A. Identification
   1. Subject Area: Dance (DAN)
   2. Course Number: 157
   3. Course Title: Bollywood Cardio Workout
   4. Credit Hours: 1
   5. Course Description: This dance-inspired workout achieves a cardiovascular component due to the expansive movements of Bhangra folk dance steps from the Punjab region of NW India. Includes choreography from Hindi Bollywood movies.

B. Course Goals: Bollywood Workout introduces the student to the basic movements of Bollywood and Bhangra folk dance styles to increase fitness through cardiovascular efficiency, muscle strength, and endurance.

C. Course Outcomes: Students will:
   1. achieve a higher fitness level with regard to cardiovascular efficiency, muscle strength, and endurance;
   2. develop a deeper understanding of the Punjab area of India;
   3. Improve basic balance and kinesthetic awareness; fatigue muscle fibers resulting in greater endurance and strength;
   4. identify basic food calories and implications of fat sources in personal diet;
   5. develop an awareness of the diversity of other cultures and the culture, geography, food, movies, and global role of India;
   6. and reflect upon how participation in this class helped reduce stress and develop camaraderie.

D. Course Outcomes Assessment will include:
   1. attendance in class;
   2. participation in class;
   3. quiz on basic muscle mechanics, fat categories, calculating the method for cardiovascular efficiency;
   4. and reflective paper discussing the possibility of stress reduction and success of camaraderie achieved in class.

E. Course Content will include:
   1. Bollywood/Bhangra arm movements, steps and body positions;
   2. basic choreographic combinations of #1;
   3. mini-discussions of India’s Punjab area, where Bhangra originated;
   4. mini-discussions of India’s Bollywood movie culture;
   5. calculate the Working Heart Rate, Resting Heart Rate and Recovery Heart Rate for measuring aerobic fitness;
   6. basic muscle mechanics of the body and guidelines for Lifetime Fitness and Wellness;
   7. and dynamic Warm-up * Aerobic activity * Static Held Stretches * BodySculpting * Cool Down.