

4/24/2020

Chennai

From

Dr Rahe R , Assistant Professor  
Bharath Institute of Higher Education and Research,  
Chennai

To

The Dean  
Sree Balaji Medical College  
Bharath institute of Higher Education Research,  
Chennai

**Sub: -Permission to conduct value-added course: Fitness & Zumba**

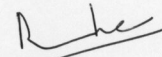
Respected sir,

With reference to subject mentioned above, the department proposes to conduct a value-added course titled: Fitness & Zumba on 5/6/2020 for a period of three weeks

We kindly solicit your kind permission to commence the program.

Warm Regards,

Course Coordinator



Dr Rahe R ,

**Sree Balaji Medical College & Hospital,**  
Chennai - 600 044

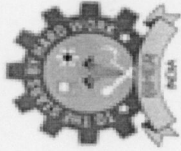
**VALUE ADDED COURSE –Fitness & Zumba**

**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Dr Rahe R , Assistant Professor

**Email ID:** Rahe.r@bharathuniv.ac.in

**Mobile number:** 9944072470



Sharath Institute of Higher Education and Research  
Sree Balaji Medical College & Hospital



SCHOOL OF ALLIED HEALTH SCIENCES

### Certificate of Participation

This is to certify that Mr./Ms. Pooja Prakash

has attended two weeks Value added Course on *Fitness & Zumba*

School of Allied Health Sciences

conducted by,

Dr. W.M.S. JOHNSON  
Dean,  
SBMCH

**Course Name:** Zumba  
**Credit and Contact Hours:** 1 credit hour – 2 contact hours  
**Catalog Description:**

Zumba is a dance-fitness class that combines fast and slow rhythms from Latin and international music. The class adheres to a specific interval pacing formula, maximizing caloric output and body toning using easy steps and high energy music. No dance experience necessary.

**I. Course Outcomes and Objectives:**

**Student Learning Outcomes:**

The student will:

- A. Improve their own cardiovascular system through aerobic exercise.
- B. Identify ways to increase muscle strength, tone and flexibility.
- C. Demonstrate a knowledge of interval training and resistance training.
- D. Gain an understanding of the long term benefits of aerobic exercise.
- E. Understand how to take and monitor heart rates while participating in an aerobic activity.
- F. Understand the four basic rhythms through participation and their synthesis level through the demonstration of a basic routine.

**Relationship To Academic Programs and Curriculum:**

The course will fulfill one credit of the Physical Education requirements. Zumba will offer a high aerobic dance-fitness opportunity that emphasizes interval pacing, maximizing caloric output and body toning.

**II. Instructional Materials and Methods:**

**Types of Course Materials:**

Handouts

**Methods of Instruction (e.g. Lecture, Labs, Seminars ...):**

Lecture and Audio Visual Aids

Lab consisting of student participation, demonstration and observation

**III. Assessment Measures (Summarize how the student learning outcomes will be assessed):**

- A. Attendance
- B. Participation
- C. Demonstration
- D. Identification of each basic rhythm musically

Rubric based

Elements include: Attendance; Participation; Recognition of music style; Application of Movements; Quizzes and Semester project.

**IV. General Outline of Topics Covered:**

The importance of physical activity and lifestyle choices to promote wellness

Procedure to take both resting and target heart rates

Exercise safety protocol

Action plan for improving daily physical activity

Music and movement for the basic four (4) rhythms

The anatomy of a song

Physiology of exercise classes

Benefits of aerobic, muscular and interval training

The history and creative development of Zumba

**Name of the Course: ZUMBA & FITNESS**

Hours: 30 hrs

Syllabus

Topic	Faculty	Hours allotted
Definition of wellness & introduction to course	Trained Staff	1 hour
The importance of physical activity and lifestyle choices to promote wellness	Assistant Professor	2 hour
Procedure to take both resting and target heart rates		1 hour
Exercise safety protocol		2 hour
Action plan for improving daily physical activity		
Music and movement for the basic four (4) rhythms		1 hour
The		2 hour

anatomy of a song			
Assessment			2 hour
Practicals			2 hour
Physiology of exercise classes			2 hour
Benefits of aerobic, muscular and interval training			1 hour
The history and creative development of Zumba			1 hour
Practicals			2hours
Diet & fitness			2hours
Various Fitness strategies in health management			2hours
Assignment			1 hour
Practicals			2 hour
Assessment			2 hour

**Sree Balaji Medical College & Hospital,**  
Chennai - 600 044

Date: 4/28/2020

**CIRCULAR**

**Notification for Value added courses**

The School of Allied Health Sciences is scheduled to offer a Value added Certificate Course on **"Fitness & Zumba"** from 5/6/2020 for a period of 3 weeks. Interested students can approach Dr Rahe R , Assistant Professor and Course Coordinator, School of Allied Health Sciences for registration and for further details on or before 5/1/2020

**Eligibility- Students of School of Allied Health Sciences**

  
DEAN

Copy to:

Vice Chancellor

Pro Vice Chancellor

Additional Registrar

Deans

CoE

Heads of Departments

## Fitness &amp; Zumba

1	SHABNAM KOUSER	U19AH06004
2	ABINA S	U19AH08001
3	GAYATHRI S	U19AH09001
4	HARSHA R	U19AH09002
5	KIRUTHIKA N P	U19AH02018
6	KIRUTHIKA S	U19AH02019
7	MOHAMED ASLAM J	U19AH02020
8	NAMITHA K	U19AH02021
9	PAVITHRA G	U19AH02022
10	PREETHI R	U19AH02023
11	SIDHIKA LAKSHMI D	U19AH02024
12	SOWMIYA K	U19AH02025
13	SUBHALAKSHMI K	U19AH02026
14	SURUTHI B	U19AH02027
15	SUVATHI R	U19AH02028
16	THIRUMAGAL M	U19AH02029
17	TOWFIQ HUSSAIN	U19AH02030
18	VIGNESHWARI E	U19AH02031
19	ABISHA P A	U19AH03001
20	AKHILA REJI	U19AH03002
21	ALEENA SAJI	U19AH03003
22	AMRITHA P	U19AH03004
23	ANAKHA A	U19AH03005
24	ANJALI S NAIR	U19AH03006
25	ANKITA SINGH	U19AH03007
26	APARNA V	U19AH03008
27	BADARISHA KHARLYNGDOH	U19AH03009
28	BHARATH KUMAR S	U19AH03010
29	BHAVYA NAIR S	U19AH03011
30	DHILSHA RAVINDRAN	U19AH03012
31	FARZANE FATHIMA	U19AH03013
32	GOKUL KRISHNA T V	U19AH03014
33	GOKUL KRISHNAN A	U19AH03015
34	HARIHARAN N	U19AH03016
35	HEMAKRISHNA E	U19AH03017
36	INDHUMATHI D	U19AH03018
37	JOEL JOHNSON	U19AH03019
38	JOTHILINGAM M	U19AH03020
39	KARTHICK A	U19AH03021
40	KARTHIKA B S	U19AH03022
41	KEERTHIKA P	U19AH03023
42	KOKILA S	U19AH03024
43	LOGA SRI S	U19AH03025



44	MAGESH M	U19AH03026
45	MATHUMITHA R	U19AH03027
46	NIRANJAN C	U19AH03028
47	NIVETHITHA K	U19AH03029
48	PAVITHRA N	U19AH03030
49	PRAVIN SHARMA R	U19AH03031
50	PRETTY MARY MATHEW	U19AH03032