I.  INTRODUCTION:

A. This class is a fitness program inspired by Latin dance. Zoomba Cardio combines Latin rhythms with cardiovascular exercise and interval fitness training to create an aerobic routine that is fun and easy to follow.

B. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of a course in Zoomba Cardio, the student will:

A. Understand the basic principles of Zoomba Cardio.
B. Improve and/or develop the cardiovascular system.
C. Know the proper procedures and techniques for stretching.
D. Will increase flexibility, endurance and toning.
E. Apply the use of rhythmic exercise to enhance energy and a sense of well-being.

III. INSTRUCTIONAL MATERIALS

The instructional materials identified for this course are viewable through www.ctcd.edu/books

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

A. Attend class regularly.
B. Be on time.
C. Wear appropriate workout clothes.
D. Participate in class activities.
E. Stop an activity that is painful. If the movement hurts, see the instructor.
F. Modify the intensity level to your fitness level.
G. Drink water before, during and after class.

V. GRADE COMPUTATION
   A. Active participation*  70%
   B. Class attendance 30%
   C. *Active participation grade will include wearing appropriate attire, participating in class activities, putting forth maximum effort toward activity, and being on time to class.

VI. ABSENCES AND TARDIES:
   A. Absence number one (1) and number two (2) – No penalty.
   B. Absence number three (3) – 5 points will be deducted from your final grade (based on 100 point scale).
   C. Absence number four (4) – 10 points will be deducted from your final grade (based on 100 point scale).
   D. Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalog).
   E. Two (2) points will be deducted from your final grade for each tardy.
   F. There will be no make-up classes.

VII. ATTENDANCE PROCEDURES:
   It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.

VIII. CLASS ATTIRE:
   Students will need to wear appropriate work out attire that is comfortable to move in. Wear dance shoes or aerobic type shoes that do not have a lot of tread on the bottom, to allow for sliding movements and to avoid injury. You must wear shoes at all times. Students may not wear street clothes, tank tops, or midriff type t-shirts. Students will not be able to attend class unless properly dressed.

IX. NOTES:

   Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.
X. COURSE OUTLINE:

A. Activity Objectives:
   a. To identify the components of physical fitness.
   b. To develop skills and knowledge to make an intentional choice of a lifestyle characterized by personal responsibility, balance, and health.
   c. To demonstrate the benefits and significance of participating in a lifetime fitness program.
   d. To identify activities that will improve the level of physical fitness and to encourage participation in one or more of these on a regular basis.

B. Learning Activities
   a. Introduction/Discussion on course overview.
   b. History and benefits of Zoomba Cardio exercise.
   c. Exercise considerations for individual needs, such as age, fitness level, etc.
   d. Setting of attainable goals.
   e. Preliminary instructions.

C. Equipment
   Free weights as needed.