EASTERN ARIZONA COLLEGE
Beginning Poms and Cheers I
Course Design
2016-2017

Course Information

Division
Health & Physical Education

Course Number
HPE 101N

Title
Beginning Poms and Cheers I

Credits
1

Developed by
Jim Bagnall

Lecture/Lab Ratio
0 Lecture/2 Lab

Transfer Status

<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tbody>
<tr>
<td>KIN 105, EXW 105</td>
<td>HS Departmental Elective</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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Activity Course
Yes

CIP Code
31.0501

Assessment Mode
Portfolio

Semester Taught
Upon Request

GE Category
AAS degree only

Separate Lab
No

Awareness Course
No

Intensive Writing Course
No

Prerequisites
None

Educational Value

A. To help students interested in participating in school activities which include other students, teams, clubs, coaches, and interaction with the student body.
B. To create a lifetime physical fitness activity and increase fitness levels.
C. To help students prepare for tryouts at four-year institutions.

Description
This course is designed to teach safety techniques involved in cheerleading and spirit leading including jumps, lifts, stunts, pyramids, and tosses. Additional conditioning throughout the athletic seasons for participation at athletic events. Prior cheerleading, pom, or dance experience helpful but not necessary.
Supplies
Work out attire, athletic shoes

Competencies and Performance Standards
1. Demonstrate and explain the proper safety techniques for stunts, partner stunts, pyramids, and tosses.
   Learning objectives
   What you will learn as you master the competency:
   a. Explain safety guidelines for partner stunts, pyramids, and basket tosses which include "hands-on" spotting.
   b. Demonstrate partner stunts, pyramids, and basket tosses following the specified safety guidelines, which include proper surfaces, proper mounting and dismounting, and number of spotters necessary for each.

   Performance Standards
   Competence will be demonstrated:
   o upon successful performance of partner stunts, pyramids and basket tosses at an intercollegiate athletic event
   Criteria - Performance will be satisfactory when:
   o learner demonstrates the safety guidelines for partner stunts, pyramids, and basket tosses which include "hands-on" spotting
   o learner demonstrates partner stunts, pyramids and basket tosses following the specified safety guidelines, which include proper surfaces, proper mounting and dismounting, and number of spotters necessary for each

2. Demonstrate and explain the proper safety techniques for tumbling and gymnastics including proper spotting and stretching techniques.
   Learning objectives
   What you will learn as you master the competency:
   a. Explain the safety guidelines for tumbling and gymnastics including the use of spotters and proper surfaces.
   b. Demonstrate tumbling routines using the specified safety guidelines.

   Performance Standards
   Competence will be demonstrated:
   o by performing tumbling routines at an intercollegiate athletic event
   Criteria - Performance will be satisfactory when:
   o learner explains the safety guidelines for tumbling and gymnastics including the use of spotters and proper surfaces
   o learner demonstrates tumbling routines using the specified safety guidelines

3. Demonstrate synchronization of cheers, stunts, routines, and jumps.
   Learning objectives
   What you will learn as you master the competency:
   a. Perform routines, cheers, stunts routines, and jumps with a group in synchronization.
**Performance Standards**

*Competence will be demonstrated:*

- upon successful completion of routines, cheers, stunts, and jumps at an intercollegiate athletic event

*Criteria - Performance will be satisfactory when:*

- learner performs routines, cheers, stunts routines, and jumps with a group in synchronization

**Types of Instruction**

On Campus Laboratory and Clinicals

**Grading Information**

**Grading Rationale**

15%  Portfolio  
35%  Skills Test  
50%  Attendance

**Grading Scale**

A  90% or above  
B  80-89%  
C  70-79%  
D  60-69%  
F  59% or below