

# HHPA 184 : ZUMBA

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## Transcript title

ZUMBA

## Credits

1

## Grade mode

Standard letter grades

## Contact hours total

30

## Other hours

30

## Description

ZUMBA dance fitness fuses hypnotic rhythms and easy-to-follow moves to create a dynamic fitness program. This course is designed to include cardiovascular strengthening, muscle toning with resistance and movements to enhance flexibility and balance.

## Learning outcomes

- 1) Explain the relationship between human behavior and health.
- 2) Demonstrate skills development, safety practices, and fundamentals of dance for developing a broad range of physical fitness levels and an enhancement in sport activities.
- 3) Set SMART goals based on personal vision of wellness which may include: physical activity, nutrition, and positive self-image.
- 4) Perform various types of Latin and international dances.
- 5) Identify the benefits of dance and fitness.

## Content outline

Intro to Zumba  
SMART goal setting,  
Basic dance steps and origins  
Fitness basics. Format of teaching.  
10 minutes of core work  
10 minutes of stretching

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## Grading methods

This course will include attendance in the grading and may include written work, quizzes, journal projects and other assignments.

## General education/Related instruction lists

- Health