HHPA 184: ZUMBA

Transcript title

ZUMBA

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

ZUMBA dance fitness fuses hypnotic rhythms and easy-to-follow moves to create a dynamic fitness program. This course is designed to include cardiovascular strengthening, muscle toning with resistance and movements to enhance flexibility and balance.

Course learning outcomes

- 1. Explain the relationship between human behavior and health.
- 2. Demonstrate skills development, safety practices, and fundamentals of dance for developing a broad range of physical fitness levels and an enhancement in sport activities.
- 3. Set SMART goals based on personal vision of wellness, which may include: physical activity, nutrition, and positive self-image.
- 4. Perform various types of Latin and international dances.
- 5. Identify the benefits of dance and fitness.

Content outline

- 1. SMART goal setting
- 2. Basic dance steps and origins
- 3. Fitness basics
- 4. Format of teaching: 10 minutes of core work, 10 minutes of stretching

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

• Health