

University of Texas Arlington
College of Education - Department of Kinesiology
Zumba
EXSA 0176
MAC 135

Instructor Name: Becky Garner

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Office#: PEB 106 (Pool)

Office Hours: By appointment

Course Information: EXSA 0176 Zumba

Time and Place of Class Meetings:

Section 001 MW 1:00-1:50 p.m.

Description of Course Content:

This class is designed to develop cardiovascular fitness through participation in a latin-based fitness dance format known as "Zumba".

Students are required to participate during each class session.

NOTE: The instructor reserves the right to modify the syllabus as needed throughout the semester.

Student Learning Outcomes:

1. To develop an understanding of fitness principles as applied through physical practice and participation.
2. To improve aerobic dance mechanics in order to achieve efficient and effective workouts.
3. To understand the components of a safe aerobic workout.
4. To develop an understanding of basic aerobic concepts.

Class Requirements:

Textbooks and Other Course Materials: none required

For general information on Zumba:

<http://www.zumba.com/us/>

Grading Policy:

Total Points: 355

Skill Assessments 75 points

Participation-280 points

355-315 A

314-275 B

274-245 C

244-215 D

214-below F

Description of major assignments and examination with due dates:

There will be 3 graded skill assessments this semester. The assessments are mandatory. Each assessment is worth 25 points. 75 points total.

Tentative dates are:

Skill Assessment #1: Wed., Sept. 23

Skill Assessment #2: Wed., Oct. 28

Skill Assessment #3: Wed., Dec. 2

Attendance Policy

Students will receive 10 points for each class they participate in. Non-participation is considered an absence. A doctor's note for illness and/or injury will be accepted for up to 4 absences. The note requires: the student's name, dates missed, and that the student is not to participate in physical activity. Students will not be allowed to participate if they are more than 10 minutes late to class. This will be considered an absence. Students are required to **SIGN IN** to each class.

Class Makeup Policy

As this is the ONLY SECTION OF ZUMBA, there are no makeup classes available.

Additional Class Policies

- 1. Please arrive to class on time. Students who are more than 10 minutes late will not be admitted to class.**
- 2. Please do not bring cell telephones to class.**
- 3. If you are sick, stay at home. In order to be counted present, you must actively participate. Coming to class and sitting in the bleachers is not active participation.**
- 4. You may not bring children/visitors to class. In addition, children may not be left unattended in the PEB or MAC hallways.**

Drop/Add Policy

It is the responsibility of the student to either add or drop classes or withdraw from the university. Departments are no longer allowed to add students to rolls or drop students from rolls without written permission from the student. We are no longer required or allowed to drop students for never attending a class. Specific deadlines set by the University can be found in the current Schedule of Classes. **Deadlines for dropping classes may differ for Graduate Students and Undergraduate Students. It is the responsibility of the students to know these dates.**

Timeline for Grade Grievances

The student has one calendar year from the date a grade is assigned to initiate a grade grievance. Students should attempt to resolve the grade issue with the instructor involved. If the issue cannot be resolved with the instructor, the student must complete an "Appeal of Grade" form that is available in the department office. The normal academic channels for processing this appeal are:

- 1) Department Chair, 2) Academic Dean, and 3) the Provost.

Appropriate Attire

Wear workout clothes, including **SHOES** to class each day. You will need to wear athletic/dance shoes that are conducive to dancing, turning and pivoting. Cross trainers and/or running shoes are not recommended due to safety. Your shoes should provide adequate support for your foot. For females, hair should be worn up and jewelry should be removed. All students must wear appropriate workout attire in order to participate.

Class Safety

Your **SAFE PARTICIPATION** is my first and foremost priority. Basic safety rules will be in effect at all times. In addition, if you are aware of any hazards present or if an injury occurs, notify me immediately regardless of the apparent

severity. If you develop an injury outside of class, please let me know so that I can make accommodations for you in the class. In addition, all students are encouraged to **drink water** prior to class and **bring water** to class. You may get a towel at the front desk of the MAC on your way into class each day.

Disability Accommodation

If you require an accommodation based on disability, I would like to meet with you in the privacy of my office the first week of the semester to be sure you are appropriately accommodated.

Bomb Threats

If anyone is tempted to call in a bomb threat, be aware that UTA will attempt to trace the hone call and prosecute all responsible parties. Every effort will be made to avoid cancellation of presentations/tests caused by bomb threats. Unannounced alternate sites will be available for these classes. Your instructor will make you aware of alternate class sites in the event that your classroom is not available.

Student Support Services

The University supports a variety of student success programs to help you connect with the University and achieve academic success. They include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally or socially should contact the Office of Student Success Programs at **817.272.6107** for more information and appropriate referrals.

Academic Dishonesty

Academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form at the University of Texas at Arlington. All persons involved in academic dishonesty will be disciplined in accordance with the University regulations and procedures. Discipline may include suspension or expulsion from the University. "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts (Regents' Rules and Regulations, Series 50101, Section 2.2)."

Final Review Week:

A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.

E Culture Policy

The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT

Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email. All students are assigned an email account and information about activating and using it is available at www.uta.edu/email. New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.