

Course Syllabus

Department : Physical & Health Education
Course Title : CHEERLEADING, VARSITY
Section # : PHED 1130_99 **Day:** Mon. – Thurs. **Time:** 11:00a.m. – 12:15p.m.
Start Date : August 27, 2012
End Date : May 16, 2013
Modality : Face-to-face
Credits : 1

Instructor Information

Name : Blair Hackleman
OC Email : bhackleman@odessa.edu
OC Phone # : 432-335-6400
Office : 432-335-6573

Course Description

Introduces basic skills and techniques of cheerleading such as partner stunts, incorporation of pyramids, safety techniques and jumps. By participating as a team, individuals learn how to cooperate with other team members in solving problems and in motivating a crowd. Performing at athletic events permits the individuals an opportunity to exhibit responsibility as well as to build self-esteem. Lab fee required.

Prerequisites/Co requisites Consent of the Instructor

Scans

5, 9, 10

Upon completion of this course, students should be able to:

To demonstrate competency in the ability to understand and put into practice the techniques of various cheer skills, the student must be able to:

- Recognize the basic principles of motions, stunting, tumbling and jump techniques.
- Demonstrate knowledge of precaution that should be taken while performing the various cheerleading exercises.
- Development of cheer technique, alignment, flexibility, strength, stamina, centering and transference of body weight.

To demonstrate competency in the ability to maintain and improve flexibility, endurance and strength, the student must be able to:

- Improvement of movement memory: ability to pick up movements faster and remember them longer.
- Improvement of musicality/timing in dance: learning about rhythm, tempo, meter, and phrasing to develop rhythmic skills in dance.
- Improvement of neuromuscular coordination: precise control and placement of body parts.

To demonstrate competency in knowledge of how cheerleading can enhance general well-being and health, the student must be able to:

- Development of dynamic qualities of movement required for clarity, focus, and expressiveness.
- Integration of critical thinking skills through reading and written assignments that will enhance experiential concepts.

CLASS ATTENDANCE POLICY

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

| <u>DAYS/WEEK</u> | <u># IF UNEXCUSED</u> | <u>LETTER GRADE</u> |
|---------------------------|--------------------------------|-----------------------------------|
| <u>CLASS MEETS</u> | <u>ABSENCES ALLOWED</u> | <u>DEDUCTION FOR EVERY</u> |
| 2 | 2 | 3rd absence |
| 3 | 3 | 4th absence |

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy,

(which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

COURSE UPDATES

The student is responsible for checking the syllabus online for changes frequently may be updated often as needed.

Required Readings/Materials

a) You must purchase the following ***required*** readings/materials: None

b) You are encouraged to buy the following ***optional*** books/materials:

None

Course Requirements (Lectures, Assignments and Assessments)

You must be suited out for every class. This includes wearing the proper cheer attire, having the appropriate shoes, and having hair pulled back.

Topic Overview:

Summary of Assignments & Activities

| Item (Name) | Type | Description | Due* |
|-------------|-------------------|--|----------------------|
| Week 1 -16 | Physical activity | Practice & Physical Training - TBA assigned by coach | Daily/or as assigned |
| Week 1 -16 | Physical activity | Competition | Scheduled |
| Week 1 -16 | Academic | Complete assigned amount of class hours | Weekly |
| Week 1 -16 | Academic | Complete assigned amount of study hall hours | Weekly |
| Week 1 -16 | Outreach | Service Projects | TBA |

Grading Policy

| Grade | Percentage % |
|-------|--------------|
| A | (90 -100%) |
| B | (80 -89%) |
| C | (70 - 79%) |
| D | (60 - 69%) |
| F | Below 60% |

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#) " service provide additional help.

Student E-mail

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Student Portal

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).

Expectations for Engagement – Face to Face Learning

To help make the learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the learning environment. Students and instructors are welcome to exceed these requirements.

Reasonable Expectations of Engagement for Instructors

1. As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will
 - provided my contact information at the beginning of the syllabus;
 - respond to all messages in a timely manner through telephone, email, or next classroom contact; and,
 - notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable.
2. As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will
 - provide clear information about grading policies and assignment requirements in the course syllabus, and
 - communicate any changes to assignments and/or to the course calendar to students as quickly as possible.
3. As an instructor, I understand that I need to provide regular, timely feedback to students about their performance in the course. To keep students informed about their progress, I will
 - return classroom activities and homework within one week of the due date and
 - provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

Reasonable Expectations of Engagement for Students

1. As a student, I understand that I am responsible for keeping up with the course. To help with this, I will
 - attend the course regularly and line up alternative transportation in case my primary means of transportation is unavailable;
 - recognize that the college provides free wi-fi, computer labs, and library resources during regular campus hours to help me with completing my assignments; and,
 - understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my personal computer equipment or internet service is unreliable.
2. As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to,
 - missing class when a major test is planned or a major assignment is due;
 - having trouble submitting assignments;
 - dealing with a traumatic personal event; and,
 - having my work or childcare schedule changed so that my classroom attendance is affected.
3. As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will
 - seek out help from my instructor and/or from tutors;
 - ask questions if I don't understand; and,
 - attend class regularly to keep up with assignments and announcements.