

VALENCIA COLLEGE

Valencia College Course Syllabus West Campus

Zumba Fitness-PET 2930, CRN: 20145



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| Professor: Marienid Lopez, Zumba Certified mlopez178@mail.valenciacollege.edu Website: http://frontdoor.valenciacollege.edu/?mlopez178 | Tuesday -12:00 p.m. – 1:40 p.m. Room HSB 123 - 2 Credits Office hours by appointment - Spring 2014 |
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COURSE DESCRIPTION:

A dance-based workout that is meant to enhance cardiovascular endurance, coordination, balance, concentration, agility, and muscle tone.

COURSE OUTCOMES:

Zumba Fitness is an exercise class designed around dancing to a blend of Latin and international rhythms, with a goal that everyone can follow. Zumba Fitness utilizes interval training that alternates fast and slow rhythms for an effective cardiovascular workout while also exercising the primary muscle groups. Dancing experience is not required. Intended benefits include improved coordination, flexibility, concentration and endurance as well as a total body workout.

OBJECTIVES:

Students will be able to:

1. Identify and explain basic cardiovascular movements.
2. Perform cardiovascular exercise for at least 30 continuous minutes.
3. Demonstrate progression in several cardio and strength training exercises.
4. Recognize ways to avoid common injuries.

CLASSROOM POLICIES:

- Students are expected to attend class, be on time, and wear appropriate workout clothing and sneakers. Please bring a water bottle and towel with you to class.
- Attendance is mandatory.
- Roll will be taken at the beginning of class.
- Three times late/tardy will count as one absence.
- Two excused absences will be given during the semester.
- Make up policy is upon instructor's discretion.
- Upon discretion and proper notice, a maximum of two make ups can be used. No make-ups can be completed two weeks prior to the final week.

EVALUATION:

Attendance and participation 60%

(1 Absence = 5 points)

Midterm 15 %

Final 15 %

Written & Oral Individual Project 10%

A= 0-2 absences

B= 3-4 absences

C= 5-6 absences

D=7-8 absences

F= 9 + absences

- ❖ Your grade will be based on your class performance, participation, attendance, midterm project and final examination grades. Students must complete all coursework or they will be assigned a grade of F for anything missing. The final exam is required.

Grading scale

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|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <i>90-100=A</i> | <i>80-89=B</i> | <i>70-79=C</i> | <i>60-69=D</i> | <i>50-59=F</i> |
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WITHDRAWAL *Per Valencia Policy 4-07 (Academic Progress, Course Attendance and Grades, Withdrawals)* A student who withdraws from class before the established deadline for a particular term will receive a grade of “W.” A student is not permitted to withdraw after the withdrawal deadline of **03/21/2014**. A faculty member MAY withdraw a student up to the beginning of the final exam period for violation of the class attendance policy. A student who is withdrawn by faculty for violation of the class attendance policy will receive a grade of “W”. Any student who withdraws or is withdrawn from a class during a third or subsequent attempt in the same course will be assigned a grade of “F”.

VALENCIA CORE COMPETENCIES:

This course seeks to reinforce the following Valencia Student Competencies:

- **Think** clearly, critically and creatively by analyzing, synthesizing, integrating and evaluating symbolic works and truth claims.
- Reflect on your own and others’ **values** from individual, cultural and global perspectives.
- **Communicate** by reading, listening, writing and speaking effectively.
- **Act** purposefully, reflectively and responsibly by implementing effective problem solving and decision making strategies.

EXPECTED STUDENT CONTACT: Valencia College is dedicated not only to the advancement of knowledge and learning but is concerned with the development of responsible personal and social conduct. By enrolling at Valencia College, a student assumes the responsibility for becoming familiar with and abiding by the general rules of conduct. The primary responsibility for managing the classroom environment rests with the faculty. Students who engage in any prohibited or unlawful acts that result in disruption of a class may be directed by the faculty to leave the class. Violation of any classroom or Valencia’s rules may lead to disciplinary action up to and including expulsion from Valencia. Disciplinary action could include being withdrawn from class, disciplinary warning, probation, suspension, expulsion, or other appropriate and authorized actions. You will find the Student Code of Conduct in the current Valencia Student Handbook.

ACADEMIC HONESTY: Each student is required to follow Valencia policy regarding academic honesty. All work submitted by students is expected to be the result of the student's individual thoughts, research, and self-expression unless the assignment specifically states "group project." Any act of academic dishonesty will be handled in accordance with Valencia policy as set forth in the Student Handbook and Catalog.

STUDENTS WITH DISABILITIES:

Students with disabilities who qualify for academic accommodations must provide a notification from the Office for Students with Disabilities (OSD) and discuss specific needs with the instructor, preferably during the first two weeks of class. The Office for Students with Disabilities determines accommodations based on appropriate documentation of disabilities. The West Campus Office is located in SSB Room 102.

COLLEGE POLICIES: A full description of all College policies can be found in the College Catalog at <http://www.valenciacollege.edu/catalog/>; Policy Manual at <http://www.valenciacollege.edu/generalcounsel/>; and the Student Handbook at <http://www.valenciacollege.edu/pdf/studenthandbook.pdf>.

DISCLAIMER

Changes in syllabus *may be made at any time* during the session by the professor.

Professor will announce changes via e-mail or during class time.

SPRING 2014 Zumba Fitness Course Outline

Professor: Marienid Lopez

The following is a *tentative* outline for this semester. Changes in assignment outline may be made at any time during the term by announcement of the instructor.

| <u>DATE</u> | <u>ASSIGNMENT</u> |
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| <u>WEEK 1</u> 01/7/2014 | Orientation /Assessments Zumba Fitness |
| <u>WEEK 2</u> 01/14/2014 | Zumba Fitness Group Work |
| <u>WEEK 3</u> 01/21/2014 | Group Work Zumba Fitness |
| <u>WEEK 4</u> 01/28/2014 | Zumba Fitness/ Go to: www.nlm.nih.gov/medlineplus/tutorial.html & go over the tutorials: "Exercising for a Healthy Life" & "Weight Management" under <u>Prevention and Wellness</u> . |
| <u>WEEK 5</u> 02/4/2014 | Zumba Fitness Group Work |
| <u>WEEK 6</u> 02/11/2014 | Zumba Fitness Group Work |
| <u>WEEK 7</u> 02/18/2014 | Zumba Fitness Group Work/Rehearse Midterm Group Choreography |
| <u>WEEK 8</u> | 02/25/14 MIDTERM PROJECT DUE: With your assigned group: Have memorized 1 of the choreographies taught in class and teach it to the class plus Written & Oral Assignment due: Pick a subject/article from Healthy Eating, Diet & Weight Loss, Fitness, Green Living, Mind & Spirit from www.foodpyramid.com/mypyramid and prepare a 1-page written paper to present it in class in a 2 min speech - This assignment is individual. |
| <u>WEEK 9</u> 03/03-03/7/2014 | Spring Break _ No classes |
| <u>WEEK 10</u> 03/11/2014 | Zumba Fitness/ If not done yet, inform the name of the song picked for the Final Project Group Work on Final project |
| <u>WEEK 11</u> 03/18/2014 | Zumba Fitness Group Work on Final project |
| <u>WEEK 12</u> 03/25/2014 | Zumba Fitness Group Work on Final project |
| <u>WEEK 13-14</u> 04/01/2014 04/08/2014 | Zumba Fitness Group Work/ Rehearse Final Group Choreography |
| <u>WEEK 15</u> 04/15/2014 | 04/15/2014 FINAL PROJECT DUE: With your assigned group, present your Final project Choreography to the class for Final grade. |
| <u>WEEK 16</u> 04/22/2014 | <i>Final exams week:</i> Feedback e-mail about the class to your professor. This will not change your grade, but it is needed to help improve or change teaching methods if found appropriate. |