

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

COURSE NUMBER: PED 176

COURSE TITLE: DANCE APPRECIATION (Cheerleading)

SEMESTER CREDIT HOURS: 1

DEPARTMENT: Physical Education

DIVISION: General Education

PREREQUISITE: Try-out during spring semester

COURSE DESCRIPTION:

Students will learn the fundamentals of spirit squad performance. This course is designed to introduce and develop fitness and conditioning through various methods of cardio respiratory and muscular training techniques. Different principles of total fitness will be discussed. May be taken for credit four times to apply towards graduation.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will be able to:

1. Demonstrate specific anaerobic and aerobic activities necessary for physically preparing for the sport of cheerleading.

- Improve in all aspects of cheerleading conditioning.
- Demonstrate safety awareness in all areas of cheerleading conditioning and performance.

2. Perform specific aerobic conditioning to improve stamina and endurance in the sport of cheerleading.

- Improve stamina and endurance by performing specific aerobic conditioning exercises.
- Demonstrate proper conditioning exercise techniques.

3. Demonstrate mastery in the athletic activity known as cheerleading.

- Demonstrate proper techniques for raising the level of fan support for athletics.
- Demonstrate proper techniques for leading the crowd at sporting events in positive vocal support of the team.
- Demonstrate mastery in partner stunting techniques, pyramid building, basket tosses, tumbling, cheer/sideline motions, dance movements and jumping techniques

4. Demonstrate that he/she is a responsible individual by being on time and attending all scheduled events.

- Attend all classes, required games, pep rallies, scrimmages and/or special games or activities assigned, designated by the instructor, with a positive working attitude.
- Arrive on time to all scheduled events, classes and special activities assigned by the instructor.

5. Demonstrate extensive knowledge of effective public relations and uphold, reflect and project the goals and ideals of Labette Community College.

- Serve as public relations ambassadors of athletic and Labette Community College.
- Uphold, reflect and project the goals and ideals of LCC.