

## **COURSE OUTLINE** **Zumba I**

### **Course Description**

PE 115. Zumba I. 1 hour credit. This course will enable the student to participate in moderate Zumba group exercise that combines a fusion of high energy Latin and international music with unique moves and combinations. The student will experience dynamic routines that feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

### **Course Relevance**

Zumba activity courses in physical education provide the student with the opportunity to actively participate and increase awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being.

### **Required Materials**

None.

### **Learning Outcomes**

The intention is for the student to be able to

1. Demonstrate techniques for performing specific Zumba routines
2. Demonstrate improvement in cardiovascular efficiency

### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Health Management
  - The student will apply a physically active lifestyle that helps establish the foundation of the practical principles necessary for a lifetime of successful health management.

Secondary skills (developed but not documented):

Self-Concept  
Time Management

### **Major Summative Assessment Task**

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Completing moderate Zumba routines and movement combinations
2. Comparing resting heart rate at the beginning of the course with the end of the course

## **Course Content**

- I. Themes – Key recurring concepts that run throughout this course:
  - A. Health benefits of fitness lifestyle involving Zumba activities
  - B. Proper form and techniques for moderate Zumba exercise routines
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Applying the intrinsic motivation to maintain a lifestyle of physical activity
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Identifying the physiological advantages to regular Zumba exercise
  - B. Explaining how Zumba aids with injury recovery, sports performance, good posture and optimal health
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
  - A. Performing combinations on cue
  - B. Demonstrating proper techniques for stretching, warm-up and cool-down

## **Learning Units**

- I. Techniques for performing floor work routines
  - A. Performing Zumba routines on cue
  - B. Proper techniques for warm-up and cool-down
- II. Concepts relative to the subject of Zumba
  - A. The mind and body benefits of dance and fitness
  - B. Sports performance and injury recovery benefits
- III. Demonstrating improvement in cardiovascular efficiency

## **Learning Activities**

Learning activities will be assigned to assist the student to achieve the intended learning outcomes through lecture, instructor-led class discussion, guest speakers, group activities, drills/skill practice and others at the discretion of the instructor.

## **Grade Determination**

The student will be graded on assessment tasks, daily activity class participation, skill demonstration, and other methods of evaluation at the discretion of the instructor.