

LINN-BENTON COMMUNITY COLLEGE**COURSE: PE 185J Zumba Fitness****INSTRUCTOR: Katherine Sanders****MESSAGE PHONE: 541-917-4235****OFFICE HOURS: Available 10 minutes before and after class, or by appt.****COURSE INFORMATION SHEET****SPRING 2015****T/Th 11:30a.m.-12:50p.m.****E-MAIL: sanderk@linnbenton.edu****COURSE 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:

Demonstrate increased fitness capacity in cardio respiratory conditioning, muscular endurance, balance, and body composition components.

Develop greater understanding of the basic elements of movement.

Identify different rhythms, step patterns, and techniques associated with various dance rhythms.

Perform dance movements safely and effectively.

Upon completion of the course, 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. Attend class regularly and be on time! 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. 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.
5. Each student is required to submit a brief paper (no more than one page) describing two goals (fitness or other) they hope to achieve through this class along with a diet log tracking all food and beverages consumed in a 48 hour period. The paper and log will be due on or before the second Thursday of class. In addition, a brief paper will be required at the end of the term describing the progress made towards attaining those goals and will be due on the last class.
6. Students will participate in a group project to be described in the last weeks of the term.
7. 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

F=59 pts and below

7 pts - Fitness Goal paper/Diet Log

3 pts - Goal Progress paper

5 pts - Group Routine (to be discussed later)

Up to 85 pts – Attendance - 4.5 points for each day

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 within a week and slips are due by the final class.

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Students who do not attend 50% of the class sessions during the first or second week of classes can be administratively withdrawn.

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:

SHORTS OR SWEATS and TENNIS SHOES OR COURT SHOES

NO street shoes, **NO** flip-flops, **NO** shirtless attire, **NO** street clothes**Disabilities Services**

Students who may need accommodations due to documented disabilities, who 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 have not accessed services and think you may need them, please contact Disability services, 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, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

(for further information <http://po.linnbenton.edu/BP1015> - [Nondiscrimination and Nonharassment Policy.pdf](#))

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.