

Download Leading Aerobic Dance-exercise

Requirements for the Exercise Science Major (75 to 78 credits) In addition to satisfying the general university requirements, students seeking to graduate with a bachelor of science with a major in exercise science must satisfy the following: The highest standards of clinical care in state-of-the-art facilities, with Consultant-led treatment, spotlessly clean rooms, and a team of dedicated and experienced nurses. Zumba is the name of a dance fitness program created in Colombia during the 1990s. Music is the key ingredient to Zumba classes. The score, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, and targets every major muscle group in the body. EJERCICIOS CONTRAINDICATIVOS. PROF. EDGAR LOPATEGUI CORSINO M.A., Fisiología del Ejercicio Universidad Interamericana de PR - Metro, Facultad de Educación, Dept. de Educación Física