

KFIT 20.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KFIT 20.1

Title: ZUMBA

Full Title: ZUMBA

Last Reviewed: 9/14/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**  
This course focuses on Zumba dance fitness. Zumba uses Latin-inspired music and dance moves for cardiovascular conditioning. The course combines dance aerobics with interval training known as intermittent training. Activities may include other forms of cardiovascular exercise and resistance training.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This course focuses on Zumba dance fitness. Zumba uses Latin-inspired music and dance moves for cardiovascular conditioning. The course combines dance aerobics with interval training known as intermittent training. Activities may include other forms of cardiovascular exercise and resistance training. (Grade or P/NP)  
Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Perform Zumba dance exercises at the appropriate level intensity for cardiovascular benefits, applying aerobic exercise principles, and using the Zumba formula.
2. Demonstrate musicality in performance of dance steps and rhythms.

### **Objectives:**

Upon completion of the course the student will be able to:

1. Explain basic principles of Zumba dance exercise.
2. Perform dance movements in Latin and international rhythms.
3. Describe cardiovascular conditioning principles and benefits.
4. Calculate and monitor exercise heart rate.
5. Analyze perceived levels of exertion during aerobic exercise.
6. Identify working muscles by name.
7. Differentiate between safe and contraindicated exercises.
8. Perform resistance and stretching exercises.

### **Topics and Scope:**

#### **I. Basic Principles of Zumba Dance Fitness**

##### **A. Latin Rhythms**

1. Salsa
2. Merengue
3. Cumbia
4. Reggaeton
5. Cha cha
6. Samba
7. Tango

- B. International Rhythms
  - 1. Rumba flamenca
  - 2. Belly dance
  - 3. Bhangra
  - 4. Ska Punk
  - 5. Greek
  - 6. Russian
- C. Musicality
- D. Choreography
  - 1. Structure
  - 2. Recognition and repetition
- E. Formula
  - 1. Basic dance steps
  - 2. Arm variation
  - 3. Fitness variation
  - 4. Direction, rhythm and beat variation
- II. Cardiovascular Fitness
  - A. Definition of aerobic exercise
  - B. Components of aerobic exercise
  - C. Benefits of aerobic exercise
  - D. Basic nutritional concepts as they relate to aerobic exercise
- III. Methods of measuring aerobic exercise intensity
  - A. Target heart rate calculation
  - B. Rate of perceived exertion
- IV. Basic applied anatomy and kinesiology
- V. Physical activity
  - A. Components of an effective warm-up
  - B. Aerobic segment
  - C. Components of an effective cool down
  - D. Muscle toning and strengthening exercises
  - E. Stretching exercises
  - F. Body awareness techniques
- VI. Proper form and injury prevention
  - A. Safe and contraindicated exercises
  - B. Modifications and progressions for appropriate fitness level

**Assignment:**

- 1. Reading of class handouts or assigned chapters in text (one chapter every two weeks)
- 2. Quizzes and/or exams on aerobic dance principles, basic anatomy/kinesiology, and nutritional concepts (1-2 per semester)
- 3. Practice Zumba dance steps, warm-ups, strengthening and stretching exercises (1-2 hours per week)
- 4. Fitness log (1 entry per week)
- 5. Heart rate calculation
- 6. "Pre" and "Post" fitness assessments
- 7. Performance exam

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Fitness Log

Writing  
0 - 5%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Heart Rate Calculation

Problem solving  
0 - 5%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exam, Fitness Assessments

Skill Demonstrations  
10 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes, Exams

Exams  
10 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation and Attendance

Other Category  
40 - 60%

### **Representative Textbooks and Materials:**

Bishop, Galen. Fitness Through Aerobics, 7th edition. Benjamin Cummings Publisher. 2007.  
Instructor prepared materials