

ATHL A222: PEP SQUAD

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Practice, participation and competition on cheer, dance and stunt teams for OCC. Includes development of skills, both individual and group, for successful public performance. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Demonstrate commitment to developing individual and group cheer, dance and stunt skills as measured by consistent attendance and successful participation on the pep squad.
2. Analyze cheer performances by national and professional standards.
3. Audition for university and professional pep squads.

Course Objectives

- 1. Develop and improve skills necessary for performing at intercollegiate athletic competitions.
- 2. Analyze personal performance and execute self-correction.
- 3. Demonstrate teamwork and cooperation through participation in small and large group activities.
- 4. Participate and support the intercollegiate athletic programs.
- 5. Create and design a cheer routine for public performance.
- 6. Compete in cheer, dance and stunt competitions at a national level.

Lecture Content

To support campus related intercollegiate athletics programs. To offer students the opportunity to compete and further their talents in cheer, dance and stunt squads. 1. Emphasize the support for school sports teams and personal improvement in

personal skillsa. Motion techniqueb. Dance techniquec. Partner stuntingd. Tumblinge. Flexibilityf. Conditioningg. Pyramid buildingh. Crowd involvement2. Emphasis on skill technique and body mechanics3. Evaluation of improvement4. Evaluation of cheer and dance technique5. Emphasizes improvement on pyramid building6. Improvement in extension and flexibility7. Partner stunting with toss and walkup techniques8. Improvement in tumbling skill through flexibility9. Power toss for elite stunting10. Improvement of the mental skills for competitive cheer11. Team management12. Psychology13. Stunt and skill selection14. Safety knowledge Taking the course four times enhances skills by supervised repetition.

Lab Content

To support campus related intercollegiate athletics programs. To offer students the opportunity to compete and further their talents in cheer, dance and stunt squads. Emphasize the support for school sports teams and personal improvement in personal skills Motion technique Dance technique Partner stunting Tumbling Flexibility Conditioning Pyramid building Crowd involvement Emphasis on skill technique and body mechanics Evaluation of improvement Evaluation of cheer and dance technique Emphasizes improvement on pyramid building Improvement in extension and flexibility Partner stunting with toss and walkup techniques Improvement in tumbling skill through flexibility Power toss for elite stunting Improvement of the mental skills for competitive cheer Team management Psychology Stunt and skill selection Safety knowledge

Method(s) of Instruction

- Lab (04)

Instructional Techniques

On hand instruction, video lectures, instructor feedback, extensive training in specific skills, competition arena, and intensive practice sessions.

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Goal setting journals

Out-of-class Assignments

Attendance at athletic competitions.

Demonstration of Critical Thinking

Participation, successful performance, demonstration of skills at athletic events and in actual competition performances.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of cheer and dance skills, dancing, tumbling, jumping, flexibility training, conditioning, precision pyramid building, and most of all the importance of safety and the guidelines specifically set for collegiate athletes.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science,

dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Universal Cheerleading Association. Specified Guidelines for Safety and Training. Memphis, TN; Universal Cheerleading Association, latest edition. 2. American Association of Cheerleading Coaches and Administrators. 2012-2013 AACCA College Cheerleading Safety Rules. Memphis, TN; AACCA. 2007.