

**A Career Oriented Course Syllabus
under
Ordinance- 181**

**SHIRPUR EDUCATION SOCIETY'S
SMT. H.R.PATEL ARTS MAHILA COLLEGE,
SHIRPUR DIST- DHULE**



**CERTIFICATE COURSE
IN
AEROBIC DANCE AND YOGA**

Faculty of Humanities

2018-2019

Smt. H.R.Patel Arts Mahila College, Shirpur

CERTIFICATE COURSE IN AEROBIC DANCE AND YOGA

Objectives:

- 1 To introduce Aerobic Dance and Yoga.
- 2 To make students understand the importance of Aerobic Dance and Yoga.
- 3 To enable students implement the skill of Aerobic Dance and Yoga for society service.
- 4 Learn to manage a self-owned Aerobic Dance and Yoga Centre.

Duration of the Course: 1 year

Course Structure:

Paper I: Aerobic Dance (6 Credits)

Paper II: Yoga (6 Credits)

Paper III: Practicals on Aerobic Dance & Yoga.
(Practicals and on Job Training (8 Credits))

Eligibility: 12th Std. pass or any student from UG classes

Scheme of Marking:

Paper I: Theory 100 Marks = 100 (60 External) + (40 Internal)

Paper II: Theory 100 Marks = 100 (60 External) + (40 Internal)

Paper III: Project/ Practical = 100 (60 External) + (40 Internal)

Mode of Examination: Annual (60 Marks) + Internal (40 Marks)

Certificate Course in Aerobic Dance and Yoga

Syllabus

(W.e.f. July 2018)

1. Aerobic Dance

- a) Meaning and definition of Aerobic Dance.
- b) History of Aerobic Dance.
- c) Types of Aerobic Dance.
- d) Scope and career in Aerobic Dance as an instructor.
- e) Importance of Aerobic Dance for all ages.

2. Aerobic Dance precaution.

- a) Aerobic Dance appraisal Do and don't.
- b) Importance of warm-up and cool down.
- c) Significance and maintenance of Aerobic dance room.
- d) Significance and choosing of Aerobic dance music.
- e) Medical precaution for Aerobic Dance
- f) Lesson Plan for Aerobic Dance.

3. Effects of Aerobic Dance on body system.

- a) Brief description of human body and systems.
- b) Effects of Aerobic Dance on Cardiovascular system,
- c) Effects of Aerobic Dance on respiratory system.
- d) Effects of Aerobic Dance on muscular system.

4. off the field Aerobic Dance managements.

- a) Balance diets and food requirements.
- b) Injuries and its managements.
- c) Heart rate measurement and its importance.
- d) Physical fitness components of individual.
- e) Aerobic dance for weight management.

Practical in Aerobic Dance

Syllabus

1. Aerobic Dance practical

- Warm up
- Cool down
- On the spot stepping
- Forward and backward stepping
- Sideward stepping
- Double sideward stepping
- Cross over stepping
- V shape stepping.
- Upper body aerobic dance
- Jump and stepping.
- Slow to high intense Aerobic Dance
- Individual and group Aerobic dance.
- Sequence of Exercises.
- Physical fitness components measurement.
- Preparation of lesson plan for Aerobic Dance.
- Practical lesson for Aerobic Dance.

Format of Question Paper

Paper – I Aerobic Dance

Marks: 60

Time: 2hrs.

- | | |
|---|------|
| Q.1 Attempt any Two of the following (any two out of four) | (12) |
| Q.2 Explanation full detail of answer with diagram in. (Three out of six) | (12) |
| Q.3 Write short notes on any two of the following | (12) |
| Q.4 Write the lesson plan for Aerobic dance class (two out of four) | (12) |
| Q.5 a) Identity whether true or false | (6) |
| b) Fill in blanks | (6) |

Format of Practical Paper
Paper – II Aerobic Dance

Marks: 30

Time: 1hrs.

- | | |
|---|-----|
| Q.1 Attempt any Two of the following (any two out of four) | (6) |
| Q.2 Explanation full detail of answer with diagram in. (Three out of six) | (6) |
| Q.3 Demonstration of Aerobic Dance skills with proper steps | (6) |
| Q.4 Practical lesson plan for Aerobic dance class (two out of four) | (6) |
| Q.5 a) Identity whether true or false | (3) |
| b) Fill in blanks | (3) |

Yoga

Syllabus

(W.e.f. July 2018)

1. Yoga

- a. Meaning and definition of Yoga.
- b. History of Aerobic Yoga.
- c. Types of Aerobic Yoga.
- d. Scope and career in Yoga instructor.
- e. Importance of Yoga for all age.

2. Pranayamas

- a) Meaning and definition of Pranayamas
- b) Importance of Pranayamas.
- c) Types of Pranayamas.
- d) Effects of Pranayamas.
- e) Do and don't of Pranayamas.

3. Anatomy and Physiology of Yogic Practices

- a) Postural Physiology with reference to Asana
- b) Asana - Definition and Classification, Similarities and dissimilarities between Asana and Exercise.
- c) Importance of Rechaka, Kumbhaka, Puraka.
- d) Introduction to Kriyas, Mudras and Bandhas in brief.

4. Yoga Aspects in other fields

- a) Yogic Diet, Nutrition & related Biochemistry.
- b) Yoga and mental Health.
- c) Yoga and Stress management.
- d) Yoga for weight management.

Practical in yoga

Syllabus

Practical Training	
List of Yogic Practices	
<ul style="list-style-type: none">• Pawanmuktasana• Naukasana• Viparitakarani• Sarvangasana• Matsyasana• Halasana• Bhujangasana• Ardha - Shalabhasana• Shalabhasana• Dhanurasana• Vakrasana• Ardha - Matsyendrasana• Paschimotanasana• Vajrasana• Supta - Vajrasana• Yoga Mudra	<ul style="list-style-type: none">• Utkatasana• Chakrasana• Vrikshasana• Uddiyana Bandha• Kapalbhati• Anuloma - Viloma• Ujjayi• Shavasana• Makarasana• Tadasana• Padahastana• Parvatasana• Gomukhasana• Akarna Dhanurasana• Simhamudra, Brahmamudra & Selected Kriyas• Recitaion of few Mantras & Om

Pranayama

1. Anuloma-viloma
2. Ujjayi
3. Shitali
4. Sitkari
5. Bhastrika
6. Bhramari
7. Suryabhedan

Bandhas And Mudras

1. Jalandhara Bandha
2. Uddiyana Bandha
3. Jicha Bandha

Kriyas

1. Jala Neti
2. Sutra Neti
3. Dhauti (Vamana, Danda, Vastra)
4. Nauli
5. Kapalabhati
7. Trataka

Lesson plan preparation and practical lesson for yoga

Reference:-

1. Srivastava A K "Health And Yoga"
2. Mrs.Gupta Vibha "Health Education Fitness and Yoga"
3. Pramanik T N "Yoga Education"
4. $\mu\ddot{O}\ddot{O}\hat{E}\ddot{O} \cdot \ddot{O}\beta\frac{3}{4}\ddot{O}-\ddot{O}-\ddot{O}^{\text{TM}}\hat{E}\ddot{U}\ddot{O} \langle \ddot{O}.$
5. $\mu\ddot{O}\ddot{O}\hat{E}\ddot{O}\ddot{O}\hat{A}\ddot{O}-\ddot{O} \ddot{I}\ddot{O}\ddot{I}, \ddot{U} \hat{A}\frac{3}{4}\ddot{O}\ddot{O}\hat{A}\hat{S}\ddot{O} \hat{A}\ddot{O}\hat{A}, \ddot{U}\ddot{O}\ddot{O}-\ddot{O} \times, \ddot{U}\mu\ddot{O}\ddot{O} \langle \ddot{O}.$
6. $\ddot{O}\ddot{I}\ddot{O}\ddot{O}\ddot{O}\mu\ddot{O} \ddot{O} \ddot{Y}\ddot{O}\hat{S}\ddot{O}\ddot{O} \mu\ddot{O}\ddot{O}\hat{I} \times \ddot{O}\ddot{O}\ddot{U} \frac{3}{4}\mu\ddot{O}\ddot{O}\mu\ddot{O} \ddot{O}-\ddot{O}\ddot{O}\hat{E}\ddot{O}\ddot{O}\ddot{O} \mu\ddot{O}.\hat{A}$
7. Verma., H. J., "Anatomical and Physiological Basis of Physical Education"
8. Rawat., S., A. "Handbook of Physical Education"
9. Muller., J P "Health, Exercise And Fitness"
10. Kumar Mukesh "Rules and Measurements in Sports"
11. Verma H J "Test, Measurement and Evaluation & Skill Testing in selected sports"
12. Thapar B "Health And Physical Fitness"
13. $\ddot{z}\ddot{O}\ddot{O} \times, \ddot{U} \times, \ddot{U} \ddot{U} \times \ddot{z}\ddot{O} \ddot{O} \ddot{O} \ddot{O} \hat{E} \mu\ddot{O} \frac{3}{4}\ddot{O} \ddot{O}\ddot{O}-\ddot{O}-\ddot{O}-\frac{3}{4}\ddot{O}\ddot{O}'\ddot{O}\frac{3}{4}\ddot{O}\ddot{O}\ddot{O}'\hat{E}\ddot{U}$
14. $\ddot{O}\ddot{O}-\ddot{O}\frac{3}{4}\ddot{O} \ddot{I}\ddot{O}\ddot{O} \hat{A}\ddot{O}\ddot{O}'\ddot{O}\ddot{O}\ddot{O}-\ddot{O} \times \frac{3}{4}\ddot{O}-\ddot{O}\ddot{O}-\ddot{O}-\ddot{O}\ddot{O}\hat{E}\mu\ddot{O}\ddot{O} \mu\ddot{O}\hat{A}.$

Format of Question Paper

Paper – II Yoga

Marks: 60
Time: 2hrs.

- | | |
|---|------|
| Q.1 Attempt any Two of the following (any two out of four) | (12) |
| Q.2 Explanation full detail of answer with diagram in. (Three out of six) | (12) |
| Q.3 Write short notes on any two of the following | (12) |
| Q.4 Write the lesson plan for yoga class (two out of four) | (12) |
| Q.5 a) Identity whether true or false | (6) |
| b) Fill in blanks | (6) |

Format of Practical Paper

Paper – II Yoga

Marks: 30
Time: 1hrs.

- | | |
|---|-----|
| Q.1 Attempt any Two of the following (any two out of four) | (6) |
| Q.2 Explanation full detail of answer with diagram in. (Three out of six) | (6) |
| Q.3 Demonstration of Asanas with proper steps | (6) |
| Q.4 Practical lesson plan for Asanas class (two out of four) | (6) |
| Q.5 a) Identity whether true or false | (3) |
| b) Fill in blanks | (3) |

Scheme of Marking for Internal Assessment

Paper I & II

Internal: -40 marks.

Attendance	= 05
Home Assignment	= 10
Internal Test	= 25

External: - Annual Exam 60 marks

(Paper – III)

Internal = 40

Written Test	= 10
Demonstration	= 10
Personal Interview	= 10
Practical works	= 10

External = 60

Group Performance	= 20
Personal Interview	= 20
Practical	= 20

Sr	Paper	Name of the Subj.	Theory/ Pract.	Teaching Hours	Maximum Marks allotted			Passing			Grade
					Ext	Int	Total	Ext	Int	Total	
1	Paper-I	As Above	Theory	90	60	40	100	24	16	40	6
2	Paper -II	As Above	Theory	90	60	40	100	24	16	40	6
3	Paper -III	As Above	Practical	120	60	40	100	24	16	40	8

Syllabus Approval Committee

Prin.Dr.Lata More - Dean (Faculty of Interdisciplinary Studies, NMU, Jalgaon)

Dr. Sharda J.Shitole - Principal.

Dr. Shrikant Wadile - Subject Expert

Dr. Vinay Pawar - Co-ordinator, Aerobic Dance Yoga