

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

ASU	NAU	UA
KIN 105, EXW 105	HS Departmental Elective	PE Departmental Elective, PE Activity Credit limit of three units

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