

Las Positas College
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**Course Outline for KIN ZUM1
ZUMBA FITNESS WORKOUT 1
Effective: Fall 2016**

I. CATALOG DESCRIPTION:

KIN ZUM1 — ZUMBA FITNESS WORKOUT 1 — 1.00 - 2.00 units

Zumba is a Latin-inspired, dance-fitness workout class that incorporates Latin American inspired music, along with jazz, hip hop, pop, country and African inspired international music. Zumba workouts will use choreographed steps and movements to form a fitness based calorie burning dance workout.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Physical Education

Family: Kinesiology Zumba

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Explain basic principles of Zumba dance exercise.
- B. Perform dance movements in Latin and international rhythms
- C. Describe cardiovascular conditioning principles and benefits.
- D. Calculate and monitor exercise heart rate.
- E. Analyze perceived levels of exertion during aerobic exercise.
- F. Identify working muscles by name.
- G. Differentiate between safe and contraindicated exercises .
- H. Perform resistance and stretching exercises.

V. CONTENT:

A. Explanation and demonstration of basic principles of Zumba Dance Fitness

1. Latin Rhythms
 - a. Salsa
 - b. Merengue
 - c. Cumbia
 - d. Reggaeton
 - e. Cha cha
 - f. Samba
 - g. Tango
2. International Rhythms
 - a. Rumba flamenca
 - b. Belly dance
 - c. Bhangra
 - d. Ska Punk
 - e. Greek
 - f. Russian
3. Musicality
4. Choreography
 - a. Structure
 - b. Recognition and repetition
5. Formula
 - a. Basic dance steps
 - b. Arm variation
 - c. Fitness variation
 - d. Direction, rhythm and beat variation

- B. Fitness and Activity
 - 1. Cardiovascular Fitness
 - a. Definition of aerobic exercise
 - b. Components of aerobic exercise
 - c. Benefits of aerobic exercise
 - d. Basic nutritional concepts as they relate to aerobic exercise
 - e. Methods of measuring aerobic exercise intensity
 - f. Target heart rate calculation
 - g. Rate of perceived exertion
 - 2. Basic applied anatomy and kinesiology
 - a. Muscles used in Zumba
 - b. Slow twitch and fast twitch muscles
 - c. Anatomy chart of muscles
 - 3. Physical activity
 - a. Components of an effective warm-up
 - b. Aerobic segment
 - c. Components of an effective cool down
 - d. Muscle toning and strengthening exercises
 - e. Stretching exercises
 - f. Body awareness techniques
 - 4. Proper form and injury prevention
 - a. Safe and contraindicated exercises
 - b. Modifications and progressions for appropriate fitness level

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. **Critique** -
- C. **Student Presentations** -
- D. **Guest Lecturers** -
- E. **Observation and Demonstration** -
- F. **Individualized Instruction** -
- G. **Classroom Activity** -

VII. TYPICAL ASSIGNMENTS:

- A. Warm up, stretch and strengthening exercises
- B. Practice Zumba dance steps
- C. Learn new choreographed Zumba fitness workouts
- D. Monitor heart rate and use heart calculations to assess aerobic progress before and after exercise
- E. Log Heart rate progress in fitness log
- F. "Pre" "Mid" and "Post" fitness assessment testing will be done to assess fitness level and progression
- G. Quizzes or demonstrations on dance principles, muscle groups, or nutritional concepts as needed
- H. Read class handouts and/or assigned reading of chapters in text
- I. Quizzes as necessary
- J. Performance and demonstration of Latin and international dance movements
- K. Mid term and final exam

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Class Participation
- 4. Class Work
- 5. Class Performance
- 6. Other:
 - a. Pre, Mid, Post Physical Fitness Assessments will be conducted. The pre-test will be conducted during the first two weeks of the semester and the mid test will be conducted during the seventh or eighth week of the semester the post test will be conducted the last two weeks of the semester.

B. **Frequency**

- 1. Active class participation at all classes will be observed and noted on attendance records(daily)
- 2. Pre, Mid, and Post Physical Fitness Assessment will be done to assess fitness levels (three times per semester)
- 3. Mid term exam (one mid term 7-8th week of the semester)
- 4. Weekly/Biweekly quizzes or class room demonstration/performance by students as needed to track student progress
- 5. Final exam at end of semester (1 final exam during finals week)

IX. TYPICAL TEXTS:

- 1. Bishop, Jan. *Fitness through Aerobics* . 9th ed., Benjamin Cummings Publisher, 2013.
- 2. Delavier, Fredric. *Strength training Anatomy*. 3rd ed., Human Kinetics, 2012.
- 3. Maggie Greenwood -Robinson. *Zumba: Ditch the workout, join the Party! The Zumba Weight Loss Program*. 0 ed., Wellness Central, 2009.
- 4. Clippenger, Karen. *Dance Anatomy and Kinesiology*. 2nd ed., Human Kinetics, 2016.
- 5. Instructor prepared materials

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. 1. Towel 2. Fitness attire 3. Water bottle 4. Dance shoes or tennis shoes