

CURRICULAM PLANNER

PROGRAMME NAME	B.A. (HONS) II YEAR SEM 3
COURSE NAME	AEROBIS TRAINING (GE)
SEMESTER DURATION	JULY- NOVEMEBER

Week	Topic	Teaching Methodology	Continuous Evaluation
Weeks 1-3	Unit-I: Introduction <ul style="list-style-type: none"> ➤ Introduction to Aerobics, Evolution of Aerobics ➤ Benefits of participation in Aerobics ➤ Individualized and Group Training in Aerobics 	Using: Lectures; PPTs; Audio-visual	Practice Tests
Weeks 4-6	Unit-II: Aerobics <ul style="list-style-type: none"> ➤ Forms of Aerobics (Floor, Step, Weight and Aqua Aerobics) ➤ Appropriate Aerobic Gear, Flooring and Required Equipment ➤ Need, Benefits and Selection of Music for Aerobics 	Using: Lectures; PPTs; Audio-visual; Group Discussions;	MCQs; Q&A Sessions
Weeks 7-8	Unit-III: Group Training <ul style="list-style-type: none"> ➤ Development of Aerobic Fitness Program ➤ Group Training Methods, Group Formation ➤ Prevention and Care Specific to Aerobics-Foot Injuries, Shin Injuries, Knee injuries, Multiple Site Injuries 	Using: Lectures; PPTs; Audio-visual; Group Discussions	Q&A Sessions; MCQs
Weeks 9-10	PART B: PRACTICAL <ul style="list-style-type: none"> ➤ Develop a 5-10 minute routine of aerobics. 	Using: Group Discussions; Brainstorming	Practice Tests; Written Assignments
SEMESTER BREAK			
Weeks 11-13	PART B: PRACTICAL <ul style="list-style-type: none"> ➤ Compilation of music on a pen drive for low-impact, medium-impact and high-impact floor aerobics. ➤ Demonstrate various group formations in an aerobics routine. 	Lectures; PPTs; Group Discussions; Brainstorming	Practice Tests; Written Assignments
Week 14-15	Presentation by Student	Remedial Classes	Class Test