



Department of Physiotherapy, Teerthanker Mahaveer University

welcomes applications for Value Added Courses.

Name of the Value Added Course: Aerobic Training

Who should apply?

The Master in Physiotherapy first semester students and undergraduate & postgraduate students of any other stream, as applicable

Course Duration: Minimum contact hours : 16 hours

Assessment through Assignments would be conducted at the end of the programme

Value added Courses Objectives:

- To develop insight into various values that necessarily helps one in professional development.
- To gain knowledge and skills that would help the student understand the core course in a more efficient way.

Value added Courses Highlights:

- Learning about the basic concepts of aerobic energy system and its influences
- Learning the approaches to aerobic training

Course Content:

- Concepts of aerobic training and its benefits, heart rate training zone concepts , aerobic training tempo to applied aerobic energy systems
- Physiological responses to aerobic training and types of aerobic training

NOTE: *If the registration in the above mentioned course is less than 10, the course shall be withdrawn from being functional.*