

SSD GIRLS' COLLEGE BATHINDA

AN AUTONOMOUS COLLEGE

BACHELOR OF ARTS

Session 2025-26

SUBJECT: AEROBICS, ZUMBA AND FOLK DANCE (Paper Code:----)

SEMESTER 3

Course Credits: 2

Theory: 50 Marks

Practical: 20 Marks

3 Lectures per week

Scheme of Examination

	NAME OF THE PAPER	TIME IN HRS.	EXTERNAL ASSESMENT	INTERNAL ASSESMENT	TOTAL
THEORY	AEROBICS,ZUMBA AND FOLK DANCE	1.5 HRS	50	30	100
PRACTICAL	AEROBICS,ZUMBA AND FOLK DANCE	1.5 HRS	20		
TOTAL MARKS (THEORY, PRACTICAL AND INTERNAL)(2 CREDITS)					

*Balkaran
Siroh*

[Signature]
Rajpal

	AEROBICS, ZUMBA AND FOLK DANCE PAPER CODE (-----)
SKILL ENHANCEMENT COURSE	SEMESTER-3
COURSE OBJECTIVE	<ol style="list-style-type: none"> 1. To understand basic principles and benefits of Aerobics, Zumba, and Folk Dance. 2. To Gain theoretical knowledge of different dance forms and ness 3. To identify cultural elements in Indian folk dances. 4. To demonstrate aerobic and rhythmic movement techniques in practical settings
COURSE OUTCOME	<ol style="list-style-type: none"> 1. Students will be able to understand basic principles and benefes of Aerobics, Zumba, and Folk Dance. 2. Students will Gain theoretical knowledge of different dance forms and fiteres concepts. 3. Students will learn cultural elements in Indian folk dances 4. students will learn to demonstrate aerobic and rhythmic movement techniques in practical settings
OUTLINE SYLLABUS	AEROBICS, ZUMBA, AND FOLK DANCE
CREDITS	2 (THEORY: 1, PRACTICAL: 1,)
MARKS	100 (THEORY:50, PRACTICAL:20, INTERNAL:30,)
CONTACT HRS	45 HOURS (THEORY: 15 HOURS, PRACTICAL: 30 HOURS) 15 HOURS THEORY = 1 CREDIT, (30 HOURS PRACTICAL = 1 CREDIT)
	THEORY (70 MARKS)
UNITS	TOPICS
UNIT 1	<ol style="list-style-type: none"> 1. Introduction to Aerobics: Definition, origin (Kenneth H. Cooper), and evolution, Objectives and goals of aerobics. 2. Types and Forms of Aerobics: Low-impact and high-impact an Step aerobics (equipment and technique). Floor aerobics and rayllitnic routines and Dance aerobics and freestyle nerobics 3. Introduction to Zumba: Definition, Origin and founder. Beto Perez). and evolution, Objectives and goals of zumba. 4. Basic philosophy: Latin American roots of Zumba: Salsa, Cumbia. Reggaeton, Zumba vs. Traditional Aerobics
UNIT 2	<ol style="list-style-type: none"> 1. Introduction to Folk Dance: Definition and importance of folk dance. Role of folk dance in community and identity 2. Indian Folk Dances: Theory and Tradition of Bhangra and Giddha (Punjab) Garba (Gujarat), Lavani (Maharashtra) Ghoomar (Ruth) 3. Physiological effects on body systems (cardiovascular, respinators, musculoskeletal) of aerobics, Zumba and folk dances. 4. Health and safety considerations: hydration, clothing, surface injury prevention
PRACTICAL (20 MARKS)	SYLLABUS PAPER CODE (-----)
	<ol style="list-style-type: none"> 1. Basic Aerobic Steps Practice: Step-touch, V-step, Grapevine, Hamstring Curl, Knee-lift. Jumping Jacks. 2. Zumba Routines: Music tempo management and intensity variations.

Balkrishna
Siroh

Sanjay
Rajput

	3. Folk Dance: Bhangra Basic steps: Jhummar. Luddi. Dhamaal Hand and leg coordination, use of dhol beats
SUGGESTED READINGS	1. Cooper, Kenneth. Aerobics for Fitness. 2. Perez, Beto. Zumba: Ditch the Workout. Join the Party, 3. Ministry of Culture-Folk Dances of India (website)

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Rajpal

*Balkaran
Siroh*