

Become a Zumba Instructor

Before Beginning:

Why

Becoming a Zumba Instructor has something that I've wanted to do for the longest time. I love dancing and I love being surrounded by people. I have always put it off because I always put excuses. I would always say that I didn't have time, that I didn't have enough money, that I wasn't good enough. But then I realized that with that attitude all of those things are true. But I figured that if I prioritize this a bit better, I could get it done.

Why do this now? Because I want to do it and because I told people that I will do it so there is some sort of accountability there.

How

The steps to becoming a Zumba instructor

- Start exercising to have a better stamina
- Research the process on how to become a Zumba instructor/Talk to people
- Let myself be creative and challenge myself to make up different dances
- Sign up to get certified
- Go and get certified
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What

- Become Zumba Instructor

More information below

(I'm organizing it this way so I can have an idea of how I would organize the project if I was the project manager of a team...even though I don't have a team. I am using the knowledge areas)

Project Statement

Project Scope - "The work that needs to be accomplished to deliver a product, service, or result with the specified features and functions" [PMBOK]

This project is for me to become a certified Zumba instructor. By becoming a certified Zumba instructor I will be able to make Zumba youtube videos and teach Zumba classes. This project will be completed March 6 2020 when I go in to get certified. Some steps that I will need to go through are constant fitness training to become fit, creating a savings plan for the cost of the certification and constant practicing.

Project Deliverables

- Weekly progress notes
- Videos of dances created

Project Success - The project will be deemed successful if I receive my certification.

Project Schedule (PMBOK) (Broken down to better understand it)

Define Activities -

- Save \$225 before March 1, 2020
- Workout three times a week
- Prepare at least 5 different choreographies
- Sign up to receive certification
- Talk to people for advice
- Research process as to how become an instructor
- Research opportunities to teach
- Get CPR certified
- Go get my Zumba certification

Sequence Activities -

- Workout three times a week
- Research process as to how become an instructor
- Talk to people for advice
- Save \$225 before March 1, 2020
- Prepare at least 5 different choreographies
- Sign up to receive Zumba certification
- Get CPR certified
- Research opportunities to teach
- Go get my Zumba certification

Estimate Activity Duration -

- It is definitely hard to test how long it will take me to become fit. But if I am consistent, I am sure I will be good enough for the time to get my certification comes along. But I should exercise three times a week for 1 hour.
- The Zumba certification day will last from 8am-6pm
- The CPR certification day will last for one hour
- The plan for making up choreography is to spend 30 minutes, Mondays and Wednesdays before I go to class and whenever I feel like doing it.
- Researching opportunities to teach will vary from 1 to 2 hours

Develop Schedule -

Control Schedule -

- If I need to update my project I will rewrite my schedule

Project Cost (PMBOK) (Broken down to better understand it)

Estimate Costs - The price for getting your Zumba certification is 225\$, so that is how much is needed.

- Plus the car ride to get my certification. Drive is around 1.5 hours so gas will probably be 15\$
- It cost about 88\$ to get CPR certified which I need to have as well in order for me to do classes (unless I just start off doing Youtube videos.
- So in total 240\$ without CPR certification (Youtube videos only)
- Total 328\$ with CPR certification

Determine Budget - Budget is based upon the cost for this project.

Control Costs - The way I will monitor the costs will be to constantly check and see if the price to get my Zumba certification doesn't change.

- The goal is to earn half of the cost one month and half the cost the other month since I will have two months to earn that money to get my certification.

Project Quality (PMBOK) (Broken down to better understand it)

Plan Quality Management (process of identifying quality requirements and/or standards for the project and its deliverables, and documenting how the project will demonstrate compliance with quality requirements and/or standards) -

- I should be able dance for a period of at least 50 minutes without stopping

Manage Quality (process of translating the quality management plan into executable quality activities that incorporate the organization's quality policies into the project) -

- Project documentation: weekly process notes, videos of dances created (during the process)

Control Quality - review videos created of the same song

Project Resources (PMBOK) (Broken down to better understand it)

Estimate Activity Resources - This part is very simple because really all I need is my laptop to do exercises. If there are no workout classes available for me to go, then I will just go on youtube and search out workout videos that will raise my heart rate.

Acquire Resources -

- Resources already acquired to complete this: laptop

Develop Team - Not Applicable

Manage Team - Not Applicable

Control Resources (process of ensuring that the physical resources assigned and allocated to the project are available as planned)-

- In order for me to use my laptop to search of workout videos, I need wifi. And so I need to make sure that I am in a place where my laptop can connect. One option is my house or a recreational place. My phone also has unlimited data and a hotspot that I could connect my laptop. So as long as I have my phone, I will be fine searching up videos
- To record videos I don't really need internet

Project Communication (PMBOK) (Broken down to better understand it)

Communication is a bit tricky since this is a one person project. One thing that I would have to make sure is that I keep track of my progress.

Project Risk (PMBOK) (Broken down to better understand it)

Identify Risks -

- I could sprain something if I am not careful or get hurt in general
- I might not get the money and or fail the certification test
- I might be late to the certification/might not make it

Plan Risk Responses -

- Have the right gear, most importantly, have the right shoes so no accidents happen.
- Make sure I stretch so I don't pull a muscle
- Find a job that will certainly give me the amount of money I need
- Make sure I leave the house earlier so I don't miss my certification test

Plan Procurement Management - Sellers include those that will provide that CPR and Zumba instruction service

Conduct Procurements - I will get a response after they respond back with a receipt of the purchase

Control Procurements - My email will be the one that will keep track of all the information that I will receive from those classes.

Process Notes

How I'm starting out - I really love to dance, so trying my best won't be the hard part of all of this. The hard part is for me to become fit to be able to one day teach an hour long class. A year ago I used to go to Zumba class every week, but these past couple semesters I have become a bit more lazy to go to the class offered.

Week 1 - This first week I decided to start by going to a latin jam fitness class here at school. Since the plan is to go three times a week, I decided to go Monday, Wednesday and Fridays. The first day was a bit hard since I haven't really exercised in a long time. It was equally hard the second day and third. But because I enjoy dancing, I was able to push through it. One of the biggest struggles I had this week was to go the second and third day to the class. It's true, I do get lazy, especially when I'm the only one going and I really have no one to keep me accountable and especially when it's at night and I have class early morning.

Week 2 - This week was way easier than the previous week. The dances have become a bit too easy for me so now when I go I try to push myself a bit more. For example, if the dance required us to do squats. I would do my squat but I would jump every time I came back up. It's crazy how by just being consistent with exercising, you can last longer doing something. In this case, Zumba dancing. To fix the previous problem of me getting lazy, I found a solution. So I decided to just stay on campus until the class started, which was 9pm. So I would stay home until 5pm and just do homework until 8:30pm, get changed and be ready for my 9pm Zumba class. That was easier this week because the class was literally right there.

Week 3 - This week I did go to two of the Zumba classes, but I switched it up a bit. So I went Monday and Wednesday, but instead of exercising Friday I exercised on Thursday and decided to go to a cycling class. Oh my goodness! That really did test out my breath. I learned when you're doing something that's like high fitness, you tend to forget to breath and so that's why you start getting headaches. At moments I did feel like I was going to pass out and I would have to stop for like a minute to focus on my breathing before continuing. It really pushed me out of my comfort zone for sure. Even though I know that Zumba might not get this intense, it really helps to be above the 'fitness level' you need to be for Zumba, because then I will be able to teach a class better.

Week 4 - First simple workout completed! This work out is related to arms. It is pretty easy but it really does work out your arms. The video can be seen in the photo booth app. That is pretty much all I did. This week was rough because it was Thanksgiving week and so I didn't really work out. But this isn't a super big problem since I still have some flexibility to become more fit since the certification day is until March and before I even started this workout journey, I was able to almost do all the dance exercises in Zumba classes I would attend.

Week 5 - It was a bit hard to get back into the groove of things because I didn't really exercise last week. And so I only worked out two times this week, but I worked on my Zumba dances this week, which was either way a workout in its own. This week was more fun because I really focused on my dances. Sometimes my 20 minute dance practice would turn into a 40 minute practice. This project has become a bit easier for me because I really enjoy it. This shows me that that is why it is so important to enjoy what you do. We go back to that presentation that I gave on motivation. If motivation isn't very high, then there is a likelihood chance you won't do it.

Week 6 - This week was very great. Even though I had a lot of things going on, I still managed to make time to practice my dances. I kind of transition a bit from going out and working out to making up dances. Those practices are still a great work out. I am starting to feel more and

more adequate to teach a class. Recently I've been talking to a friend from back home and suggested that it would be a good idea for me to teach a Zumba class some time next year. I think that would be a great opportunity to boost my confidence in a situation where the pressure isn't very high.