[Jazzercise] Syllabus

[Fall 2017-18]

# Instructor Information

|  |  |  |
| --- | --- | --- |
| Instructor | Email | Class Location & Hours |
| **Beverly Manuel** | nilesjazzercise@gmail.com | 226 ½ E Main St. W&F 10am |

# General Information

## Description

Dance fitness program designed to get students active and to learn the importance of exercise and health.Students will learn dance routines including light strength training and learn a choreographed dance routine during the last half hour of class.

Students have a blast working it out to Top 40 hits, high energy dance moves, and fitness games created just for them. It is all about fitness, coordination, strength, nutrition, confidence, and - most of all - fun! Students will learn and perform a choreographed dance routine for family and friends toward the end of each semester.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

# Pass/Fail

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

## Optional Materials (provided by student/family)

# Jazzercise performance t-shirt $10

# Course Schedule

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| --- | --- | --- | --- | --- |
| Week | Topic | |  |  |
| 1-2 | Learn routines | | 15min fitness test |  |
| 3-4 | Learn routines | |  |  |
| 5-6 | Learn routines | |  |  |
| 7-8 | Learn routines | |  |  |
| 9-10 | | Learn routines | | |
| 11-12 | | Learn routines | | |
| 13-14 | | Learn routines, 15min fitness test, we measure progress, not performance | | |
| 15-16 | | Learn routines, perform choreographed routine for family | | |

# End of Semester: Finished Work

* Evidence of Learning (circle one): post-test score improvement, fine arts recital, work of art/art show, class/parent/public performance, achievement of a higher level or rank, product creation, scrapbook, written examination or report.