

Standing Committee on Academic Matters dated 17.08.2018
Annexure No.-33

35f

B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-3)

GE (H) : AEROBICS TRAINING

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I : Introduction

- 1.1. Introduction to Aerobics, Evolution of Aerobics
- 1.2. Benefits of participation in Aerobics
- 1.3. Individualized and Group Training in Aerobics

Unit-II : Aerobics

- 2.1. Forms of Aerobics (Floor, Step, Weight and Aqua Aerobics)
- 2.2. Appropriate Aerobic Gear, Flooring and Required Equipment
- 2.3. Need, Benefits and Selection of Music for Aerobics

Unit-III : Group Training

- 3.1. Development of Aerobic Fitness Programmes
- 3.2. Group Training Methods, Group Formation
- 3.3. Prevention and Care Specific to Aerobics - Foot Injuries, Shin Injuries, Knee Injuries, Multiple Site Injuries

PART B : PRACTICAL

Maximum Marks : 25

1. Develop a 5-10 minute routine of aerobics.
2. Compilation of music on a pen drive for low-impact, medium-impact and high-impact floor aerobics.
3. Demonstrate various group formations in an aerobics routine.

Assessment of Practical

Practical (Demonstration/ Performance)	:	10 Marks
Viva	:	10 Marks
Record Book on all topics of Practical	:	05 Marks

PART C : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

SUGGESTED READINGS

1. James, L. (2011). The first book of life skill. Embassy Book Distributors.
2. Kumar, M. (2000). Developing communication skills. Delhi: Macmillan.
3. Kumar, S., & Pushpata. (2011). Communication skills. Oxford.
4. Peel, M. (1995). Improving your communication skills. Kogan Page.
5. Raman, M., & Sharma, S. (2011). Communication skills. Oxford.
6. Sharma, P.C. (2008). Communication skills & personality development, NiraliPrakashan, Pune.

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15/02/18

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Kumar