



Zumba Class Proposal for Surry County High School

- **Purpose**

Founded in 2001, Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

- **Format**

A 1-hour Zumba class with the following components: dancing, aerobics, and choreography. The class will use a stereo system and music provided by the instructor. The instructor is available to teach at 4:00pm once or twice a week Monday-Thursday. The instructor will be Anne "Tori" Rhodes.

- **Class Duration**

This class generally runs for 6 weeks, but the duration may be adjusted depending on the establishment's needs.

- **Equipment**

A space will need to be provided by the establishment. Students should wear loose, comfortable clothing with sneakers. The instructor will provide a sound system and music for the class. A Zumba Fitness Waiver/Release Form will need to be signed by each participant prior to taking the class. The establishment and the instructor assume no responsibility for any medical expenses, injury, damage, or death suffered by the participant in connection with the use of any facilities or services in connection with the activity.

- **Cost**

The cost is \$5.00 per class per participant. The participant is expected to pay the instructor upon arrival to the class.

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S Marginson



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Resources in Education, 1997 *Creative Ideas For Teaching Evaluation* Donna M. Mertens, 2013-04-17 In 1976 the first session on the teaching of evaluation was held at an annual meeting of evaluators A few hardy souls gathered to exchange ideas on improving the teaching of evaluation At subsequent annual meetings these informal sessions attracted more and more participants eager to talk about common teaching interests and to exchange reading lists syllabuses assignments and paper topics The sessions were irreverent innovative lively and unpredictable Eventually the group formalized itself with the American Evaluation Association as the Topical Interest Group in the Teaching of Evaluation TIG TOE As word of TIG TOE's activities spread instructors from all over the country clamored for assistance and advice It became apparent that a handbook was needed a practical interdisciplinary guide to the teaching of evaluation Donna M Mertens a long standing member of TIG TOE and an accomplished teacher of evaluation volunteered to edit the book and her skills sensitivity and experience in the craft of teaching are apparent throughout

36 Sample Question Papers: CBSE Class 10 for Term 2 November 2022 Examination Oswal - Gurukul, 2022-01-30 Molecular Microbiology Laboratory Walt Ream, Bruce Geller, Katherine Field, 2012-08-31 Intends to teach principles and techniques of molecular biology and microbial ecology to upper level undergraduates majoring in the life sciences and to develop students scientific writing skills This title exposes students to the molecular based techniques It provides faculty with an accessible resource for teaching protocols WorldCat **Pilates for Children and Adolescents** Celeste Corey-Zopich, Brett Howard, Dawn-Marie Ickes, 2014-04-01 Pilates for Children and Adolescents is the first comprehensive manual of guidelines and formal curriculum for teaching Pilates to young people This book includes Guidelines for teaching Pilates to young people Why Pilates is beneficial for children age 6 11 and adolescents age 12 19 Crucial anatomical and cognitive development considerations for working with young people Additional relevant topics designed to equip the Pilates teacher with tools for creating relevant and safe programs for different age ranges such as safety considerations exercise contraindications scope of practice and ethics considerations for working in a variety of environments within both the public and private sectors age appropriate exercises from the Pilates repertoire a formal curriculum for teaching Pilates in schools including sample lesson plans appendices which cover working with children with special needs Pilates in the Schools pilot study results and resources **A Strategic Guide to Technical Communication - Second Edition (US)** Heather Graves, Roger Graves, 2012-05-23 A Strategic Guide to Technical Communication incorporates useful and specific strategies for writers to enable them to create aesthetically appealing and usable technical documentation These strategies have been developed and tested on a thousand students from a number of different disciplines over twelve years and three institutions The second edition adds a chapter on business communication reworks the discussion on technical style and expands the information on visual communication and ethics into free standing chapters The text is accompanied by a passcode protected website containing materials for instructors

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Public utility rate proposals of President Carter's energy program (part E of S. 1469)
United States. Congress. Senate. Committee on Energy and Natural Resources. Subcommittee on Energy Conservation and Regulation, 1978 Public Utility Rate Proposals of President Carter's Energy Program (part E of S. 1469): September 8, and 9, 1977
United States. Congress. Senate. Committee on Energy and Natural Resources. Subcommittee on Energy Conservation and Regulation, 1978 *Teaching Business Writing* Jeanne W. Halpern, 1983 **The Handbook of Technical Writing** Mary Lee, 1990 **Resources in Technical Communication** Cynthia Selfe, 2017-03-02 Provides the instructors of introductory technical communication courses with a set of resources for their classrooms **Congressional Record**
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