STAC 108 sections 6&7 STRONG by Zumba®

Instructor: Shelly Parcell, Paula Johnson
Contact info: shelly.zumbafitness@gmail.com, paula.v.johnson@gmail.com

COURSE CONTENT
STRONG by Zumba™ is an athletic conditioning style workout interwoven in intervals with simple dance steps. This high-intensity interval training (HIIT) is designed for those looking to increase their exercise intensity. It challenges the cardiorespiratory system with both higher intensity moves (plyometric jumps, burpees, high knee runs) and lower intensity moves (kickboxing, lunges, knee lifts), the musculoskeletal system with strength moves (push-ups, squats, core exercises), and the neuromuscular system with agility and balance moves.

In addition, STRONG by Zumba offers:
- A program format, based on 4 Quadrants in every workout, which participants will continue to use to improve their fitness conditioning.
- A program that is open to participants of all fitness levels, challenging them to achieve their fitness goals with every workout.
- New challenges to those who may have reached fitness plateaus.
- Simple programming, no complex choreography.

LEARNING OUTCOMES
Learn proper form for basic fitness exercises.
Learn variations of basic fitness exercises to accommodate various intensity and participant levels.
Improve strength and endurance conditioning with repeated routines.

GRADING
This course is graded PASS/FAIL
Students must meet the following criteria to pass this course.
1. Pass the attendance part of the course with 80%.
2. Pass the written part of the class with 75% on the written test.

REQUIRED COURSE MATERIALS:
No required materials. Information and study materials for the test will be provided during class.

ATTENDANCE/PARTICIPATION
- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for possible illness, injury, or University business.
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
• For once a week block classes, this equals no more than 1 class period missed.
• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. Students adding late should see the instructor for options immediately upon adding.

A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has any questions about this policy, contact Student Wellness, 112 RB, activity@byu.edu

WRITTEN EXAM
A written examination must be taken in the Testing Center. Test dates for all courses can be found at http://studentwellness.byu.edu/physical/activitycourses.

**IMPORTANT: Tests will NOT be available the last day of class, during reading days or finals. NO EXCEPTIONS!**

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a student scores below 75%, the test may be retaken for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged on the last day of the exam.

DRESS & ATTIRE
A t-shirt and shorts or sweats or dance pants are required for your participation in an activity class. Clothing shall be modest, clean, and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required, which includes an aerobic gym shoe.

INJURY
Any injury occurring during scheduled class time should be immediately reported to your instructor.