**Shyama Prasad Mukherji College for Women**

**Department of Physical Education & Sports**

**GE Physical Education Teaching Plan**

**Course and Year:** B.A (Hons) and 2nd Year (2022-23)

**Semester:** III

**Paper:** Aerobics Training

**Faculty:** Dr. Kumari Seema

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| **Teaching Plan** | | | |
| **Details of units along with no. of classes required to complete the units (approx):**  **PART A: THEORY**   1. **Unit I: Introduction**  * Introduction to Aerobics, Evolution of Aerobics * Benefits of participation in Aerobics * Individualized and Group Training in Aerobics  1. **Unit II: Aerobics**  * Forms of Aerobics (Floor, Step, Weight, and Aqua Aerobics) * Appropriate Aerobic Gear, Flooring and Required Equipment * Need, Benefits and Selection of Music for Aerobics  1. **Unit III: Group Training**  * Development of Aerobic Fitness Programmes * Group Training Methods, Group Formation * Prevention and Care Specific to Aerobics- Foot Injuries, Shin Injuries, Knee Injuries, Multiple Site Injuries   **PART B: PRACTICAL**   * Develop a 5-10 minute routine of aerobics. * Compilations of music on a pen drive for low-impact, Medium-impact and high-impact floor aerobics. * Demonstrate various group formations in an aerobics routine. | | 15 lectures    16 lectures  12 lectures  25 lectures | Methodology  Lecture + Group Discussion Method  Lecture + Presentation + Group Discussion Method  Lecture + Presentation + Group Discussion  Lecture + Video + Imitation Method + By Part Method |
| **Readings prescribed in the syllabus for each unit:**   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., & Pushplata (2011). *Communication Skills.* Oxford. 4. Peel, M. (1995). *Improving Your Communication Skills.* Kong Page. 5. Raman, M., & Sharma, S. (2011). *Communication Skills.* Oxford. 6. Sharma, P.C. (2008). *Communication Skills & Personality Development.* Nirali Prakashan, Pune.   **Readings, e-references to be given to students but not prescribed in the syllabus for each unit:**   1. Kaur, G; Nanda, I. K. & Ahmed, S. (2020). *Aerobics Training.* Friends Publications (India), New Delhi. 2. Agrawal, M.; Arora, S. & Singh, N (2019). *Aerobics Fitness & Style.* Friends Publications (India), New Delhi. 3. Kumari, K.; Rana, A. & Kaushik, S. (2012). *Fitness, Aerobics & Gym Operation.* Khel Sahitya Kendra, New Delhi. | | | |
| **Methodology of Teaching:**  A mixed approach of teaching is used, along with lectures following techniques are used for teaching: | | | |
| **Blackboard teaching/PowerPoint Presentations and Visual Aids** | It helps the students to understand topics in better manner. It creates a long lasting impact and acts as a good teaching aid.  Various group discussions are conducted within the class to make them better understanding the topic.  Various assignment and projects are given to students so that they can understand the application of the subject and it also encourages group participation.  Tests are conducted to prepare the students for the exam.  Students are encouraged to attend inter and intra college workshops/seminars which are conducted at various department at various levels to enhance their knowledge and to strengthen them holistically. | | |
| **Group discussions** |
| **Assignments/Projects** |
| **Tests** |
| **Workshops/Seminars** |
| **Internal Assessment : 25 marks**  Tentative date of assessments/ assignments (time frame):   1. **Two tests of 10 marks each will be conducted in the month of September and October 2022 for one hour each and the best performance will be counted.** 2. **One assignment of 10 marks will be given in the month of November and will be assessed last date for the submission will be second week of November 2022.** 3. **Attendance : 5 marks**   **Criteria of Assessment:**   1. Test: Test will be of 10 marks (As per the test score). 2. Assignment will be of 10 marks (content-7marks, pictures-2marks and 1mark for presentation).   **Assessment of Practical : 25 marks**   1. Students are assessed on the basis of their demonstration or performance (skill, understanding of the scientific concept and technique). [10 marks] 2. Viva-voce [10 marks] 3. Practical File [05 marks] | | | |