

Date: September 27, 2010

- I. Course Prefix and Number:** PE 168
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.

II. 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.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> oral communications | <input type="checkbox"/> citizenship |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> global concerns |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> information resources |
| <input checked="" type="checkbox"/> problem-solving | <input type="checkbox"/> professional competency |
| <input type="checkbox"/> computer literacy | |

III. 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

IV. 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.

V. General Outline of Topics Covered:

Definition of wellness

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