

## **COURSE SYLLABUS**

**DEPARTMENT:** Physical & Health Education

**COURSE TITLE:** Varsity Cheerleading

**SECTION NAME:** PHED 1130 99

**START DATE:** 01/18/2011

**END DATE:** 05/07/2011

**MODALITY:** Face-to-Face

**CREDITS:** 1

### **INSTRUCTOR INFORMATION**

**NAME:** Roland Latson

**OC EMAIL:** [rlatson@odessa.edu](mailto:rlatson@odessa.edu)

**OC PHONE #:** 432-335-6573

**OFFICE:** Sports Center 203

**OFFICE HOURS:** Monday-Friday

### **COURSE DESCRIPTION:**

This course is geared towards those with previous cheer experience (i.e. high school cheerleading, all-star cheer gyms) with interest of continuing at the collegiate level. Students can expect to learn intermediate to advance skills of cheer technique through warm ups, tumbling, and partnering/group stunts. Students will also learn anatomical terms and explore various cheer skills. Students will be required to attend all Cheer Team practices, games and events.

**SCANS:** (0-3) (36.0108.5123) 1 hour

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. (SCANS 5, 9, 10)  
Prerequisite: Consent of the instructor.

### **LEARNING OUTCOMES:**

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.

**ATTENDANCE POLICY:**

Your attendance is the greatest predictor of your success. It is important that you attend every class and event – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that will be accepted are college-sponsored activities, anticipated absences and medical emergencies. It is your responsibility to contact the instructor before class begins. Anyone leaving class, practices or events early without the instructor’s permission will be counted absent for the entire class.

<u>DAYS/WEEK</u> <u>CLASS MEETS</u>	<u># IF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>10 POINT</u> <u>DEDUCTION FOR</u>
<u>EVERY</u> 2	2	3rd absence

**ACADEMIC ETHICS:**

All work is to be your own. If unethical behavior is detected, *all parties involved* will be denied points for that class assignment or exam. The questioned material or situation and a report of the violation will be submitted to the department chair for further action as deemed necessary by the department chair.

Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by Board policies. Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism, and collusion. Academic policies on Student Disciplinary Procedures and Complaint/Grievance Policy are found in the OC Student Handbook at <http://www.odessa.edu/dept/studenthandbook/handbook.pdf>

**REQUIRED READING TEXT:**

None

**COURSE UPDATES:**

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

**COURSE REQUIREMENTS:**

There is no text required for the class therefore attendance and participation in the activity is very important. However, appropriate exercise clothing and tennis shoes, towel and water.

**TOPIC/OVERVIEW:** This semester focuses on:

The ability to understand and put into practice the techniques of various cheerleading skills:

Evaluation: Based on attendance & participation. The student will maintain and improve flexibility, endurance and strength.

<b>Cheer Agenda</b>	<b>Type</b>	<b>Description</b>	<b>Due*</b>
<b>Week 1</b>	Introduction	Course Information	1/22/2011
	Assignment	Pre-Assessments/Basketball Games	
<b>Week 2</b>	Activity Assignment	Stretches/Workouts/Basketball Games/Water Project/Cheer Clinic	1/29/2011
<b>Week 3</b>	Activity	Practice Cheers/Workouts/Basketball Games	2/5/2011
<b>Week 4</b>	Activity	Practice Cheers/Workouts/Conditioning/Basketball Games	2/12/2011
<b>Week 5</b>	Activity	Practice Cheers/Workouts/ Conditioning/Nationals Choreography/ Basketball Games	2/19/2011
<b>Week 6</b>	Activity	Practice/Improving Muscular Strength & Endurance Workouts/Conditioning/Basketball Games	2/26/2011
<b>Week 7</b>	Activity	Practice/Improving Muscular Strength & Endurance Workouts/Conditioning/Basketball Games	3/5/2011
<b>Week 8</b>	Activity	Workouts/Conditioning/Basketball Games/ Study Hall	3/12/2011
<b>Week 9</b>	<b>No Classes</b>	SPRING BREAK/Nationals Practice/Conditioning	3/19/2011

<b>Week 10</b>	Activity	Nationals Competition (Austin, Tx.) /Conditioning/Workouts/ Study Hall	3/26/2011
<b>Week 11</b>	Activity	Conditioning Workouts/ Study Hall	4/2/2011
<b>Week 12</b>	Activity	Practice/Conditioning/Workouts/Study Hall	4/9/2011
<b>Week 13</b>	Activity	Practice/Conditioning/Workouts/Study Hall	4/16/2011
<b>Week 14</b>	Activity Quiz	Practice/Conditioning/Workouts/Study Hall/ Team Try-outs	4/23/2011
<b>Week 15</b>	Review Activity	Post Assessment/Team Try-outs	4/30/2011
<b>Week 16</b>	Review Activity	Review for Final Exam/ Team Try-outs	5/7/2011

**INSTRUCTIONAL MATERIALS:**

- A. Visual presentation of techniques by the instructor
- B. Videos / DVDs may be used to facilitate instruction

**SUMMARY OF ASSIGNMENTS & ACTIVITIES:**

\*Note: The due dates are subject to change.

Team Practices/Workouts 100 points  
Community/Event Appearances 100 points  
Athletic Game Attendance 100 points

**GRADING POLICY:**

Each week, I will provide grades or scores and comments on assignments within 6 days of when they were submitted. After I send feedback each week, I will post a notification in the **Main** forum.

Late assignments receive a 10% deduction for each day they are late if assignments are not posted by 11:59p.m., central on the day they are due. Assignments more than 5 days late will not be accepted. Technological issues will not be considered as valid grounds for late assignment submission. In the event of a server outage, students should submit assignments to the instructor.

**METHOD OF EVALUATION: TOTAL POINTS 300**

Throughout a combination of physical activity during team practices & workouts your ability to meet the course objectives will be evaluated. Each team member is required to be present at all games and events.

A = 300

B = 200

C = 100

D/F = 99-

**IMPORTANT COURSE DATES:                      SPRING 2011**

First Class Day	Tuesday, January 18
Last Day to Add a class	Friday, January 21
Last Day to Drop or Withdraw with a 'W'	Thursday, April 14
Dance Nationals	Saturday, March 12
Spring Break (No Classes)	March 14-20
Last Class Day	May 7
Final Exams	May 9-12

**PROCEDURE FOR REQUESTING SPECIAL ACCOMMODATIONS:**

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If the student has any special needs or issues pertaining to access to and participation in any class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disability Services at 432-335-6861 to request assistance and accommodations.

**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](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 students and instructors' right to academic freedom can be found in the Odessa College Student Handbook.

