

# ZUMBA

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## Course Description:

ZUMBA is a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system. Zumba combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning.

## Philosophy:

I want EVERYONE to have a positive experience in my class! As a Fitness and Wellness instructor I believe in the power of healthy living and what it does for our mind and bodies. Zumba is going to be a positive experience for those that make that choice before coming into the classroom. I promise I will provide an atmosphere where we can improve your overall fitness and HAVE FUN doing it 😊.

## Class Expectations

It is expected that EVERY DAY you will be dressed in appropriate attire for physical activity. This attire includes: gym shoes (Toms, Bobs, flip-flops, loafers, DC's, Sperry's, etc. are NOT appropriate gym shoes), tank or sleeve shirt (tank straps need to be at least 2 inches thick, and stomachs can not be shown), and shorts/capri/pants according to school dress code. You can be successful if you dress and participate in all activities. Bring a water bottle if you can. NO CELL PHONES! Please be respectful to all those around you.

## Locker Room

Lockers: Each student will be issued a small locker prior to the beginning of activities. Students are expected to keep their combinations confidential and lock all items inside their locker. The locker room is the NUMBER ONE PLACE FOR THEFT! MMHS is NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS from the locker room!! Showers are available for student use, but you must provide your own towel.

**Don't just stand there. BUST A MOVE!**

## Grading System

This is a 100% participation based class. Each day students will have the opportunity of earning 25 points.

25 daily points are awarded as follows;

+5 points for being on time

+10 points for improper attire

+10 points for full participation (points deducted by lack of participation and/or behavior issues)

## Grading Scale

A 100-93%

C 76.99-74%

A- 92.99-90%

C- 73.99-70%

B+ 89.99-87%

D+ 69.99-67%

B 86.99-84%

D 66.99-64%

B- 83.99-80%

D- 63.99-60%

C+ 79.99-77%

F 59.99 ->0%

## Attendance and Make Up Policy:

Each student can make up 4 excused absences. Activity excused absences don't count against their grade. Dr. Note can be used up to three class periods, any special circumstances are upon teacher discretion. **PE makeups will be offered every Wednesday after school from 2:30 to 3:00pm.**

\*\*If a student is unable to participate due to injury or illness, they are expected to have a doctor's note, or parent e-mail/call me before the start of class, but must still dress out. PARENT NOTES WILL NOT BE ACCEPTED. If students will be out for more than one class period due to illness/injury, a doctor's note will be necessary to keep on file. You have two weeks from your absence to turn in a make-up assignment. After two weeks I will not accept any make ups. No makes up for tardies. If you walk into class late, it is your responsibility to sign the tardy log.



**Zumba can change your life**  
**one beat at a time!**

**STUDENT MEDICAL HISTORY**

FULL NAME OF STUDENT \_\_\_\_\_

Grade \_\_\_\_\_ Period \_\_\_\_\_

PARENT OR GUARDIAN \_\_\_\_\_

HOME PHONE \_\_\_\_\_ PARENT E-MAIL \_\_\_\_\_

FATHER'S CELL PHONE \_\_\_\_\_ MOTHER'S CELL \_\_\_\_\_

IN CASE OF AN EMERGENCY PLEASE CONTACT:

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

PRESENTLY UNDER DOCTOR'S CARE FOR AN INJURY OR ILLNESS? YES \_\_\_ NO \_\_\_

HEALTH PROBLEMS THE PE DEPARTMENT SHOULD BE AWARE OF:

\_\_\_\_\_  
\_\_\_\_\_

ALLERGIES? \_\_\_\_\_

*I have read the course information, understand the requirements for participating in Zumba class at MMHS. I will not hold Maple Mountain High School nor Nebo School District liable for any injuries that occur while participating in any physical education class under proper supervision.*

**PARENT SIGNATURE**

\_\_\_\_\_

**STUDENT SIGNATURE**

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