

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Zumba

Course Abbreviation and Number: PHE 1520

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will learn basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Students will be introduced to basic anatomy, kinesiology, and exercise physiology.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Describe the effect of Zumba on the human body
2. Demonstrate movement fundamentals
3. Describe the relationship between movement and music
4. Demonstrate the importance of making fitness/exercise a part of their lifestyle

Topics Covered:

- Zumba fitness development and background
- The science of Zumba
- Fitness concepts
 - Components of fitness and cardiovascular exercise
 - Monitoring exercise intensity
 - Purpose of a warm up and a cool down
 - Basic steps and proper technique for injury prevention
- Basic anatomy
- Basic kinesiology
- Music and movement concepts
 - Anatomy of a song
 - Identifying Rhythms (Merengue, Salsa, Reggaeton, Cumbia)
- Movement Styles (individual, social, cultural)
- Group project
 - Selecting, identifying, and breaking down a basic rhythm
 - Incorporating fitness and dance components to the rhythm
 - Rehearsing dance in order to teach and perform to fellow classmates

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)

Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.

- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)

- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.
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Effective Date: Fall 2022