

CHEER TEAM - ATHL 3, Section 1863 SYLLABUS

Course Title: ATHL 3

Department: Kinesiology, Athletics, & Dance

Classroom: Bailey Field/Football Outdoor Facilities, Santa Rosa Campus

Days/Times: Mondays & Wednesdays 10:00am-12:00pm

Email: Lpoisson@santarosa.edu (Preferred method of contact outside of class!)

Office Phone/Voicemail: 527-4999 ext. 5084

Course Code: Section 1863

Units: 1.0

Instructor: Lea Poisson

Office Hours: None

*****FINAL EXAM: Monday, December 18th, 10:00am– 12:00pm*****

COURSE DESCRIPTION:

Sport specific techniques, strategies and training designed for off-season intercollegiate athletes. This section of ATHL 3 will be used for the cheerleading team.

*AA Degree Applicable *Grade Only *Repeatability: 4 Enrollments Total

COURSE CONTENT

Student Learning Outcomes: Demonstrate an increased level of physical and mental preparedness for effective participation in intercollegiate athletics.

Objectives:

1. Demonstrate sport-specific techniques with proper body mechanics.
2. Analyze and formulate sport-specific strategies.
3. Perform sport-specific training exercises.

Topics and Scope

1. Sport-specific techniques
 - a. Footwork, b. Body positioning, c. Field or court awareness, d. Skill development
2. Analyzing sport-specific strategies
 - a. Offensive strategies, b. Defensive strategies, c. Individual strategies
3. Formulating sport-specific strategies
 - a. Offensive strategies, b. Defensive strategies, c. Individual strategies
4. Sport-specific training
 - a. Muscular endurance, b. Muscular strength, c. Agility, d. Skill development drills, e. Flexibility, f. Power

Assignments:

1. Personal goals paper (1 page)
2. Weekly journal of workouts (1 per week)
3. Tactical demonstrations (5 per semester)
4. Formulating sport-specific strategies (1 per week)
5. Quizzes (4 per semester)
6. Midterm (multiple choice, true/false, short essay)
7. Final Exam (multiple choice, true/false, short essay)

Representative Textbooks: Instructor prepared materials

METHOD OF EVALUATION for FINAL SEMESTER GRADE

Writing - 10%

Personal goals, weekly journal:

1. Write down your starting "Fitness Check-In" stats, at the beginning of the semester, and your goals for improvement on your stats by Midterms of the semester. (1 page) - 1%
2. Record your personal weekly exercise in a journal that you will turn in on Finals. (16 weeks) - 8%
3. Write down your "Fitness Check-In" stats, at the middle of the semester, and your goals for improvement on your stats by the end of the semester. (1 page) - 1%

Problem solving - 10%

1. Organize a fundraiser or find donations for the team, outlining and documenting the process, by yourself or with a classmate/teammate.

Skill Demonstrations - 40%

1. Game Readiness Quizzes (Game Sidelines, Cheers, Timeouts, Routines and Stunts)
Quiz #1 (Football): Wednesday, September 6th - 20%
Quiz #2 (Basketball): Wednesday, December 6th - 20%

Exams - 20%

All forms of formal testing, other than skill performance exams:

1. Midterm - 10%
Quiz #3: (multiple choice, true/false, short essay)
2. Final Exam - 10%
Quiz #4: (multiple choice, true/false, short essay)

Other - 20%

Participation and attendance

1. Participation at Practices - 10%

Students must fully participate at practices to earn the total participation points possible. A student may observe class and take notes versus some physical participation, due to personal/health reasons. In these instances, there must be medical clearance and/or discussion with the instructor for participation credit. * Lateness Policy: If a student arrives 10 minutes or more after class has started physical movement, he/she may not physically participate in the activities but may take notes and check in with the instructor at the end of class to receive participation credit. Credit will only be given up to two times this way, unless arranged prior with the instructor.

2. Participation at Games - 10%

Active and appropriate participation at Home Football and Basketball and other agreed upon games that are on the current SRJC schedule and/or other team performances/appearances.

*****All grades will be totaled and a grade assigned. ⇒ 90-100=A; 80-89=B; 70-79=C; 60-69=D; 0-59=F*****

INSTRUCTIONAL METHODS:

Lecture, Research Online, Student Participation, Cooperative Grouping, Small Group/Partnering

DRESS:

- **Attire:** clothes that are easy to move in (for exercising/cheerleading/dancing in).
- **Footwear:** sneakers/tennis shoes, preferably sneakers that are constructed for cheerleading use.
- **Jewelry/Accessories:** no wear any dangly or bulky jewelry/accessories, such as hoop earrings or big watches.
- **No gum chewing or eating food is allowed in the classroom.**
- **Please bring water, and possibly a towel!**

GENERAL INFORMATION AND EMERGENCY PLAN

1. Your **Syllabus** is your **Contract** between the student and the instructor, so do make sure that you receive it, read it, and understand all of its contents. Follow it. Do not lose it! It is **your responsibility to know what is expected and required from you** for this class.
2. **ACADEMIC DISHONESTY:** Any student who employs dishonest tactics shall be subject to action ranging from severe reprimand to a grade of "F." Academic work is evaluated on the assumption that the work presented is the student's own newly composed, unless designated otherwise. Plagiarism (including self-plagiarism), cheating, and other forms of academic dishonesty or facilitating any such act are not acceptable conduct at Santa Rosa Junior College. Every student is responsible for understanding the categories as listed in the SRJC Student Handbook.
3. Absolutely **NO CELL PHONES, IPODS, OR ANY OTHER ELECTRONIC DEVICES/EQUIPMENT** allowed on in class. It is highly disrespectful and inappropriate to use your cell phone either by voice, or by texting, in class, so please **TURN THEM OFF *prior to entering*** class (not on vibrate). If there is a short break (for water, for example), please do not hesitate to come back when the break is over due to using these devices on break. The proper etiquette is to ***keep them off*** during class, so please be respectful! This includes the use of **recording video footage** of class activity. You may not record footage of class unless it is pre-approved by the instructor, and anyone being taped! If a recording is done, this ***should not be placed online***, unless otherwise clearly decided by the instructor/performers!
4. In accordance with the mission statement of the Kinesiology, Athletic & Dance (KAD) Department at SRJC, we welcome a diverse cross-section of the student population. Due to the nature of instructing individual activity skills, it is often necessary to **physically make contact with a student**. If this will place you in a hostile learning environment, please communicate your concerns to the instructor.
5. If you have **medical concerns** or any other personal problems, which may be a factor in your performance within the class structure, please feel welcome to discuss this confidentially with your instructor.
6. In the event of instances, which involve the presence of **blood and/or other body fluids**, universal precautions will be carefully followed. The precautions include; using gloves, careful waste disposal, adequate disinfectants, modification of CPR and hand washing.
7. In the event of an **emergency**, please know the exit routes for this particular facility. The nearest staffed phone and support services are located in the equipment room. 8. Please remember that **SRJC is not crime-free**. Practice safety awareness procedures, such as using the buddy system (especially late at night or early in the morning), and being vigilante in closed areas like restrooms and locker rooms, and in parking lots & when going or coming from your car. Never stay in a facility alone, know the exits & entrances of the facility. In case of emergency, **CALL CAMPUS POLICE at 527-1000** (just the x1000 from an on campus phone), or call the Police at 911.
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9. Students with **disabilities** who believe they may need accommodations in this class are encouraged to contact Disability Resources as soon as possible to better ensure such accommodations are implemented in a timely fashion. They can be reached at 527-4278, SR campus; or 778-2491, PC.
10. Santa Rosa Junior College is committed to providing equal opportunities for all students, employees, and applicants regardless of race, color, sex, age, religion, marital status, sexual orientation, disability or national origin. SRJC Students are expected and required to abide by the **Student Conduct Standards**. Violation of the Standards is basis for disciplinary sanction, including dismissal from class or from the college.
For more info: HYPERLINK "http://www.santarosa.edu/for_students/rules-regulations/student-conduct.shtml"
11. **RESPECT:** We believe that the best way to learn is through active participation; therefore, we respect others when talking by being on-time, listening actively, and by being polite even when we disagree with another's viewpoint.