

**GOKHALE CENTENARY COLLEGE,  
ANKOLA (U.K)**

**Department of Physical Education and Sports in association with  
Namita's Femme Fitness, Karwar**

**REPORT ON ONLINE AEROBICS COURSE**

**5th May to June 10th 2021**

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## A BRIEF REPORT

The Dept of Physical Education and Sports organized a online Aerobics course for college students of Ankola Taluk. Nearly 250 students enrolled themselves in the group and nearly 50 students attended the online classes daily. The enrollment was done by providing link to the students to enroll. The Classes were held from 3<sup>rd</sup> of May 2021 to 4<sup>th</sup> of June 2021. The classes were held in the evening hours from 4:30 pm to 5:30 pm.

Mrs Namita Sarang Group Fitness Expert was the resource person for the course along with Miss Samata and Miss Harshita along with Dr. Ashwin.R engaged the classes.

The course had topics related to teaching the basics of aerobic movements, understanding of aerobic steps, coordinating the steps, making a choreography using the aerobic steps.

The 21 days course was held in order to bring the girls out of boredom due to the inactivity they had due to covid lockdown. The resource persons also stressed upon taking up opportunities in the Fitness sector as Career opportunities.



**Dr. ASHWIN.R**