

Virginia Western Community College

PED 105

Aerobic Dance I

Prerequisites

None

Course Description

Focuses on physical fitness through dance exercises. Emphasizes the development of cardiovascular endurance, muscular endurance, and flexibility. Part I of II. (VCCS MCR Description)

This Course is an Aerobic dance participation course. Students will be provided with beginner working knowledge of Hip Hop and Zumba dance routines. (Additional Description added by the faculty)

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required Materials:

Course Outcomes

At the completion of this course, the student should be able to:

- Demonstrate basic skills in both Zumba and Hip Hop Dance
- Follow instructions given by instructor as skill sequences are developed
- Students will develop their own basic choreography and perform a dance based fitness routine

Topical Description

1	Introduction: What is Zumba and Hip-Hop Dance
2	Basic Steps broken down for easy instruction
3	Combining Steps
4	Instruction in Basic Choreography (how to develop a basic routine)

Note to Instructors