

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

_____ Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 083 - Cheerleading

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 96

BASIC SKILLS REQUIREMENTS: Appropriate physical skills

ENTRANCE REQUIREMENTS

PREREQUISITE: Enrollment subject to audition

COREQUISITE:

RECOMMENDED PREPARATION: Previous cheerleading experience

SCOPE OF COURSE: Designed to teach the fundamentals of cheerleading. Students will explore practical and theoretical aspects of competitive and non-competitive cheerleading. Students will acquire knowledge of, and respect for, the skills needed to perform at college events and competition. *(This is a TBA class and will require travel away from the college on weekends and other dates). May be taken four times.*

SPECIFIC COURSE OBJECTIVES: The Students will demonstrate the ability to:

1. Analyze, explain, and demonstrate stretching exercises;
2. Compare and contrast advanced tumbling skills;
3. Understand and perform partner stunting;
4. Participate in pyramids;
5. Learn and perform basket tossing;
6. Evaluate and apply principles; and
7. Perform with appropriate concern for safety of self and others.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

This course will be divided into six components of competitive cheer.

Choreography

Tumbling

Partner stunting

Basket tossing

Pyramids
Safety

REQUIRED READING: American Association of Competitive Cheerleading. AACC Cheerleading Safety Manual. Orlando, Florida: AACC, 2000.

SUGGESTED READING: None

REQUIRED WRITING: Skill demonstration more important.

OUTSIDE ASSIGNMENTS: Perform in competitive contests and at Palomar College events.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
 Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
 Two-Way Video Conferencing (Two-way interactive video and audio)
 One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
 Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- Participation 60%
 - Stretching
 - Tumbling
 - Partner Stunting
 - Pyramids
 - Basket Tossing
- Exams/Final 15%
- Performance in Competition 25%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

Section 58161, subsection 2.A,B and subsection 3.

CONTACT PERSON: Bruce Bishop

SIGNATURES ON FILE