



**PUNYASHLOK AHILLYADEVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR**

**SKILL ORIENTED COURSE FOR
B.P.Ed. PROGRAMME**

**TITLE OF THE COURSE
CERTIFICATE COURSE IN AEROBICS AND ZUMBA TRAINER**

**INTRODUCED FROM
THE ACADEMIC YEAR**

2021-22

**PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY,
SOLAPUR**

Skill Oriented Course w. e. f. 2021 - 22

Title of the Course: Aerobics and Zumba Trainer Course.

<input type="checkbox"/> Eligibility of the course	: B.P.Ed. Semester - III
<input type="checkbox"/> Total credit of the course	: 04 Credit
<input type="checkbox"/> Total marks of the course	: 100 Marks
<input type="checkbox"/> Weightage to practical work (marks)	: 80 Marks
<input type="checkbox"/> Weightage to Theory work (marks)	: 20 Marks
<input type="checkbox"/> Duration of the course	: 12 weeks (60 Hours)

Aim of the course: To develop a skilled and trained aerobics and zumba trainer.

Learning Outcomes: After successful completion of this course, the students will be able to:

- 1) To enable students to become competent and committed professional.
- 2) To enable student to understand the need and importance of aerobic fitness.
- 3) To introduce and make aware about fitness program.
- 4) To enable students to design schedule.
- 5) To enable students to understand the effect of aerobics and zumba exercise on human body.
- 6) To enable students to understand and make aware about rhythm.
- 7) To make aware to give proper instructions about aerobics and zumba exercises.
- 8) To make aware about the duties and responsibilities of aerobics and zumba trainer.

Course Content:

Module 01: Introduction of Aerobics and Zumba.

- Introduction of aerobics.
- Introduction of Zumba.
- Difference between aerobics and Zumba.
- Importance of aerobics and Zumba.

Module 02: Basics of Aerobics and Zumba.

- Basic exercises in aerobics.
- Basic exercises in zumba.
- Benefits of aerobics and zumba.
- Safety measures in aerobics and zumba.

Module 03: Essentials of Aerobics and Zumba.

- Equipment for aerobics and zumba.
- Basic steps of aerobics and zumba.
- Advance steps in aerobics and zumba.
- Designing training program for aerobics and zumba.

Module 04:

- Qualities of aerobics and zumba trainer.
 - Duties and responsibilities of trainer.
 - Visits to various clubs and fitness centers.
 - Report writing.
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Course Lay out

Week	Content	Place	Hours
Week 01	<ul style="list-style-type: none"> • Introduction of aerobics and zumba • Difference between aerobics and zumba. 	Classroom	05
Week 02	<ul style="list-style-type: none"> • Purpose of aerobics and zumba training. • Qualities and duties of trainer. 	Classroom	05
Week 03	<ul style="list-style-type: none"> • Warming up exercise for aerobics. • Warming up exercise for zumba. 	Practical	05
Week 04	<ul style="list-style-type: none"> • Basic steps in aerobics. • Basic steps in zumba. 	Practical	05
Week 05	<ul style="list-style-type: none"> • Advance steps in aerobics. • Advance steps in zumba. 	Practical	05
Week 06	<ul style="list-style-type: none"> • Designing training program for aerobics. • Designing training program for zumba. 	Practical	05
Week 07	<ul style="list-style-type: none"> • Demonstration by trainer of aerobics. 	Practical	05
Week 08	<ul style="list-style-type: none"> • Demonstration by trainer of zumba. 	Practical	05
Week 09	<ul style="list-style-type: none"> • Demonstration by trainer of aerobics and zumba. 	Practical	05
Week 10	<ul style="list-style-type: none"> • Actual group class conducted by trainer. 	Practical	05

	•	Practical	
Week 11	<ul style="list-style-type: none"> • Practice and revision <ul style="list-style-type: none"> • Evaluation Process includes: <ul style="list-style-type: none"> 1. Practical Activity 	Practical	05
Week 12	<ul style="list-style-type: none"> • Evaluation Process includes: <ul style="list-style-type: none"> 2. Practical Activity 3. Viva Voce 	Practical	05
	• Theory Test or exam	Classroom	

Evaluation system or process of the course:

Sr. No.	Course Nature	Particular	Marks
01	Theory course	MCQ test at the end of the course	20
02	Practical Activity evaluation	Demonstration of skilled steps of aerobics and zumba.	60
03	Practical Activity evaluation	Performance Test Administration, Assessment (any one test)	10
04	Viva Voce	Viva Voce related to Practical Activity	10
TOTAL MARKS			100

References:

1. **Fitness aerobics: Lynne Bricks (M.D., M. P.H.).**
2. **Zumba fitness: Michelle Medlock Adams.**
3. **Sports Training: Dr. Hardayal Singh.**
4. **Test, measurement and evaluation: Dr. Kamlesh**
5. **The aerobics program for wellbeing: Kenneth H. Cooper.**
6. **Physiology of exercise: Dr. Clark.**

