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:

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<td>KIN 205</td>
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<td>PES 100</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
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