

**SEWARD COUNTY COMMUNITY COLLEGE  
COURSE SYLLABUS**

**I. TITLE OF COURSE:** PE1551- Cheerleading I-IV

**II. COURSE DESCRIPTION:** 1 credit hours  
0 credit hours of lecture and 1 credit hours of lab per week.

These courses are designed to impart knowledge and practical experience in progressive sophistication and difficulty of cheerleading skills, coordination, crowd motivation, gymnastic skills, and practical experience in field-expedient physical and mental conditioning. Each course emphasizes techniques of leadership, teamwork, physical coordination, improvement of muscle strength, flexibility, cardiovascular endurance, muscle endurance and safety. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

**III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:**

The SCCC physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

**IV. TEXTBOOK AND MATERIALS:**

None required

**V. SCCC OUTCOMES**

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

3: Communicate their ideas clearly and proficiently in speaking, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.

5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information

7: Understand each other, moving beyond simple acceptance to embracing and celebrating the rich dimensions of diversity by working as a team to learn, engaging with community, exhibiting cultural awareness, and creating equity.

**VI. COURSE OUTCOMES:**

1. To present and practice proper training in the forms of cheerleading skills and routines.
2. To train in proper spotting techniques and partner stunts.
3. To adopt and practice a comprehensive conditioning and weight lifting program.
4. To implement a structured exercise and flexibility routine which should precede and follow all practice sessions and precede all pre-game activities.
5. To practice and prepare for game day performances and competitions.

**VII. COURSE OUTLINE:**

1. Formal instruction will be presented on crowd motivation, cheering skills, performance knowledge, and students will practice and fine tune their skills and competency.
2. Each participant will be instructed in techniques to establish and maintain sound physical and mental condition and practice behavior that contributes to a healthy lifestyle.

#### **VIII. INSTRUCTIONAL METHODS:**

1. More advanced students will be used as peer tutors
2. Role playing
3. Consensus seeking
4. Lecture
5. Discussion
6. Demonstrations

#### **IX. INSTRUCTIONAL AND RESOURCE MATERIALS:**

1. Cheerleading safety guidelines
2. Video tapes
3. Instructor produced training support package

#### **X. METHODS OF ASSESSMENT:**

Methods of assessing the general course outcomes and the specific course competencies include class participation and discussion, demonstrations, and oral tests.

SCCC Instructional Outcome #3 will be assessed and measured by class participation and attendance of class events.

SCCC Instructional Outcome #5 will be assessed and measured by the attitude and capability to obtain advanced jumps and stunts and tumbling.

SCCC Instructional Outcome #7 will be assessed and measured by performances at games and other events as a squad.

#### **XI. ADA STATEMENT:**

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.