

TRIAL COURSE OR NEW COURSE PROPOSAL

SUBMITTED BY:

Department	RECR	College/School	CTC/CRCD
Prepared by	K Wilson	Phone	455-2808
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See <http://www.uaf.edu/uafgov/faculty/cd/cdman.html> for a complete description of the rules governing curriculum & course changes.

1. ACTION DESIRED (check one):

Trial Course	<input type="checkbox"/>	New Course	<input checked="" type="checkbox"/>
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2. COURSE IDENTIFICATION:

Dept	RECR	Course #	F120L	No. of Credits	1.0
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Justify upper/lower division status & number of credits: Course content represents "100" level. Course will have 3 contact hours per week

3. PROPOSED COURSE TITLE: Zumba Fitness

4. CROSS LISTED?

YES/NO	No	If yes, Dept:		Course #	
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(Requires approval of both departments and deans involved. Add lines at end of form for such signatures.)

5. STACKED?

YES/NO	No	If yes, Dept.		Course #	
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6. FREQUENCY OF OFFERING: As Demand Warrants

(Every or Alternate) Fall, Spring, Summer - or As Demand Warrants

7. SEMESTER & YEAR OF FIRST OFFERING (if approved) Fall 2011

8. COURSE FORMAT:

NOTE: Course hours may not be compressed into fewer than three days per credit. Any course compressed into fewer than six weeks must be approved by the college or school's curriculum council. Furthermore, any core course compressed to less than six weeks must be approved by the core review committee.

COURSE FORMAT: (check one)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input checked="" type="checkbox"/> 6 weeks to full semester
OTHER FORMAT (specify)						
Mode of delivery (specify lecture, field trips, labs, etc)	Lab					

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9. CONTACT HOURS PER WEEK:

	LECTURE hours/weeks	3/1	LAB hours /week		PRACTICUM hours /week
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Note: # of credits are based on contact hours. 800 minutes of lecture=1 credit. 2400 minutes of lab in a science course=1 credit. 1600 minutes in non-science lab=1 credit. 2400-4800 minutes of practicum=1 credit. 2400-8000 minutes of internship=1 credit. This must match with the syllabus. See <http://www.uaf.edu/uafgov/faculty/cd/credits.html> for more information on number of credits.

OTHER HOURS (specify type)

10. COMPLETE CATALOG DESCRIPTION including dept., number, title and credits (50 words or less, if possible):

RECR F120LQ Zumba Fitness
1 Credit Offered As Demand Warrants
Introduction to basic Zumba Fitness/Latin dance steps from salsa, meringue, cumbia, reggaeton, and

belly dance along with other international rhythms. Students will learn to identify the music, as well as a brief history of the dance. Graded Pass/Fail. (0+3)

11. **COURSE CLASSIFICATIONS:** (undergraduate courses only. Use approved criteria found on Page 10 & 17 of the manual. If justification is needed, attach on separate sheet.)

H = Humanities N = Natural Science S = Social Sciences

Will this course be used to fulfill a requirement for the baccalaureate core? YES NO

IF YES, check which core requirements it could be used to fulfill:

O = Oral Intensive, Format 6 W = Writing Intensive, Format 7 Natural Science, Format 8

12. **COURSE REPEATABILITY:**

Is this course repeatable for credit? YES NO

Justification: Indicate why the course can be repeated (for example, the course follows a different theme each time).

How many times may the course be repeated for credit? TIMES

If the course can be repeated with variable credit, what is the maximum number of credit hours that may be earned for this course? CREDITS

13. **GRADING SYSTEM:**

LETTER: PASS/FAIL:

RESTRICTIONS ON ENROLLMENT (if any)

14. **PREREQUISITES** None
These will be required before the student is allowed to enroll in the course.

RECOMMENDED
Classes, etc. that student is strongly encouraged to complete prior to this course.

15. **SPECIAL RESTRICTIONS, CONDITIONS** None

16. **PROPOSED COURSE FEES** \$0
Has a memo been submitted through your dean to the Provost & VCAS for fee approval? Yes/No

17. **PREVIOUS HISTORY**

Has the course been offered as special topics or trial course previously? Yes/No Yes

If yes, give semester, year, course #, etc.: Fall 2010, Spring 2011 F193P

18. **ESTIMATED IMPACT**

WHAT IMPACT, IF ANY, WILL THIS HAVE ON BUDGET, FACILITIES/SPACE, FACULTY, ETC.

None

19. **LIBRARY COLLECTIONS**

Have you contacted the library collection development officer (ffklj@uaf.edu, 474-6695) with regard to the adequacy of library/media collections, equipment, and services available for the proposed course? If so, give date of contact and resolution. If not, explain why not.

No Yes No services needed

20. **IMPACTS ON PROGRAMS/DEPTS**

What programs/departments will be affected by this proposed action? Include information on the Programs/Departments contacted (e.g., email, memo)

No programs/departments will be affected by this course.

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21. POSITIVE AND NEGATIVE IMPACTS

Please specify **positive and negative** impacts on other courses, programs and departments resulting from the proposed action.


There are no negative impacts on any other programs. The addition of the course will only strengthen the RECR program.

JUSTIFICATION FOR ACTION REQUESTED

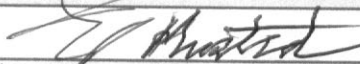
The purpose of the department and campus-wide curriculum committees is to scrutinize course change and new course applications to make sure that the quality of UAF education is not lowered as a result of the proposed change. Please address this in your response. This section needs to be self-explanatory. Use as much space as needed to fully justify the proposed course.

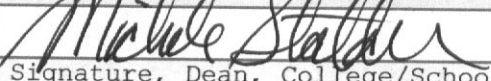
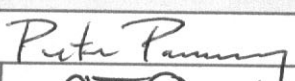
Zumba is a very popular form of exercise. There is a strong community request for this course to be added to our fitness offerings.

APPROVALS:

 Date 10-13-10
Signature, Chair, Program/Department of: RECR

Signature, Division Chair CRCD of: _____ Date _____

 Date 10-18-10
Signature, Chair, College/School Curriculum Council for: CTC

 /  Date 10/15/10
Signature, Dean, College/School of: CTC / CRCD 10/25/10

Signature of Provost (if applicable) _____ Date _____

Offerings above the level of approved programs must be approved in advance by the Provost.

ALL SIGNATURES MUST BE OBTAINED PRIOR TO SUBMISSION TO THE GOVERNANCE OFFICE

Signature, Chair, UAF Faculty Senate Curriculum Review Committee _____ Date _____

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ADDITIONAL SIGNATURES: (If required)

	Date	
Signature, Chair, Program/Department of:		
	Date	
Signature, Chair, College/School Curricula Council for:		
	Date	
Signature, Dean, College/School of:		

**Zumba Fitness
RECR F120L
1 Credit (pass/fail)**

Instructor: Phoebe May Flanagan
Email: fitness-with-phoebe@hotmail.com
Phone: 687-4675

Course Meeting Information:

Dates of instruction: Fall Semester 2011
Location: Dance Theatre Fairbanks
Days and Times: MWF 12:00-1:00pm

Course Description

Designed to introduce students to basic Zumba Fitness/Latin dance steps from salsa, merengue, cumbia, reggaeton, and belly dance along with other international rhythms. Students will also learn how to identify the music and a brief history of the dance. Students will be expected to demonstrate proper exercise form and be able to differentiate the Latin rhythms presented in class upon completion.

Course Goals

Upon completion of this course students will:

- Have improved overall fitness by increasing cardiovascular endurance
- Know and properly demonstrate correct body alignment and form for all activities
- understand the importance of a proper warm-up and cool-down
- Have learned basic Zumba Fitness Latin dance steps to include: salsa, merengue, cumbia, reggaeton, belly dance, and other international rhythms
- Be able to differentiate Latin dances and music Become more fit

Instructional Methods

- In-class activities may include warm-up, break down of steps, choreographed routines, toning exercises and cool down with stretching.

Clothing Requirements and Materials:

- Please wear proper workout attire (no jeans) yoga pants, sweatpants, gym shorts, t-shirts, tank tops are all fine to wear. BRING WATER!

Tentative Course Calendar

Week 1: Class orientation, basic information about Zumba
Week 2: fitness safety, class overview
Week 3: merengue basic steps
Week 4: merengue traveling steps
Week 5: cumbia basic steps
Week 6: cumbia traveling steps
Week 7: salsa basic steps
Week 8: salsa traveling steps
Week 9: reggaeton steps

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Week 10: review of basic latin rhythms
Week 11: belly dance
Week 12: flamenco
Week 13: samba
Week 14: review study guide/course material for final
Week 15: final test

Material is covered at a pace that comfortably challenges the majority of the students, so the course calendar above is subject to change as needed.

Grading Criteria and Policies

This is a pass/fail class. A student needs to comply with the attendance policy, complete the final battle, and earn 75 out of a possible 100 points to pass this course.

Breakdown of points

Attendance and Class Participation	80
Final test	20

Attendance/Class Participation:

In any dance class, attendance is essential for everyone's learning and for a cohesive group. Frequent absence, tardiness and non-participation in a partner dance class in particular are a major disruption that impedes the success of the class as a whole even if it does not affect you personally. As such a **maximum of 5 absences are allowed**. More than 5 absences is an automatic FAIL grade for the course.

Tardiness/Leaving early: If a student is more than 10 minutes late to class, it counts as an absence and the student will not be allowed to join class.

Make-Up For Absences: If you have a good excuse for being absent, talk to me prior to the class you will miss. A make-up assignment is possible, depending on the excuse and the student's history of attendance.

Class participation: This means being on time, and being active during class. You must be on time for class to get the proper warm-up and stay for the complete cool-down. Class will begin promptly so make sure you are on time. Attendance will be taken, we will then we will proceed to briefly cover new material/review the previous material. The physical part of the class will be approximately 50 minutes of cardiovascular/aerobic training to include a 10-15 warm-up, interval training, and a 8-10 minute cool-down with stretching. It is required that you are present for both the warm-up and the cool-down due to health safety issues.

Final test:

There will be a final test at the end of the semester. The test will cover terms used in Zumba Fitness and your knowledge of the Latin rhythms. A study guide will be provided prior to the test.

Support Services

Students who need support services can go to the Student Assistance Area at the TVC Center at 604 Barnett Street.

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Disabilities Services

UAF has a Disability Services office that operates in conjunction with the College of Rural and Community Development's (CRCD) campuses and UAF's Center for Distance Education (CDE). Disability Services, a part of UAF's Center for Health and Counseling, provides academic accommodations to enrolled students who are identified as being eligible for these services.

If you believe you are eligible, please visit <http://www.uaf.edu/disability> on the web or contact a student affairs staff person at your nearest local campus. You can also contact Disability Services on the Fairbanks Campus at (907) 474-5655 or (907) 474-1827 TTY, fydso@uaf.edu, Whitaker Building rm. 208.

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