

PE 142A: Zumba Fitness I

Introduces Zumba Fitness to improve health and overall wellness through structured group exercise. Promotes improvement of cardiorespiratory conditioning, muscle endurance and flexibility.

Each student supplies his/her own clothing. Clothing should be loose and comfortable fitting for exercise. Shoes are mandatory and should be designed for aerobic/cardiorespiratory exercise – specifically lateral and high impact movements. General class format includes a warm-up, a cardiorespiratory conditioning segment, muscular endurance and strength exercises, stretches for flexibility and relaxation, and a cool-down.

Course Student Learning Outcomes

Upon completion of the course students should be able to:

- Apply the benefits of cardiorespiratory fitness and muscular endurance as attained in Zumba.
- Incorporate basic Zumba skills into lifelong fitness programming.

Credits: 1

Program: [Physical Education](#)