J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 110 Credits: 1

Course Title: Zumba

Course Description: Focuses on Latin rhythms, dance moves, and techniques in Zumba. Utilizes physical activity, cardiovascular endurance, balance, coordination, and flexibility as related to dance. Laboratory 2 hours. Total 2 hours per week.

Course Purpose: This course emphasizes development of safe, sequential, movement skill acquisition designed to increase cardiorespiratory fitness and flexibility through the practice of endurance-based activities. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:
None

Course Objectives:
Upon completing the course, the student will be able to
a. Discuss basic Zumba history;
b. Demonstrate proper dance steps specific to Zumba by completing moderate Zumba routines and movement combinations;
c. Demonstrate proper body mechanics within various Zumba formats;
d. Demonstrate improvement in one’s level of cardiovascular fitness, strength, and flexibility by comparing a basic fitness assessment at the beginning of the course with the end of the course;
e. Discuss the concepts of core strength, range of motion, and balance using abdominals, back, and oblique muscle groups;
f. Develop and/or refine personal wellness goals; and
g. Develop and/or identify personal exercise/wellness goals using exercise basics and the SMART method.

Major Topics to Be Included:
a. SMART planning method
b. Zumba history
c. Zumba rhythms and body mechanics
   1. Cumbia
   2. Samba
   3. Salsa
   4. Flamenco
   5. Belly dancing
   6. Meringue
   7. Hip hop
d. Zumba combinations/formats
e. Basic fitness assessment
f. Cardiovascular strength and endurance

Effective Date of Course Content Summary: August 14, 2015