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:

- [ ] writing
- [x] oral communications
- [x] reading
- [ ] mathematics
- [x] problem-solving
- [ ] computer literacy
- [ ] ethics/values
- [ ] citizenship
- [ ] global concerns
- [ ] information resources
- [ ] professional competency
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