

# **CAREER ORIENTED ADD ON COURSE**

## **Fitness Dancing: A Fun and Effective Workout**

Name of the Certification: **Fitness Dancing: A Fun and Effective Workout**

Duration: 30 Hours

### **Instructors**

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### **Course Objectives**

Designed for students who are at the beginning/intermediate level of fitness. The student will maintain and improve cardiovascular fitness through the use of continuous rhythmic dance movements and strength building exercises. Students will be introduced to proper nutrition, weight management, and different means of fitness development.

### **Course Outcomes**

1. Demonstrate improved endurance by being able to perform vigorous, nonstop movement.
2. Demonstrate improved coordination and rhythm by being able to perform the dances taught in class;
3. Explain rules for aerobic exercise, understand bodily changes through aerobic exercise, and be able to set up your fitness program.
4. Explains and demonstrates the components of physical fitness and wellness.
5. Explain how to maintain/improve one's fitness level.
6. Explain to access one's fitness level.

## **Course Requirements**

1. 80% attendance in the class is required
2. Preparation for each class and active participation are expectations
3. Physical activity is required
4. Analysis and demonstration by instructor

## **General Outline of Topics Covered**

1. Components of fitness and Wellness
2. Principles of exercise programme
3. Concepts of Aerobic Activity
  - a. Explaining and understanding the difference between aerobic and anaerobic activity
  - b. Identifying ways of applying overload and specificity to an exercise program
4. Introducing different form of dance for fitness development
  - a. Aerobic Dance-a) Low-impact, High-impact,
  - b. Zumba
  - c. Step-aerobics
  - d. Aqua-Aerobics
5. Relationship of aerobic exercise and nutrition
  - a. Pre-exercise meals
  - b. Balanced diet
6. Basic first aid for the aerobic dancer
7. Physical fitness test and assessment

## **Types of Assignments:**

1. Written exam that demonstrates knowledge of fitness
2. Induction program for 1 weeks in any health Clubs.