

## **DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

### **AEROBICS CERTIFICATION COURSE**

The Dept of Physical Education and Sports organized a Certification Course in Aerobics and Fitness for college students. As the certification was introduced for the first time it was limited to the girl students of the college. Nearly 58 girl students enrolled themselves for the course. The Certification course was started in the initiative under “ THE FIT INDIA MOVEMENT. The course was an extension of the workshop for girls on the theme “ FITNESS FOR GIRLS”. After the interest shown by the girl students in the workshop the Department continued the theme by starting the Certification course.

The course was organized under the joint leadership of the Dept of Physical Education and Sports and The Womens Welfare Department of the college. Dr. Ashwin.R and Prof Shailaja Bhat were the coordinators for the course. The Classes were held from 3<sup>rd</sup> of January 2020 to 31<sup>st</sup> of March 2020 for 3 days a week during the morning session from 7:45 am to 8:45 am.

The course started with teaching the students basics of aerobic movements, understanding of aerobic steps, coordinating the steps, making a choreography using the aerobic steps.

The course concluded with the Certification course distribution a year late due to the ensuing Covid Lockdown closure of colleges. Students those who successfully completed the course were given the certificates on that day. Mrs.Shantala Nadkarni president of Ankola Municipality was the chief guest for the function, Mrs Namita Sarang the resource person for the certification course was the Guest on the occasion, Dr. B.V.Shettigar Principal of the college presided over the function and Dr Ashwin.R, Prof Airani, Prof Shailaja Bhat coordinated the function.



**Dr. ASHWIN.R**

**Physical Education Director.**