



Syllabus

Course/Section: PENP 193/503 Zumba

Course Credit: 1

Term: Fall 2015: 8 wks; August 18th, 2015 - October 8th, 2015

**Meeting Time: Tuesday and Thursday
12 PM - 1:15 PM**

Location: UNM Valencia Campus Wellness Center Room #140

Instructor: Israel Cervantes

Office Hours: Tuesday and Thursday 10:45 AM-11:45 AM or by appointment

Email: fcervantes@unm.edu

Telephone: 925-8600

Course Description: Zumba Fitness is a fusion of Latin and International inspired music and dance movements creating a dynamic, exhilarating and exciting effective fitness program. The routines feature four traditional dances which include Salsa, Merengue, Cumbia and Reggaeton. Zumba combines fast and slow rhythms that tone and sculpt the body. Zumba provides a fun, party like atmosphere to achieve and maximize caloric output for a complete fat burning workout. This course uses a mixture of easy to follow dance steps with high energy music.

Course Objectives:

1. Demonstrate knowledge of the different dance techniques and safety guidelines of Zumba.
2. Ability to translate/ recognize the rhythms and feel of the music to body and foot movement.
3. Maintain or improve a level of fitness in the components of cardiovascular endurance, muscular endurance, and flexibility as a result of training based on pre and post-test measurements.
4. Perform cardiovascular activities appropriate to personal fitness.
5. **Understand the physiology and benefits of Zumba.**
6. **Have fun and enjoy being you!**

Course Requirements:

1. Participation and attendance counts as 70% of your grade.
2. Demonstration of skills learned.
3. No textbooks required for this course.

Class Format:

- The class will consist of taking role the first few minutes of class.
- Warm- up: 10 to 15 minutes equaling 1-3 songs
- 35-40 minute skill session
- 5 minute healthy cool down

Attendance Policy:

Attendance is mandatory. You will be allowed to make- up two classes. In the event that you miss a class and need to make it up, come see me during office hours to discuss your options. If you are not dressed out, be aware that it will be counted as an absence. Three consecutive absences without notification will result in being dropped from the course.

Grading:**Students taking course for a grade**

Attendance & Participation= 180 points:

Fitness Assessments: Pre-test & Post- test - points each = 20 points

One page Zumba Reflection paper = 10 points

4 Week Group Choreography Demonstration = 20 points

8 Week Individual Choreography = 20 points

Total Points = 250

Students taking course for C/NC

Attendance & Participation = 120 points

Fitness Assessments: Pre-test & Post- test – 10 points each = 20 points

4 Week Group Choreography Demonstration = 20 points

8 Week Individual Choreography = 20 points

~Extra Credit One page Zumba Reflection paper = 10 points

Total Points 180 points

Grading Scale

A+ = 100% - 250 points, superior

A. -A+= 90-99% - 225-249 points, excellent

B. -B+= 80-89% - 200-224 points, good

C. -C+= 70-79% - 175-199 points, average

D. -D+ = 60-69% - 150-174 points, below average

F = Failure to meet requirements

You must earn at least 180 points to receive credit for this course if taking it for C/NC.

Extra Credit:**Course Guidelines:**

- No food or drink other than water in the Fitness Room
- Clothes & shoes MUST be athletic style. No jeans.
- A sweat/ work out towel is recommended, but not required.
- Please turn off cells phones before class. If you need to monitor calls in case of emergency, please notify me before class starts.
- Please have a respectful attitude towards yourself and others.
- Be safe.

Accommodations:

If you have a documented disability, please provide me with a copy of your letter from Equal Access Services as soon as possible to ensure that your accommodations are provided in a timely manner.

Due Dates:

Tuesday 8/18	Review Syllabus & Dance
Thursday 8/20	Dance
Tuesday 8/25	Fitness Assessment pre-test (10 points) & Dance
Thursday 8/27	Dance
Tuesday 9/1	Dance
Thursday 9/3	Dance
Tuesday 9/8	Dance
Thursday 9/10	4 Week Group Choreography (20 points)
Tuesday 9/15	Dance
Thursday 9/17	Dance & ONE PAGE PAPER DUE FOR GRADE STUDENTS
Tuesday 9/22	Dance
Thursday 9/24	Dance
Tuesday 9/29	Dance
Thursday 10/1	Fitness Assessment post-test (10 points)
Tuesday 10/6	8 Week Individual Choreography (20 points)
Thursday 10/8	8 Week Individual Choreography (20 points) & Final Dance