

College of San Mateo
Official Course Outline

1. **COURSE ID:** VARS 108 **TITLE:** Skills, Techniques, and Theory of Cheerleading
Units: 0.5 - 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**

Catalog Description:

This course is designed for students interested in participating on the Cheer Squad. Students will learn and practice stunts, cheers and will learn choreography and routines. May be taken four times for a maximum of 4 units.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate advanced skill in cheerleading techniques.
2. Demonstrate teamwork in performance of routines.
3. Choreograph, organize, prepare and perform for special events.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Perform a variety of stunts related to cheer.
2. Understand the physical components necessary to perform at a high level.
3. Collaborate with peers on creating stunts.
4. Develop leadership skills within the team.
5. Engage in activities that develop flexibility and strength.
6. Understand and engage in proper nutritional habits.

6. **COURSE CONTENT:**

Lab Content:

1. Orientation and safety.
2. Physiology, flexibility, strength development and proper nutrition.
3. Overview of semester including schedule, terminology and vocabulary and game knowledge.
4. Rehearse game action cheers and song routines.
5. Technique development.
6. Teamwork and collaboration on development of routines.
7. Leadership
8. Choreography and formation development.
9. Plan and practice jumps, stunts, and pyramids.
10. Storyboard development.
11. Videotape performance.
12. Critique of final performance.

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lab
- B. Activity
- C. Critique
- D. Directed Study
- E. Discussion
- F. Field Trips
- G. Individualized Instruction
- H. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Writing assignments include topics specific to athletic endeavors of which cheerleading is related. Topics include but are not limited to (1) Physiological Development, (2) Leadership skills, (3) Proper nutrition, (4) Teamwork and collaboration and (5) video analysis of performance.

Reading Assignments:

Reading assignments include all components necessary to perform cheer at a high level. This could range from reading and researching literature on nutrition, physiology, leadership, and teamwork.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Field Trips
- F. Final Class Performance
- G. Final Performance
- H. Group Projects
- I. Quizzes
- J. Research Projects
- K. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Snyder, R., K.. *The Easiest And Fastest Method To Become A Successful Cheerleader Even If You Have Zero Experience*, 1 ed. Zorins Books, 2022

Other:

- A. Instructor generated handouts

Origination Date: October 2023
Curriculum Committee Approval Date: April 2024
Effective Term: Fall 2024
Course Originator: Mikel Schmidt