



ST AGNES COLLEGE (AUTONOMOUS)

Mangaluru - 575002

Re-accredited by NAAC with A+ Grade, CGPA 3.65/4 (Cycle 4)

College of Excellence by UGC, New Delhi

Star College Status by DBT, MST, Govt. of India

DEPARTMENT OF PHYSICAL EDUCATION 2022-2023

VALUE ADDED COURSE: ZUMBA AND EXERCISES



Duration: 30 Hours

Name of the Staff in charge: Mrs.Vasudha S

Designation: Physical Culture Instructor

COURSE OUTCOMES :

- GETTING INVOLVED IN ZUMBA HELPED MANY OF THEM TO BOOST THE BODY AND MAKE STUDENTS FEEL ENERGETIC
- ZUMBA BRINGS THE BODY IN SHAPE AND HELPS ONE TO FEEL RELAXED
- HELPED STUDENTS IN BUILDING MUSCLES AND HAVING FLEXIBILITY
- IT NOT ONLY FRESHENS UP OUR BODY BUT ALSO CLEARS UP OUR MENTAL HEALTH AND KEEP US HAPPY



SYLLABUS:

Unit 1: Physical Exercises

- **Zumba Exercise for daily life and Role of yoga in Fitness.**
- **Aerobics The high-and low-intensity intervals make Zumba an excellent cardio workout.**
- **Fitness Strengthen workout.**
- **Cardio Fitness Exercises.**
- **Basic fitness exercises with stretching.**

Unit 2: Health And Nutrition

- **Role of foods in fitness, importance of good protein , healthy diet.**
- **Energetic active life dimensions of health, Basic exercises, warm up and warm down exercises.**

Criteria for Evaluation:

- 1. Regular Attendance**
- 2. Interest and Involvement**
- 3. Presentation**
- 4. written test, Practical test**

Grading Pattern:

- A: 40 and Above**
- B: 30-39**
- C: 25-29**
- D: 24 and Below**