

**Common Course Outline for: EXSC 1122 Zumba**

**A. Course Description**

1. Number of credits: 1
2. Lecture hours per week: 1  
Lab hours per week: *None*
3. Prerequisites: *None*
4. Co-requisites: *None*
5. MnTC Goals *None*

*This class offers the latest fitness trend that is a latin-inspired dance workout. It offers great cardiovascular benefits, burn calories and tones muscles in a party-like atmosphere. The cardio-based dance moves are easy to follow and very effective. It is a non-intimidating opportunity for non-dancers, dancers, fit and unfit, to participate in an exciting and energetic group fitness class.*

**B. Date last revised:** January 2019

**C. Outline of Major Content Areas**

1. Zumba style workout routines.
2. Salsa, Cumbia, Reggaton, Merengue, Tango, Belly Dancing and Samba are possible styles incorporated into a fitness style workout.
3. Basic fitness principles will be addressed during mini-lectures including: training zones, biomechanics, fitness principles.

**D. Course Learning Outcomes**

Upon successful completion of the course, the student will be able to:

1. Complete a variety of Zumba work outs and fitness activities
2. Apply appropriate techniques during work outs
3. Apply training principles while performing activities
4. Identify major muscle groups utilized during work outs.
5. Describe appropriate stretching techniques for various muscles.
6. Utilize ACSM guidelines for determining target heart rate training zones and monitoring exercise intensity during daily exercise.

**E. Methods for Assessing Student Learning**

Students will be subjectively evaluated with regard to their class participation, effort and exercise performance. Attendance is mandatory and other assignments may include article and web searches as well as other homework projects.

**F. Special Information** None