

**SEWARD COUNTY COMMUNITY COLLEGE  
COURSE SYLLABUS**

**I. TITLE OF COURSE:** PE1461- Zumba

**II. COURSE DESCRIPTION:** 1 credit hours  
0 credit hours of lecture and 1 credit hours of lab per week.

Zumba is a fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

**III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:**

The SCCC physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

**IV. TEXTBOOK AND MATERIALS:**

[Text\_Mat]

**V. SCCC OUTCOMES**

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

7: Understand each other, moving beyond simple acceptance to embracing and celebrating the rich dimensions of diversity by working as a team to learn, engaging with community, exhibiting cultural awareness, and creating equity.

9: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

**VI. COURSE OUTCOMES:**

1. To gain an awareness of Latin cultures through dance.
2. To experience how dance can be a physical activity for fitness.
3. To recognize different types of Latin music.
4. Students should have a working knowledge of the following key Zumba rhythms: Salsa, Merengue, Cumbia, Reggaeton, Samba, Flamenco, Calypso

**VII. COURSE OUTLINE:**

1. Techniques of Zumba

**VIII. INSTRUCTIONAL METHODS:**

1. Discussion
2. Demonstration

**IX. INSTRUCTIONAL AND RESOURCE MATERIALS:**

1. Video
2. Music
3. Handouts

**X. METHODS OF ASSESSMENT:**

SCCC outcome #7 will be assessed and measured by the performance of dance steps from different Latin cultures

SCCC outcome #9 will be assessed and measured by class participation and attendance.

**XI. ADA STATEMENT:**

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 04/17/2019 14:44:49