



MASTER COURSE OUTLINE

A. PHED 1112 Zumba

B. COURSE DESCRIPTION:

This course introduces students to a Latin-inspired, dance-fitness class that incorporates international music and dance movements, which create a dynamic, exciting, and effective fitness system. This course combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve cardio and muscle-toning benefits.

(1 Cr – 0 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Monitoring Heart Rate
- Benefits of Aerobic Exercise
- Fitness Components
- Anatomy of an Aerobic Workout
- Signs of Over Exercise
- Principles of Training
- Major Muscles
- Benefits of Resistance/Interval Training
- High/Low Impact Aerobics

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>*Critical Thinking</u>	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. apply critical thinking skills to improve individual cardiovascular fitness.
<u>CS</u>	understand exercise heart rate, maximum heart rate and target heart rate and adjust workout accordingly.	1. calculate own maximum heart rate target heart rate and exercise heart rate.
<u>CS</u>	understand different terminology as it applies to Zumba combinations and rhythms.	1. apply terminology and perform accordingly when cued.
<u>CS</u>	develop cardiovascular endurance and muscle toning through Zumba combinations and rhythms.	1. measure cardiovascular endurance through pre and post endurance testing. 2. log heart rate to track cardiovascular gains.

G. SPECIAL INFORMATION:

Students who have a disability and need accommodations to participate in the course activities, should talk to me and/or contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum; 30; Letter Grade

Revision date: 02/06/13; 03/28/24

AASC Approval date: 04/02/13; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland