

Semester I
PART – B: PRACTICUM COURSE
BPC – 104 (B): AEROBICS

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the basic movements / exercises with different apparatus. It aims to develop rhythmic ability and coordination.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret rhythmic movements with/without music.

COURSE CONTENTS

INTRODUCTION OF AEROBICS

- Rhythmic Aerobics - dance
- Low impact aerobics
- High impact aerobics
- Aerobics kick boxing
- Postures – Warm up and cool down
- THR Zone – Being successful in exercise and adaptation to aerobic workout.

TEACHING LEARNING STRATEGIES

- The class will be taught by using demonstration, explanation, videos, learning by doing and Whole part whole method.

SUGGESTED MODE OF TRANSACTION

- Demonstration/Explanation learning by doing.

ASSESSMENT RUBRICS

- End Semester Exam (External) **Marks:25**
 (Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks: 25**
 (Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 50