

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number:** PED 110

**Credits:** 1

**Course Title:** Zumba

**Course Description:** Focuses on Latin rhythms, dance moves, and techniques in Zumba. Utilizes physical activity, cardiovascular endurance, balance, coordination, and flexibility as related to dance. Laboratory 2 hours. Total 2 hours per week.

**Course Purpose:** This course emphasizes development of safe, sequential, movement skill acquisition designed to increase cardiorespiratory fitness and flexibility through the practice of endurance-based activities. The course serves as a personal wellness general education elective.

**Course Prerequisites and Co-requisites:**

None

**Course Objectives:**

Upon completing the course, the student will be able to

- a. Discuss basic Zumba history;
- b. Demonstrate proper dance steps specific to Zumba by completing moderate Zumba routines and movement combinations;
- c. Demonstrate proper body mechanics within various Zumba formats;
- d. Demonstrate improvement in one's level of cardiovascular fitness, strength, and flexibility by comparing a basic fitness assessment at the beginning of the course with the end of the course;
- e. Discuss the concepts of core strength, range of motion, and balance using abdominals, back, and oblique muscle groups;
- f. Develop and/or refine personal wellness goals; and
- g. Develop and/or identify personal exercise/wellness goals using exercise basics and the SMART method.

**Major Topics to Be Included:**

- a. SMART planning method
- b. Zumba history
- c. Zumba rhythms and body mechanics
  1. Cumbia
  2. Samba
  3. Salsa
  4. Flamenco
  5. Belly dancing
  6. Meringue
  7. Hip hop
- d. Zumba combinations/formats
- e. Basic fitness assessment
- f. Cardiovascular strength and endurance

**Effective Date of Course Content Summary:** August 14, 2015