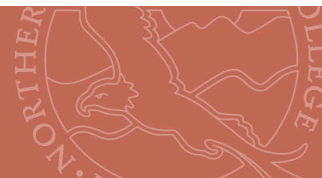


# NORTHERN NEW MEXICO COLLEGE



<b>Course Number Course Name</b>	DANC 110 Fitness for Dancers
<b>Credit Value (Breakdown of theory and lab credits)</b>	2 Credits (1 Theory; 1 Studio)
<b>Catalog Course Description</b>	<i>This course is an aerobic dance class that integrates stretching, conditioning, and various types of dance styles, that may include Zumba®, into an exercise form for optimal performance for dancers.</i>
<b>Student Learning Outcomes/ Objectives/ Competencies of the Course</b>	<ol style="list-style-type: none"> <li>1. <i>Develop competency in overall fitness and wellness to pursue careers in education, health and fitness, professional arenas, or to further their academic dance pursuits.</i></li> <li>2. <i>Attain an understanding of theoretical and practical scientific concepts of movement to</i></li> <li>3. <i>Become knowledgeable in dance terminology and components of fitness</i></li> </ol>
<b>College-Wide Student Learning Outcomes</b>	<p>DANC 110 Fitness for Dancers learning objectives align with the following NNMC College Wide Goal:</p> <p><b>Communication</b> - Students will present ideas and information effectively for specific purposes through written statements. The Aerobics topics paper will be used to assess students' progress in meeting this goal.</p>