

MAR THOMA COLLEGE CHUNGATHARA

Department of Physical Education

Certificate Programmes

Yoga, Aerobics & Zumba Dance

2018-19

Mar Thoma College Chungathara

General Information:

Name of the proposed certificate program: Yoga, Aerobics & Zumba Dance

Program Director : Rajesh PK (HOD DPE)

Coarse Language :English/Malayalam

Course Type :Scheduled

Course Category :Humanities

Learning Path :Certificate

Course : Yoga & Aerobics & Zumba Dance

Number of Course : 2

Course Length :30 Hours each Course

Weekly time commitments :5 Hours

Class Times : 8 am to 9 am

Location : Aerobics hall/Yoga Center

Aerobics exercise

COURSE SYLLABUS

Course Description

Students will be provided with an opportunity to strengthen their cardiovascular system, decrease body fat, and tone and firm muscles. This course is designed to increase energy, mental clarity, and health as a part of one's lifestyle. Activity segment will incorporate high, light, and low impact movements while working on the floor, bench, dumbbell, stability ball. Three-quarters of the workout consists of a warm-up, a 30-45 minute aerobic workout, followed by a cool-down. The last quarter of the workout will be spent toning and strengthening different parts of the body, followed by a stretch segment at the end. In addition to aerobic workouts, the student will receive information on how to improve health and fitness.

Activity:

This class is an activity and participation course, therefore approximately one hour of every class will be spent exercising, and 50 percent of the student's grade will come from attendance. **Varying fitness levels** can be accommodated in this class as students will pace themselves through heart rate checks and perceived levels of exertion. Instructor will demonstrate different levels for working out and students can choose the level that will suit his or her needs.

Course Mission

The purpose of this course is to gain cardiovascular endurance, improved body composition, increased flexibility, increased muscular endurance and strength while learning how to live a fulfilling and healthy life.

Course Objectives:

- To provide students with an experience and knowledge of Yoga, aerobics& Zumba.
- For students to learn the principles of healthy eating, exercise and lifestyle choices.
- To motivate students to lead a healthy their life, one that includes regular Yoga, aerobic& Zumba exercise alone or with a group/partner.

Department Objectives:

- To learn the rules, fundamentals, skills, and strategies of Yoga aerobics& Zumba.
- To learn how to correctly execute required skills and techniques as well as to use the equipment/facilities safely.

Course Calendar

- What is aerobics? Benefits of Aerobics; Wellness.
- Being successful in exercise, Individual Differences in Exercise. The Cardiovascular System.
- Components and Principles of Fitness
- The Aerobic Target Zone; why fatness is a cycle. Overweight versus Overfat.
- Posture; Warm Up and Cool Down; Flexibility.
- Rhythmic Aerobics: Variations and Styles.
- Nutrition and Weight Control; Worksheet
- Prevention and Care; R.I.C.E. Formula.
- Skills test; Review for Exam
- Final Exam

Zumba Dance

Zumba is an exercise fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s.

Course Objectives/Learning Objectives:

At the end of this course, students will:

By the end of this course students will be able to participate in a variety of Latin based choreographed dances to create an interval workout to improve their fitness and allow them to improve/maintain their cardiovascular levels and improve/maintain body composition. Students will especially develop muscle memory in their core area in order to use the core muscles to burn fat in their workout.

Item (Name)	Type	Description
Week 1	Assessment Activity	Introduction to Course Pre-Assessments Zumba Exercises and Muscles
Week 2	Activity Discussion	Zumba Warm-up & Cool-down Fitness Benefits & Target Heart Rate
Week 3	Activity Discussion	Zumba Zumba Fitness
Week 3	Activity Discussion	Zumba Zumba Fitness Different Zumba dance

Course Description

This course will enable the student to participate in moderate Zumba group exercise that combines a fusion of high energy Latin and international music with unique moves and combinations. The student will experience dynamic routines that feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Class Objectives

Psychomotor	1. By the end of the class, the students will be able to perform Zumba movements taught in repetition during the routine	Psychomotor Assessment by teacher during routine
Affective	2. Throughout the class, students will demonstrate the safety precautions of Zumba by making sure they have enough space to do the activity and being aware of classmates around them	Visual assessment throughout class
Cognitive	3. By the end of the class, the students will know the background and history of Zumba	At the beginning of class, reviewed at end
Safety Statement	4. Throughout the class, the students will be aware of their surroundings. Make sure they have enough space for the dance moves so they do not swing their arms into anyone or trip over anyone else's feet. They will also have the correct footwear on with tied laces and most of all, drink lots of water.	Visual Assessment throughout class

a) Yoga, Aerobic Zumba Dance Equipment

Equipment Items

- 1) Steps
- 2) Dumbbells
- 3) Yoga mat

Equipment Size/Description

- :30
:1kg. No30
:20

