wellness Approach, Human Kinetics

Rujuta Diwekar (2009) Don't Lose Your Mind, Lose Your Weight, Random House India: Mumbai.

PRACTICAL

Techniques of Wellness Training

1. Assessing Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components.
2. Exercise Prescription for Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components.
3. BMI Assessment Weight Management. Lifestyle changes for weight management
4. Assessment of Sleep and Management of Sleep Disorder
5. Assessment Anger and Reduction.
6. Recreational Games.
7. Stress Reduction through Psychological Approaches
8. Yoga and Mindfulness Meditation of Stress Reduction
9. Wellness Park .

An
Course Coordinator -
Km. Anupam
Yadan

An
Dean Academics
Dr. Akhila

Sun
H.O.D.
Ms. Shilpa
Yadan