

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish : ZUMBA
Name in English : ZUMBA
Level and form of studies : 1st level uniform magister studies, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033282
Group of courses : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

Absence of medical contraindications to take active part in aerobic and stretching exercises.
 Proper sports clothing and shoes.

SUBJECT OBJECTIVES

C1: Increasing the efficiency of the circulatory and respiratory system.
 C2: Improving motor coordination.
 C3: Familization with basic ZUMBA rhythms.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows the rhythms used in composing ZUMBA fitness exercises
 PEK_W02: a student knows basic steps used in ZUMBA.

Relating to skills:

PEK_U01: a student can recognize a basic song rhythm.
 PEK_U02: a student can perform basic steps.
 PEK_U03: a student can perform known choreographic arrangements.

Relating to social competences:

PEK_K01: a student is aware how physical activity is important for physical and mental health in every man's life.
 PEK_K02: a student appreciate the value of dance in physical activity.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Introduction of grading rules and safety rules. Introduction to basic Latin American steps. The outline of the history and tradition of ZUMBA around the world.	2
Cl. 2	Introduction to the principles of conducting classes. Methodology. Basic steps	2
Cl. 3	Presentation of one of the basic rhythms in ZUMBA: MERENGUE.	2
Cl. 4	Presentation of one of the basic rhythms in ZUMBA: SALSA.	2
Cl. 5	Presentation of one of the basic rhythms in ZUMBA: REGGAETON.	2
Cl. 6	Presentation of one of the basic rhythms in ZUMBA: CUMBIA.	2
Cl. 7	Importance of warm up – description and learning.	2
Cl. 8	Learning of stretching and its role in physical activity practice.	2
Cl. 9	The role of dance in social terms. Improving all known ZUMBA elements.	2
Cl. 10-11	Possibilities of increasing muscular system during ZUMBA exercises.	4
Cl.12	Flamenco steps in ZUMBA.	2
Cl. 13	Bachata steps in ZUMBA.	2
Cl. 14	Belly dance steps in ZUMBA.	2
Cl. 15	Course completion. Summarizing exercises.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Trainer's demonstration (or student's) N3. Lecture.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answers, demonstration.
F2	PEK_U01, U02, U03 PEK_K01, K02	Demonstration, attendance.
C: Attendance, participation and attitude in class and a grade average of F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<p><u>PRIMARY LITERATURE:</u></p> <p>[1] AFAA (Aerobics and Fitness Association of America): <i>Fitness Theory & Practice, Fifth Edition</i>. 2010. [2] Francis P.; Ellison D.; Sherman R. <i>Cycle: Reebok Training Manual</i>. Reebok International Ltd., 1996. [3] Krieger J.: <i>High-Intensity Interval Training: The Optimal Protocol for Fat Loss</i>. Washington State University - Cougar Athletics.</p> <p><u>SECONDARY LITERATURE:</u></p> <p>[1] www.zumba.com, <i>materiały szkoleniowe dla instruktorów</i>.</p>

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
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