

## LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

### **SPECIAL NOTE:**

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

### **TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):**

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

**COURSE NUMBER:** PED 171

**COURSE TITLE:** Zumba

**SEMESTER CREDIT HOURS:** 1

**DEPARTMENT:** Physical Education

**DIVISION:** Continuing Education/Workforce

**PREREQUISITES:** None

**REVISION DATE:** September 2017

### **COURSE DESCRIPTION:**

Zumba Fitness is a dance-fitness program that blends red-hot international music and contagious steps to form a “fitness-dance party” that is downright addictive.

### **COURSE OUTCOMES AND COMPETENCIES:**

#### **Students who successfully complete this course will be able to:**

1. Gain the ability to master the fundamental Zumba movements
  - Demonstrate understanding of the theory of Zumba
  - Perform Zumba movements
  - Demonstrate safety precautions of Zumba