

North Hennepin Community College

EXSC 1840: Zumba

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Zumba is a Latin inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, and effective fitness system. The class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. This course is repeatable for credit.

B. COURSE EFFECTIVE DATES: 08/01/2014 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. The basic steps and cultural origins of Merengue, Salsa, Cumbia, and Reggaeton will be presented.
2. Basic muscles used during zumba will be explained.
3. Information on the benefits of cardiovascular training and exercise intensity (target HR zone/perceived exertion) will be presented and utilized during class sessions.

D. LEARNING OUTCOMES (General)

1. Display competence in zumba dance skills. NHCC ELO 1 (psychomotor domain)
2. Calculate and monitor personal heart rate zone NHCC ELOs 1, 2, 3 (Cognitive domain)
3. Participate in a structured exercise program and establish personal goals (physical, emotional, intellectual) components of health. NHCC ELO 3 (cognitive, psychomotor and affective domains)
4. Articulate the positive impact of consistent aerobic and anaerobic on achieving a healthy active lifestyle. (NHCC ELOs 2, 3) (cognitive and affective domains)

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.