

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.

(1cr - 0 lect, 1 lab)

C. **Core theme: Critical Thinking

D. 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

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The Student will successfully
**Critical Thinking	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	1. measure cardiovascular endurance through pre and post endurance testing.

	and rhythms	2. log heart rate to track cardiovascular gains.
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F. SPECIAL INFORMATION:

Students who have a disability and need accommodations to participate in the course activities, should talk to me and/or contact the Student Success Center 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.

If at any time during the semester you are having academic difficulties or are thinking about withdrawing from the class, please contact me immediately. If you are having personal difficulties or problems preventing you from being successful, contact the Riverland counselors by email at counselors@riverland.edu or call 1-800-247-5039 to schedule a counseling appointment.

G. COURSE CODING INFORMATION:

Course Code D/Class Maximum; 30; Letter Grade

Revision date: 02/06/13

AASC Approval date: 04/02/13

*Riverland Community College Disciplines	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 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

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

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.

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