

# EASTERN ARIZONA COLLEGE

## Advanced Poms and Cheers I

**Course Design**  
**2016-2017**

**Course Information**

**Division** Health & Physical Education  
**Course Number** HPE 201N  
**Title** Advanced Poms and Cheers I  
**Credits** 1  
**Developed by** Jim Bagnall  
**Lecture/Lab Ratio** 0 Lecture/2 Lab  
**Transfer Status**

ASU	NAU	UA
KIN 205	PES 100	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**

HPE 102N

**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.

## **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 the 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 understanding 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