

M.P.Ed. THIRD SEMESTER

OPEN ELECTIVE 3.1 – AEROBIC AND PHYSICAL FITNESS

OBJECTIVES :

On completion of the course the student shall understand the following concepts.

- Importance of Aerobics and Fitness.
- Scope of Fitness
- Role of Aerobics and Fitness in enhancing sports performance

- UNIT – I : Meaning and Definition of Aerobics and Physical Fitness.
Types of Fitness, Components of Fitness.
- UNIT-II : Methods of developing Various types of Fitness, Speed Training,
Endurance Training, Weight Training, Circuit Training,
Stretching Exercises for agility and body coordination.
- UNIT-III : Concept of Aerobics, Wellness and Aerobics, Different kinds of
Aerobic Activities, History of Aerobics Dance, Relevance of
Aerobics in present.
- UNIT-IV : Benefits of Aerobics, Psychological effects of Aerotibics,
Conditions for During Aerobics, Warm up, Main part, Warm down,
Strength workout, Choreography, Intensity, Cuing, Music. Class
Management. High and Low intensity aerobics, step aerobics and
kick aerobics.

References :

1. Sharangpani, R.C. fitness Training, Marine Sports, 1992.
2. Hardayal Singh, Sports Training methods 1998
3. Clarke and Clarke, Physical Fitness Training, 2002
4. Ann.F.Lowlin, Fitness Program Development, Human Kinetics. 2002.
5. Saggar,S.K. Physical Fitness, New Delhi : Rupa Co., 1994.
6. Muller,J.P.Health, Exercise and Fitness, Delhi : Sports 2003.
7. Bean, Anita, Food For Fitness, London : A & C Block, 199.
8. Anderson,B.Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.

B.S.M
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