

## **Dakota College at Bottineau Course Syllabus**

**Course Prefix/Number/Title:** HPER - 29773 - ZUMBA Fitness

**Number of credits:** 0.5

### **Course Description:**

This fitness course offers invigorating Latin and international dance rhythms to challenge your mind, body and soul!

### **Pre-/Co-requisites:**

A medical release from their doctor if a student has had recent surgery and/or physical therapy. If a student has any physical limitations, poses and stretches will be modified to accommodate their physical needs.

### **Course Objectives:**

ZUMBA classes create a party-like atmosphere! By combining high-energy and motivating music with unique moves and simple, easy-to-follow combinations, the participant can dance, reap the fitness benefits and have a blast.

**Instructor:** Crystal Grenier; NASM-CPT, AFAA, PM, PR, YogaFit, Zumba Fitness

**Office:** None

**Office Hours:** Available upon request to meet

**Phone:** (cp) 701-550-9531 or (hp) 246-3588

**Email:** crystal.grenier@dakotacollege.edu

**Lecture/Lab Schedule:** Thursday: 3:00 pm in the gymnasium

**Textbook(s):** None

### **Materials of Instruction:**

Please wear comfortable clothing for exercise (no jeans). Get a good lightweight tennis shoe for dancing (not a lot of tread on the bottom). Don't forget your water and a towel!

### **Course Requirements:**

Your class participation will be based upon a point system. Each class session is worth 5 points. We have 16 classes in the Spring Semester. You have 80 points total to receive an A in this class. So depending on how many classes you miss, points will be calculated and your grade will be determined on a point scale; (100 to 90 = A; 89 to 80 = B; and so on). You must participate fully in all classes and complete a Health History Questionnaire.

**Tentative Course Outline:**

- Weeks 1-6: Learn and practice 4 basic Zumba movements/dances. Start with slower versions and move into faster pace tempos. Learn how to let your body relax and move with individual freedom.
- Weeks 7-12: Learn and practice 4 more Zumba movement/dances. Add these 4 to our first 4 and continue to dance with more ease and confidence.
- Weeks 13-16: Continue to dance, have fun, and discover the benefits of cardiovascular and strength exercise.

**General Education Goals/Objectives:**

This course meets General Education Goal 5: Employs the principles of wellness (Objective 1; Skill 2).

**Relationship to Campus Theme:**

As a group, we will learn different dance combinations that are exhilarating, easy, safe and are an effective total body workout. A social environment will be created to enhance self-esteem and general well-being. We will focus on improving our balance, posture and alignment while getting rid of our stress, depression and anxiety. We will also learn how to assess our Target Heart Rate based upon age. By working aerobically in your heart rate range, you can efficiently burn the most calories.

**Classroom Policies:**

By participating fully (mentally and physically) in each class session, the student will notice significant changes in his/her body. Please refer to the Requirements section stated above which must be adhered to in order to receive your grade. You will have to attend and participate in order to receive a grade.

**Academic Integrity:**

Please be true to your self and your body. Be patient and persistent with your practices as they will give you gratitude and self-satisfaction daily.

**Disabilities and Special Needs:**

Please inform the instructor within the first week of classes if modifications are needed due to disabilities or special needs.