

## Course Outline for KIN CL

### CHEERLEADING

Effective: Spring 2009

#### I. CATALOG DESCRIPTION:

KIN CL — CHEERLEADING — 0.50 - 2.00 units

A combination of motions, cheers, chants, basic stunts, dance moves and routines designed to increase individual athletic ability and provide an opportunity for participation in a team activity Includes cardio-respiratory endurance and tones major muscle groups to increase level of fitness.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

|                     | <u>MIN</u> | <u>MAX</u> |
|---------------------|------------|------------|
| <b>Lab Hours:</b>   | 27.00      | 108.00     |
| <b>Total Hours:</b> | 27.00      | 108.00     |

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. perform a range of hand, arm, and leg positions;
- B. demonstrate synchronization of movement;
- C. understand the benefits of exercise and how it relates to a healthy lifestyle;
- D. maintain a continuing cardiovascular exercise program emphasizing postural awareness and muscular control;
- E. demonstrate effective stretching;
- F. perform a range of strength-training exercises that focus on developing the muscles of the torso, lower body, and upper body;
- G. understand the element of risk and apply appropriate safety precautions generally used in cheerleading routines.

#### V. CONTENT:

- A. Warm-ups – Instructor leading through simple body movements to increase tissue temperature and prepare the body for the remainder of the work-out using the GRACE Principle (Gradual, Rehearsal, Action, Control, Energy)
- B. Dance segment – aerobic routine lasting 15 - 20 minutes
  - 1. Hi/low impact exercise including dance steps and routines
    - a. Chasse
    - b. Pas de Bourée
    - c. Jazz square
    - d. Cross point
    - e. Kick ball change
    - f. Three-step turn
  - 2. Jumps – toe touch, front and side hurdlers, and around-the-world
- C. Static Stretching
  - 1. Perform a range of flexibility exercises including splits and straddles
  - 2. Focus on correct positioning and safety concerns
  - 3. Practice breathing for relaxation
- D. Motion Drills
  - 1. Hand positions – fists, clap, blades, blade clap, and sparkles
  - 2. Arm positions – hips, high-V, low-V, T, broken-T, and clean
  - 3. Leg positions – lunge, back lunge, and wide
- E. Basic stunts, including roles, grips, loads, dismounts, safety, and spotting
  - 1. Stunt only in the presence of an experienced coach
  - 2. Fully understand the stunt being attempted
  - 3. Establish a clear line of communication between the students before a stunt is attempted
- F. Body sculpting – light weight work to increase strength, firm and shape upper and lower body
  - 1. Standing – lunges, squats, plies, sit-the-wall, heel raises, bicep curls, tricep extension, forearm flexors and extensors, deltoid raises
  - 2. Floor work – abductors, adductors, erector spinae, latissimus dorsi, pectoralis
  - 3. Abdominals – crunches, reverse curls, oblique exercises, transverse exercises, Pilates planks
- G. Final cool-down and static stretching
  - 1. Perform a range of flexibility exercises with focus on correct positioning and relaxation breathing

2. Return the body to resting state

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Student participation in class work-outs
- C. Hand-outs
- D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through choreographed movement routines and exercises
  - B. Student to create a chant of one or two simple lines
  - C. Student to choreograph a cheer
1. Find a rhythm
  2. Put motion to words
  3. Add stunts

VIII. EVALUATION:

A. **Methods**

B. **Frequency**

1. Daily participation in all elements of the class, including warm-up, dance segment, stretching, motion drills, stunts, body sculpting, and cool-down.
2. Bi-weekly skill tests

IX. TYPICAL TEXTS:

1. No text required; written hand-outs will be provided.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own work-out apparel, appropriate exercise shoes. Personal water bottle is optional (water fountain is available)