



Syllabus

Course/Section: PENP 193/505 Zumba
Course Credit: 1
Term: Spring 2018: 8 wks. January 14, 2019 – March 6, 2019
Meeting Time: Monday and Wednesday
10:30 AM – 11:45 AM
Location: UNM Valencia Campus Wellness Center Room #140

Instructor: Lauren Schultz
Office Hours: Monday and Wednesday 11:45 AM-12:45 PM or by appointment
Email: schultzl@unm.edu
Telephone: 925-8832

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 Reggae- ton. 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 100% 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= 250 points:

Students taking course for C/NC

Attendance & Participation = 250 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.

Due Dates:

Monday 1/14	Review Syllabus & Dance
Wednesday 1/16	Dance
Monday 1/21	Dance
Wednesday 1/23	Dance
Monday 1/28	Dance
Wednesday 1/30	Dance
Monday 2/4	Dance
Wednesday 2/6	4 Week Group Individual Choreography & Dance *optional
Monday 2/11	Dance
Wednesday 2/13	Dance
Monday 2/18	Dance
Wednesday 2/20	Dance
Monday 2/25	Dance
Wednesday 2/27	Dance
Monday 3/4	Dance
Wednesday 3/6	8 Week Individual or Group Choreography & Dance *optional

SPECIAL ASSISTANCE:

Equal Access Services (505) 925-8560,

<http://www.unm.edu/~vcadvise/equalaccess.htm>

provides academic support to students with disabilities. If you need special assistance with completing coursework, please contact this service and return documented forms to the instructor as soon as possible

Academic Dishonesty:

"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

UNM Academic Dishonesty policy

<https://policy.unm.edu/regents-policies/section-4/4-8.html>

Academic Support Services:

For tutoring and other academic support, contact the Learning Center at 925-8900 or <http://www.unm.edu/~tutor/>

Title IX:

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the Department of Education (see pg. 15

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<http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf>

). This designation

requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity (oeo.unm.edu). For more information on the campus policy regarding sexual misconduct, see:

<https://policy.unm.edu/university-policies/2000/2740.html>