NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
PED 110 – ZUMBA (1 CR.)

Course Description

Focuses on Latin rhythms, dance moves and techniques in Zumba. Utilizes physical activity, cardiovascular endurance, balance, coordination and flexibility as related to dance.

General Course Purpose

Zumba is a patented fitness class format offered through Zumba Fitness that combines Latin dancing with interval and resistance training for a full-body, rhythmic workout. Zumba focuses on creating a party-like workout environment.

Course Prerequisites/Corequisites

None

Course Objectives

Upon completion of this course, the student will be able to:

- Demonstrate a general understanding of how Zumba combines traditional Latin dance styles, including salsa, mambo, cha-cha, cumbia and merengue, as well as hip-hop and belly dancing moves
- Demonstrate understanding that Zumba can help you to build both muscle tone and cardiovascular endurance; and that these two benefits bring about a variety of positive health effects, including a lowered risk of developing hypertension, heart disease, diabetes, osteoporosis and obesity
- Recognition that a traditional Zumba class focuses on raising your heart rate and toning your leg muscles as well as your core

Major Topics To Be Included

- Review of benefits of Zumba
- Muscles involved in the Zumba dance
- Review cardiovascular endurance
- Positive health effects