

PE-1530: ZUMBA

Cuyahoga Community College

Viewing: PE-1530 : Zumba

Board of Trustees:

May 2023

Academic Term:

Fall 2023

Subject Code

PE - Physical Education

Course Number:

1530

Title:

Zumba

Catalog Description:

Zumba is an aerobic exercise program with choreographed movement routines, featuring fast and slow Latin rhythms. Emphasizes cardiorespiratory fitness, muscular strength and toning, and proper, effective and safe Zumba techniques at the beginner/advanced beginner level.

Credit Hour(s):

1

Lecture Hour(s):

0

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Differentiate between different movements and describe how they can improve physical conditioning in the body

Objective(s):

Examine proper body mechanics and techniques for improving core stabilization, posture, dynamic balance, and overall muscle conditioning using Zumba.

Analyze cardiorespiratory training techniques and training effects of Zumba.

Discuss the components of a proper warm up and cool down for Zumba.

Demonstrate the basic steps (salsa, merengue, cumbia, etc.).

Demonstrate traveling, hand and body movements, shuffles, and other Zumba movements.

Demonstrate proper Zumba techniques for improving muscular endurance in the abdominal, back, gluteal, leg, shoulder, and chest regions.

Experience improvement in any or all of the following areas: cardiorespiratory fitness, muscular endurance, flexibility, balance, posture, coordination, body awareness.

Course Outcome(s):

Recognize the necessity of modifications to ensure the safest workout experience, and recommend different modifications based on the needs of each person and the movement being modified.

Objective(s):

Analyze injury prevention techniques.

Evaluate modifications to dance exercise intensity levels to accommodate individual and varying physical ability levels.

Implement proper modifications to Zumba movement patterns, when necessary, to avoid injury.

Course Outcome(s):

Distinguish the different movement patterns and what cultural origins they are related to

Objective(s):

Discuss the history of Zumba.

Identify the cultural origin of each Zumba basic dance movement.

Examine the basic principles and techniques of Zumba, including basic rhythms, steps, directional traveling, hand and body movements, shuffles and various footwork patterns.

Methods of Evaluation:

- a. Attendance and participation
- b. Class discussion
- c. Skills demonstration
- d. Written assignments
- e. Written tests
- f. Group performance

Course Content Outline:

- a. Origin of Zumba
- b. Benefits of Zumba
- c. Injury prevention
 - i. Warm up and cool down
 - ii. Modifications
 - iii. Proper form
- d. Zumba steps, movements and techniques
 - i. Salsa
 - ii. Merengue
 - iii. Cumbia
 - iv. Cha Cha
 - v. Flamenco/Belly Dance
 - vi. Calypso
 - vii. Samba
 - viii. Reggaeton
 - ix. Others as appropriate
- e. Traditional movements and techniques
 - i. Squat
 - ii. Lunge
 - iii. Knee/leg lifts
 - iv. Abdominal work
 - v. Chest, back, and shoulder work
 - vi. Others as appropriate
- f. Combinations of Zumba dance steps, movement patterns, and traditional conditioning methods to form routines choreographed to specific music rhythms
- g. Pre-and post-physical assessments to evaluate the effectiveness of Zumba training for the student (Optional)

Resources

Zumba Fitness. *Instructor Training Manual*.

Zumba Fitness. *Zumba Gold for the Active Older Adult or Beginner*.

Resources Other

- a. [Http://www.Zumba.com](http://www.Zumba.com) (<http://www.Zumba.com>): Zumba Fitness, LLC website
- b. Zumba Fitness - Classes, Apparel, DVD's and Trainings (<https://www.zumba.com/en-US/>)
- c. Methods of Group Exercise instruction 4th Edition with Online Video ISBN 9781492571766 <https://www.vitalsource.com/products/methods-of-group-exercise-instruction-mary-m-yoke-carol-k-v9781492588412>

Top of page

Key: 3530