

Montgomery County Community College
 ESW 107
 Zumba® Class & Fitness Principles
 2-1-2

COURSE DESCRIPTION:

This course is designed to provide an overview of the theory, history, and practices of Zumba® Fitness and support the student's development of a higher level of physical fitness through a working knowledge of the principles of exercise. Discussions will address such topics as cardiovascular endurance, muscular strength, neuromuscular coordination, flexibility, warm-up, workout progression, cool down, and body nutrition for performance. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

Completion of this course does not make the participant a licensed Zumba® instructor. To teach Zumba® classes participants must complete an official Zumba® Instructor Training Course.

REQUISITES:

Previous Course Requirements

- ENG 010A Basic Writing or ENG 011 Basic Writing II or ESL 011 ESL Basic Writing II
- REA 011 Fundamentals of College Reading or REA 017 Vocabulary and Reading Comprehension Development II

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Describe the history of Zumba® Fitness and the culture of the regions from which the various practices originate.	Presentations Research Resources Lecture/class discussions Written Assignments Written exams	Discussions Exam questions Research project
2. Identify the anatomical, physiological, and psychological issues that affect Zumba® Fitness in men and women across a lifespan.	Lecture/class discussions Written Assignments Written exams	Discussions Exam questions

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Practice body movements for the components of Zumba® Fitness such as flexibility, strength, and cardio endurance.	Participate in various Zumba® Fitness practices Fitness Assessments Demonstration	Demonstrations Choreographed fitness routine
4. Explain the variations to Zumba® Fitness.	Participate in various Zumba® Fitness practices Fitness Assessments Demonstration Lecture/class discussions Group project	Demonstrations Choreographed fitness routine Research project
5. Develop a higher level of personal fitness through Zumba® Fitness.	Participate in various Zumba® Fitness practices Fitness Assessments Demonstration Group project	Fitness Testing
6. Explain the role of proper diet and good eating habits for peak performance in daily exercise.	Lecture/class discussions Written Assignments Written exams	Class discussions Choreographed fitness routine
7. Choreograph a Zumba® Fitness routine.	Participate in various Zumba® Fitness practices Fitness Assessments Demonstration Group project	Choreographed routine

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

SEQUENCE OF TOPICS:

- A. Introduction
- B. History of Zumba® Fitness
- C. Benefits of Zumba® Fitness
 - a. increased productivity
 - b. enhanced self-confidence
 - c. body weight management
 - d. increased strength
 - e. increased cardio endurance
 - f. reduced stress level
 - g. more efficient digestion

- h. more personal energy
- i. slower aging process
- j. ease of movement
- k. increased flexibility
- D. Physiological bases of Zumba® Fitness
 - a. cardiovascular system
 - b. respiratory system
 - c. muscular system
 - d. nervous system
 - e. anatomical considerations
 - f. body composition
- E. Fitness assessment and evaluation
 - a. flexibility test
 - b. strength test
 - c. cardiorespiratory test
 - d. body composition
 - e. blood pressure
 - f. heart rate
- F. Essential nutrition for performance
 - a. water
 - b. minerals
 - c. vitamins
 - d. carbohydrates, protein, fat
- G. Types of Zumba® Fitness practices
 - a. Mambo
 - b. Samba
 - c. Cha-cha
 - d. Rumba
 - e. Paso doble
 - f. Merengue
 - g. Jive
 - h. Salsa
 - i. Calypso
 - j. Hip hop
 - k. Swing
 - l. African Dance
 - m. Raggaeton
- H. Variations to Zumba® Fitness
 - a. Zumba® Toning
 - b. Zumba® Kids
 - c. Zumba® Gold
- I. Choreograph Zumba® Fitness routine
 - a. goal
 - b. movements
 - c. methods

d. routine

LEARNING MATERIALS:

No textbook is required. Supplemental information is provided to the students by the instructor.

Learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Georgette Howell & Dr. Anne Livezey
VPAA/Provost or designee Compliance Verification:
Victoria L. Bastecki-Perez, Ed.D.

Date: 4/2/2012

Date: 6/4/2013

Revised by: Cindy Merback & Dr. Anne Livezey
VPAA/Provost or designee Compliance Verification:
Victoria L. Bastecki-Perez, Ed.D.

Date: 11/2015

Date: 11/16/2015

Revised by: Dr. Anne Livezey
VPAA/Provost or designee Compliance Verification:

Date: 12/20/2017

Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.