

Course Syllabus

Department : Physical & Health Education
Course Title : CHEERLEADING, VARSITY
Section # : PHED 1130_99 **Day:** Mon. – Thurs. **Time:** 1:00 – 3:00pm
Start Date : August 22, 2011
End Date : May 10, 2011
Modality : Face-to-face
Credits : 1

Instructor Information

Name : Blair Hackleman
OC Email : bhackleman@odessa.edu
OC Phone # : 432-335-6400
Office : 432-335-6573

Course Description

Introduces basic skills and techniques of cheerleading such as partner stunts, incorporation of pyramids, safety techniques and jumps. By participating as a team, individuals learn how to cooperate with other team members in solving problems and in motivating a crowd. Performing at athletic events permits the individuals an opportunity to exhibit responsibility as well as to build self-esteem. Lab fee required.

Prerequisites/Co requisites Consent of the Instructor

Scans

5, 9, 10

Upon completion of this course, students should be able to:

To demonstrate competency in the ability to understand and put into practice the techniques of various cheer skills, the student must be able to:

- Recognize the basic principles of motions, stunting, tumbling and jump techniques.
- Demonstrate knowledge of precaution that should be taken while performing the various cheerleading exercises.
- Development of cheer technique, alignment, flexibility, strength, stamina, centering and transference of body weight.

To demonstrate competency in the ability to maintain and improve flexibility, endurance and strength, the student must be able to:

- Improvement of movement memory: ability to pick up movements faster and remember them longer.
- Improvement of musicality/timing in dance: learning about rhythm, tempo, meter, and phrasing to develop rhythmic skills in dance.
- Improvement of neuromuscular coordination: precise control and placement of body parts.

To demonstrate competency in knowledge of how cheerleading can enhance general well-being and health, the student must be able to:

- Development of dynamic qualities of movement required for clarity, focus, and expressiveness.
- Integration of critical thinking skills through reading and written assignments that will enhance experiential concepts.

CLASS ATTENDANCE POLICY

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<u>DAYS/WEEK</u> <u>CLASS MEETS</u>	<u># IF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>LETTER GRADE</u> <u>DEDUCTION FOR EVERY</u>
2	2	3 rd absence
3	3	4 th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that**

you are tardy.

COURSE UPDATES

The student is responsible for checking the syllabus online for changes frequently may be updated often as needed.

Required Readings/Materials

a) You must purchase the following *required* readings/materials: None

b) You are encouraged to buy the following *optional* books/materials:

None

Course Requirements (Lectures, Assignments and Assessments)

You must be suited out for every class. This includes wearing the proper cheer attire, having the appropriate shoes, and having hair pulled back.

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1 -16	Physical activity	Practice & Physical Training - TBA assigned by coach	Daily/or as assigned
Week 1 -16	Physical activity	Competition	Scheduled
Week 1 -16	Academic	Complete assigned amount of class hours	Weekly
Week 1 -16	Academic	Complete assigned amount of study hall hours	Weekly
Week 1 -16	Outreach	Service Projects	TBA

Grading Policy

Grade	Percentage %
A	(90 -100%)
B	(80 -89%)
C	(70 - 79%)
D	(60 - 69%)
F	Below 60%

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

Student E-mail

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Student Portal

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).