

# PE-1550: HULA HOOP FITNESS

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## Cuyahoga Community College

**Viewing: PE-1550 : Hula Hoop Fitness**

**Board of Trustees:**

2015-01-29

**Academic Term:**

2015-08-24

**Subject Code**

PE - Physical Education

**Course Number:**

1550

**Title:**

Hula Hoop Fitness

**Catalog Description:**

A low intensity aerobic exercise program that incorporates core and off-body hoop dance skill training. Students will learn choreographed hoop dance routines and drills targeting large muscle groups featuring a variety of rhythms. Introduces hoop dance and toning exercises at the beginner and intermediate levels.

**Credit Hour(s):**

1

**Lab Hour(s):**

2

## Requisites

**Prerequisite and Corequisite**

None.

## Outcomes

**Course Outcome(s):**

A. Examine the history, cultural origins, terminology, principles, proper techniques, and basic movement patterns of hoop dance.

**Objective(s):**

1. 1. Discuss the history of Hoop Fit.
2. 2. Identify the cultural origin of each Hoop Fit dance pattern.
3. 3. Examine the basic principles and techniques of Hoop Fit, including basic rhythms, steps, directional traveling, hand and body movements, skill building and various footwork patterns.
4. 4. Examine proper body mechanics and techniques for improving core stabilization, posture, dynamic balance, and overall muscle conditioning using Hoop Fit.
5. 5. Analyze cardiorespiratory training techniques and training effects of Hoop Fit.
6. 6. Discuss the components of a proper warm up and cool down for Hoop Fit.
7. 7. Evaluate modifications to hoop dance exercise intensity levels to accommodate individual and varying physical ability levels.
8. 8. Analyze injury prevention techniques.

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**Methods of Evaluation:**

written assignments

internet assignments

class discussion

**Course Content Outline:**

1. Origin of hoop dance
2. Benefits of hoop dance

3. Injury prevention
  - a. Warm up and cool down
  - b. Modifications
  - c. Proper form and alignment
4. Hoop dance basics, intermediate advancements in skill and various techniques
  - a. Core (Variations in Speed and Direction)
  - b. Core Transitions (Above & Below the Waist)
  - c. Basic Footwork + Core (Box-Step, V-Step, Step-Touch, Grapevine, Traveling)
  - d. Latin-Inspired Footwork + Core (Cumbia, Salsa, Reggaeton)
  - e. Traditional Movements and Techniques + Core (Squats & Lunges)
  - f. Breaking & Reversing
  - g. Various Off-Body Techniques (Vertical & Horizontal Transitions & Isolations)
5. Advanced hoop dance skill & transitions
  - a. Shoulder Hooping
  - b. Various Hoop Dance Techniques on the Vertical Plane
  - c. Floorwork (Focus on Abdominal Strength & Hooping on the Hands & Feet)
  - d. Passing (with a Partner)
  - e. Choreography Principles
  - f. Others as appropriate
6. Combinations of hoop dance steps, movement patterns and traditional conditioning methods to form routines choreographed to specific music rhythms
7. Pre-and post- physical assessments to evaluate effectiveness of Hoop Fit training for the student.

## Resources

Zamor, Christabel Conrad, Ariane. *Hooping. A revolutionary Fitness Program*. Workman Publishing, 2009.

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## Resources Other

Websites:

[www.Hooping.org](http://www.hooping.org/) (<http://www.hooping.org/>)

[www.SuperHooper.org](http://www.superhooper.org/) (<http://www.superhooper.org/>)

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