

Physical Education and Wellness

Theories and concepts of wellness, health and self-efficacy. education and culture in the development of wellness. Holistic wellness. Social, physical and psychological wellbeing. Quality of life. Individual and Community perception. Scope of health and fitness. Lifestyle Problems conditions and diseases; Health risks and physical activity. Hazardous substances. Health care strategy for aging population. Basics and values of nutrition; Body changes and Stress management program, Preventive Health; Motivations and barriers for exercise; Counselling and psychological therapies, and Relaxation techniques and therapies