UNIQUE CODE NO.             : 12555324
NAME OF THE PAPER       : Aerobics Training
NAME OF THE COURSE      : B.A. (H)/B.Com.(H)/B.Sc.(H) -Generic Elective

Instruction for students:

a) Attempt any FOUR QUESTIONS. All questions carry equal marks. Maximum Marks will be 50.

b) The duration of question paper is of 4 hours out of which the student is provided with 3 hours for answering the question paper and 1 hour is given for downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.

c) Answers may be written either in English or Hindi; but the same medium should be used throughout the paper.

1. Define what aerobics is in your own words. Explain why it is important to make it a daily habit in the context of Covid'19.

2. Explain what individualised training in aerobics is. Also describe the important points to be taken care of while managing an aerobics group.

3. It is said that appropriate flooring is a key component to ensure optimal performance in Aerobics. Explain with examples the type of flooring, and equipment that should be used to obtain optimal benefit in all four forms of aerobics.

4. Describe how music is selected for different components of aerobics. Also explain the importance and benefits of music in aerobics.

5. Describe the important points to be kept in mind while developing an effective aerobic fitness programme.
6. Inappropriate technique used while practicing Aerobics may lead to many types of injuries. Classify the types of injuries and explain the prevention and care to be adopted while performing aerobics.

एरोबिक्स का अनैतिक उपयोग करते समय अनुचित तकनीक से कई प्रकार की चोटें लग सकती हैं। चोटों के प्रकारों को वर्गीकृत करें और एरोबिक्स करते समय अपनाई जाने वाली रोकथाम और देखभाल के बारे में विस्तारस्तिकरें।