# **Course Proposals**

Course Name: Zumba, Level I  
Course Prefix: PE  
Course Number: 1035  
Submitted by: Brian McGladrey, brianmcgladrey@weber.edu

Current Date: 3/7/2014 College: Education  
Department: HP&HP  
From Term: Fall 2015

Substantive

new   
Current Course Subject: N/A  
Current Course Number:

Experimental Number

New/Revised Course Information:

Subject: PE  
Course Number: 1035

Check all that apply:*This is for courses already approved for gen ed. Use a*[*different form*](http://documents.weber.edu/catalog/forms.htm)*for proposing a new gen ed designation.*

* DV
* CA
* HU
* LS
* PS
* SS
* EN
* AI
* QL
* TA
* TB
* TC
* TD
* TE

Course Title: Zumba, Level I  
Abbreviated Course Title: Zumba, Level I  
Course Type: LAB  
Credit Hours: 1  
or if variable hours: to

Contact Hours:Lecture:   
Lab: 30  
Other:

Repeat Information:Limit: 0  
Max Hrs: 0  
Grading Mode: standard

This course is/will be:

a required course in a major program  
a required course in a minor program  
a required course in a 1- or 2- year program  
elective

Prerequisites/Co-requisites:None.

Course description (exactly as it will appear in the catalog, including prerequisites):PE 1035 - Zumba  
  
Credits: (1)   
Typically taught:  
Fall [Full Sem]  
Spring [Full Sem]  
  
A physical activity course that introduces students to Zumba; an activity that fuses cardiovascular fitness, upbeat world rhythms, and easy-to-follow choreography for a total-body workout.

Justification for the new course or for changes to an existing course. (Note: Justification should emphasize academic rationale for the change or new course. This is particularly important for courses requesting upper-division status.)Initially requested by students, this course has been offered as an "experimental course" and has been popular on both the Ogden and Davis campuses.  
  
Exercise and physical activity are critical components to developing and maintaining good health. “The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity” (NASPE, 2013). To this end, the purpose of this course is to: (1) engage students in regular physical activity; (2) assist students in achieving and maintaining a health-enhancing level of physical fitness; and (3) encourage students to value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

INFORMATION PAGE   
for substantive proposals only

1. Did this course receive unanimous approval within the Department?trueIf not, what are the major concerns raised by the opponents?None.

2. If this is a new course proposal, could you achieve the desired results by revising an existing course within your department or by requiring an existing course in another department?No.

3. How will the proposed course differ from similar offerings by other departments? Comment on any subject overlap between this course and topics generally taught by other departments, even if no similar courses are currently offered by the other departments. Explain any effects that this proposal will have on program requirements or enrollments in other department. Please forward letters (email communication is sufficient) from all departments that you have identified above stating their support or opposition to the proposed course.This will be the only course offered at WSU that is specific to Zumba.

4. Is this course required for certification/accreditation of a program?no

If so, a statement to that effect should appear in the justification and supporting documents should accompany this form.

5. For course proposals, e-mail a syllabus to [Faculty Senate](mailto:kbrown4@weber.edu) which should be sufficiently detailed that the committees can determine that the course is at the appropriate level and matches the description. There should be an indication of the amount and type of outside activity required in the course (projects, research papers, homework, etc.).

Please mail a signed [approval page](https://portalapps.weber.edu/lCourseProposal/SignaturePage.PDF)to the Faculty Senate Office, MA 210J, MC 1033.