BARTON COMMUNITY COLLEGE

**COURSE SYLLABUS**

**SUMMER 2011**

# GENERAL COURSE INFORMATION

Course Number: PHED 1327

Course Title: Zumba Fitness®

Credit Hours: 1

Prerequisite: None

Division/Discipline: Academics Division/PHED

Course Description: Zumba Fitness® is a Latin-inspired dance fitness class which incorporates Latin, International and popular music and dance movements to create a dynamic, effective fitness system. Traditional dances such as Salsa, Cumbia, Merengue and African are mixed with contemporary Hip-Hop, Jazz, Pop as well as fitness moves to achieve increased physical fitness.

The Zumba Fitness® is a copyrighted program with a current licensed ZIN member by Zumba Fitness, LLC  and have written rights to use the ZUMBA® Trademarks. Zumba Fitness® has a corporate office in  Hallandale, FL 33009.

# CLASSROOM POLICY

Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

The College reserves the right to suspend a student for conduct that is detrimental to the College's educational endeavors as outlined in the College catalog.

Plagiarism on any academic endeavors at Barton Community College will not be tolerated. Learn the rules of, and avoid instances of, intentional or unintentional plagiarism.

Anyone seeking an accommodation under provisions of the Americans with Disabilities Act should notify Student Support Services.

# COURSE AS VIEWED IN THE TOTAL CURRICULUM

Zumba Fitness® is an approved general education course at BCC, which can be used to fulfill one of the degree requirements for two activity courses.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

# ASSESSMENT OF STUDENT LEARNING / COURSE OUTCOMES

Upon completion of this course students should expect:

1. Increased physical fitness level.
2. Understanding of basic Zumba® moves and exercises.
3. An understanding of basic Zumba® history.
4. Exposure to different international/ethnic styles and types of music.
5. **COURSE COMPETENCIES**

## Core Competencies

1. Improve their overall fitness through aerobic interval training.
2. Improve the overall tone of their gluteal, legs, arms, abdominals and core areas.
3. Improve their cardiovascular fitness.
4. Experience better overall coordination of arm and leg movements while moving them simultaneously.

# INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS

You will need to wear workout clothes. Bring a towel and water to class. You will need to wear athletic/dance shoes that are conductive to dancing, turning and pivoting. Cross trainers and/or running shoes are not recommended due to safety. Your shoes should provide adequate support for your foot. “Toning shoes” will absolutely not be allowed due to safety.

# TEXTBOOKS AND OTHER REQUIRED MATERIALS

N/A

# REFERENCES

Zumba Fitness®

1. **METHODS OF INSTRUCTION AND EVALUATION**
2. **ATTENDANCE REQUIREMENTS**

As a part of its mission to improve the social, economic, and personal life of its students, Barton County Community College acknowledges its responsibility to prepare them for future academic and professional endeavors. Therefore, students are encouraged to develop a professional ethic that reflects personal responsibility, personal initiative, and teamwork. In context to that commitment, students are expected to attend all class meetings. Absence from a class meeting results not only in missed subject matter of the course but also in diminished opportunities for contributing to the learning environment. Poor attendance in class may

cause students to lose financial aid according to federal guidelines and will diminish both professional and academic progress.

1. Barton County Community College expects students to attend all class meetings.
2. Instructors will state the attendance policy in their course syllabus and review it with the students at the first class meeting. Instructors have the option of making adjustments to this policy, but any such changes will be explained both in the syllabus and in class at the beginning of the semester. Certain departments may have more stringent requirements.
3. Instructors will keep a weekly record of attendance to comply with federal financial aid guidelines.
4. If absences become excessive, the instructor(s) may notify a student of his/her status and may also contact his/her advisor, coach, and/or Student Support Services personnel to assist the student.
5. Although an instructor may recommend that a student drop a class when absences have adversely affected the student’s grade, it is the student’s responsibility to drop the class, not the instructor’s.
6. When an absence is unavoidable (e.g., due to extended illness), the student should initiate contact with the instructor(s) who may, in some instances, require verification. Documented absences do not remove the student’s responsibility to complete the class work missed.
7. When an absence is related to a planned extracurricular activity (such as a field trip, fine arts production, conference, or intercollegiate event), the student and/or the assigned sponsors are responsible for one week’s prior notification to the instructor(s). However, in unique situations when an absence is related to an urgent, yet unforeseen, need (e.g. a vehicle breaks down on a return trip to campus), the student and/or the assigned sponsors are responsible for the immediate notification of the students’ instructor(s.) Further, if a student is absent from any class meetings because of a college-related activity, the student is required to complete missed class work. Failure to complete missed class work will adversely affect the course grade.
8. Arriving late to a class meeting may cause a student to miss important information, and causes a disruption to the entire class. Tardiness may be counted as an absence.
9. A student who enrolls late may be asked to complete a Learning Contract with his/her instructor(s) and will be required to make up all required assignments, according to the Late Registration Policy.
10. **COURSE OUTLINE**