

ZUMBA DANCE CLASS

COURSE SYLLABUS

Physical Education #1117, D01C
Alumni Gymnasium Main Floor

D-Term 2010
Tuesday & Thursday
5:30 — 6:30 PM

INSTRUCTOR: TBD

CONTACT: Gregory Snoddy, Ed.D.
1st Floor Alumni
(508)831- 5800
gsnoddy@wpi.edu

COURSE DESCRIPTION:

Zumba is Spanish and means "to move fast and have fun". It is a sizzling fusion of traditional Cumbia, salsa, samba and meringue paired with pulsating Latin rhythms mixed with international dance steps. Sizzling music really makes this class.

This class begins on Tuesday, March 16 and ends on Tuesday, May 4.

COURSE OBJECTIVES:

1. To develop cardio vascular system.
2. To increase flexibility and endurance.
3. To enhance energy and wellbeing.

COURSE REQUIREMENTS:

Class attendance and active participation. Class starts at 5:30 PM
Participants must wear comfortable clothes, sneakers or dance shoes, and bring a bottle of water.

ATTENDANCE POLICY:

Attendance and active participation is required. Missed classes will result in a lower grade. There are no make-up classes available. Attendance is taken daily.

A = 13/14 Attendances and active participation
B = 12/14 Attendances and active participation
C = 11/14 Attendances and active participation
N/R = any less than 11 attendances.



Healthy Alternatives
Alumni Gym, 1st Floor
508-831-5800
508-831-5775
healthyalternatives@wpi.edu



"If you need course adaptations or accommodations because of a disability, or if you have medical information to share with me, please make an appointment with me as soon as possible. If you have not already done so, students with disabilities, who believe that they may need accommodations in this class, are encouraged to contact the Disability Services Office (DSO), as soon as possible to ensure that such accommodations are implemented in a timely fashion. The DSO is located in Daniels Hall, (508) 831-5235."