

PHED 1140 – Zumba --1 CREDIT

SYLLABUS

CATALOG DESCRIPTION

Zumba is a fusion of body sculpting movements and easy to follow dance steps to the tune of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total toning (www.danceandfit.com). Meets physical Education activity requirements for AA degree.

Prerequisites:

None

Semester Offered:

Fall, Spring

Common Student Learning Outcomes

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

Broad and Specialized Learning

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

Critical Thinking

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

Cultural and Civic Engagement

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

Effective Communication

Students will exchange ideas and information with clarity in multiple contexts.

Information Literacy

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

Integrating Technologies

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

Course Learning Outcomes

Upon successful completion of the course, the student will be able...

- Demonstrate a variety of Latin based choreographed dances
- Demonstrate the use of lightweight toning sticks/weights

- Create an interval work-out to improve fitness
- Show improved cardiovascular levels and body composition