

**COURSE: PE 185J Zumba Fitness**

**TERM: Spring 2019**

**INSTRUCTOR: Theresa Johnson**

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**OFFICE HOURS: Appointment times available on Mon. and Wed. 11:30-5:00pm**

**CATALOG DESCRIPTION:**

Zumba Fitness promotes improved cardio respiratory conditioning, muscle endurance, balance, and/or body composition through structured group exercises featuring rhythmic dance and interval training sessions.

**COURSE LEARNING OUTCOMES:**

Upon completion of the course, with a "C" or better, students should be able to:

1. recognize and describe the importance of consistent and effective participation
2. demonstrate the ability to write and/or follow an appropriate workout routine for their fitness level and modify that routine periodically.
3. demonstrate proper technique, based on the student's personal ability for Zumba.

**COURSE REQUIREMENTS:**

1. Sign in each day
  - Students must participate to receive full credit for the day.
  - Students arriving late/needing to leave early must check in with the instructor in order to receive partial or full credit for the class that day, depending on amount of time missed.
2. All individuals must sign a Risk and Release Form at the beginning of the term.
3. Appropriate attire (including shoes) is MANDATORY in order to attend class. Students will be asked to leave and will receive no credit for the day if proper exercise clothing/footwear is not worn. In addition, towels and water bottles are highly recommended.
4. Fitness evaluations (optional) will be conducted during class at the beginning and the end of the term in an effort to assess progress towards fitness related goals.
5. **Active Participation** in the class is required. Credit will not be given for those not actively participating. If you are ill, you will not be allowed to sit and watch class for credit. Grading is almost entirely dependent on attendance and participation.
6. Each student is required to submit two goals (fitness or otherwise) they hope to achieve through this class. This paper will be due on or before the second Friday of class. In addition, each student will submit the progress they made on each of the goals at the end of the term. It will be due on the Friday before finals week. Each paper is worth 2.5 points.
7. Each student will complete a handout in class or write a brief paper (no more than 1-2 pages) on what constitutes an effective Zumba workout including the duration, intensity, and frequency of workouts. The handout/paper is to be submitted no later than the last Friday of the term. (An alternate assignment will be given to students who have taken the Zumba class from this instructor in the past.)
8. Students will participate in a group project to be described in the second week of class.
9. If you stop attending classes for any reason other than medical (with a note), I **will not** drop the class for you and you will receive an F or NP. Check with the registrar for drop dates.

**GRADING:**

A=90-100 pts

B=80-89 pts

C=70-79 pts

D=60-69 pts

P=60 and above

F=59 pts and below

NP=59 pts and below

Up to 20 pts - Group Routine (to be discussed during second week of class)

Up to 70 pts – Attendance - 2.5 points for each day of attendance

Up to 5 pts – Handout/brief paper described above in “7”.

Up to 5 pts - Fitness goals; 2.5pts for initial goals and 2.5pts for progress on those goals.

Extra Credit: 2.5 pts for bringing in music suitable for initial warm-up or cool down. (Limit 2 songs.)

**Make-Up Classes:**

1. A maximum of 3 MWF or 2 TR make-up classes are allowed per term. No more than 2 make-up classes will be allowed per week.
2. Students must seek other PE classes offered on campus and must submit an instructor-signed slip to earn attendance credit for missed days. Permission must be granted from the make-up class instructor BEFORE you attend the class session.
3. There are no “excused” absences with the exception of a medical issue. Credit for medical issues will only be given with a note from the doctor.
4. Absences should be made up in advance of an anticipated absence or within a week of an unanticipated absence.

**ADMINISTRATIVE WITHDRAWAL:** Students who do not attend 50% of the class sessions during the first or second week of classes can be administratively withdrawn.

**Disabilities Services**

Students who may need accommodations due to documented disabilities, which have medical information which the instructor should know, or who need special arrangements in an emergency, should speak with the instructor during the first week of class. If you believe you may need accommodations but are not yet registered with the Center for Accessibility Resources (CFAR), please visit the [CFAR Website](#) for steps on how to apply for services or call 541-917-4789.

**LBCC Comprehensive Statement of Nondiscrimination**

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information see Board Policy P1015 in our [Board Policies and Administrative Rules](#). Title II, IX, & Section 504: Scott Rolen, CC-108, 541-917-4425; Lynne Cox, T-107B, 541-917-4806, LBCC, Albany, Oregon. To report: [linnbenton-advocate.symplicity.com/public-report](mailto:linnbenton-advocate.symplicity.com/public-report)

**Academic Honesty:** Students are expected to be honest and ethical in their academic work. Academic dishonesty is defined as an intentional act of deception in one of the following areas:  
Cheating- use or attempted use of unauthorized materials, information or study aids.  
Fabrication- falsification or invention of any information  
Assisting- helping another commit an act of academic dishonesty  
Tampering- altering or interfering with evaluation instruments and documents  
Plagiarism- representing the words or ideas on another person as one's own.

**CLASSROOM ETIQUETTE:** **No cell phone use during class.** Be respectful of everyone in the class. No gum chewing.

**Adhere to the dress code outlined below:**

**APPROPRIATE WORKOUT CLOTHING REQUIRED FOR PE ACTIVITY CLASSES:**

**NO** shirtless attire **SHORTS OR SWEATS: NO** street clothes **TENNIS SHOES OR COURT**

**SHOES: NO** street shoes, **NO** flip-flops

### **WARNING OF RISKS**

Participation in any **Physical Fitness, Exercise or Weight Training** class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a **Physical Fitness, Exercise or Weight Training** class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from mis-fitted or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form. If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.

## **Your Personal Responsibility and Risk**

Few risks are associated with Cardio Core Conditioning, if performed safely but the steps listed here are important! Check with your doctor before joining any new exercise program.

Sign Medical Release Form prior to class participation. If you have neck, back or spinal issues, pain, dizziness, loss of breath, difficulty breathing, are pregnant, or have other limitations, prior to, during, or after class, promptly discuss these with your instructor. Set a time to visit with Instructor for specific modifications. It is your responsibility to connect directly with me to discuss your concerns and specific modifications.

## **Attendance**

Class attendance and timeliness are mandatory. Arrive on time, sign in at the beginning of each class period and attentively participate until class is dismissed to receive full credit. If you do not sign in each class period, you will be considered absent. If extenuating circumstances arise, please \*contact me promptly. \*see page 1 **Have fun!**