



PE 1011

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1011

Title: Zumba

Catalog Description:

This course offers an aerobic and muscle conditioning fitness class utilizing the Zumba program to improve fitness and promote a healthy lifestyle. Repeatable for credit.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Offered for Non-Credit: Yes

Prerequisites: None

Corequisites: None

Justification:

This course offers a fun, safe, and effective workout to encourage a healthy lifestyle. It transfers to each of the four year institutions in the Utah System of Higher Education as elective credit. The program is supported by the Aerobics and Fitness Association of America and the American Council on Exercise.

Student Learning Outcomes:

Students will know the following fitness/wellness principles:

- Proper and safe biomechanics of specific exercises and stretches.
- Basics of Zumba aerobics program.
- Fundamental fitness guidelines to promote a healthy lifestyle through exercise.

Content:

Students will participate and learn in an aerobics class format designed for cardiovascular, muscle, and flexibility conditioning. The Zumba program teaches easy-to-follow steps/movements to four basic Latin rhythms to create a fun and dynamic fitness program.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Students will know strategies for applying fitness principles to lifestyle choices by participating in the Zumba aerobics program. Students are evaluated and given feedback by the instructor during their class participation.

Key Performance Indicators:

Students are assessed by the following approximate values:

Attendance and participation 100%.

Students are evaluated and given feedback by the instructor during their class participation.

Representative Text and/or Supplies:

No text required. Exertube used for strength and toning available in class.

Optimum Class Size: 40

Maximum Class Size: 40

Signatures:

I hereby submit this course syllabus:

Donna Birk, MS, Adjunct Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)