



Physical Education Health and Recreation Department Syllabus

Course Name: Special Performing Cheer

CRN:

6:30-8:45 a.m.

Semester/Year: Fall 2013

Instructor: Kristi Shaw

Office Phone: 435-757-1155

Course Number:

Meeting Days and Time: M, T, W, Th, F

Location: Burns Arena & Hansen Stadium

DSU Email Address: shaw@dixie.edu

Prerequisites: Tryouts

Course Description from Catalog: To promote school spirit and involvement as a collegiate level cheer team. To represent Dixie State College at athletic, school and community events. It is to improve and expand your knowledge in all aspects of cheerleading including stunting, choreography and tumbling. The expected outcome is to become more rounded in all types of cheerleading.

Required Textbook (s) /Recommended Books/other materials: Cheer clothes, pom poms, uniform

Department Objectives:

All PEHR courses have the following learning outcomes:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Course Objectives: To promote school spirit and involvement as a collegiate level cheer team. To represent Dixie State College at athletic, school and community events. It is to improve and expand your knowledge in all aspects of cheerleading including stunting, choreography and tumbling. The expected outcome is to become more rounded in all types of cheerleading.

Course Assignments and Assessments: -Enroll in class for credit
time to all games and practices

-Be on

-Attend and participate in 100% of scheduled events

-Pay cheerleading fee

- Attend all scheduled practices
- Participate in all fundraisers and a minimum of 2 service events
- Attend club activities and service projects
- Knowledge of all routines, cheers, game plans, etc. If you do not know them, you risk your spot on the team.
- Follow all school rules and rules and laws of the land.

PARTICIPATION is determined on skill level. Skill level and knowledge of routines, cheers and game plan including but not limited to sidelines, tumbling, stunting, timeouts, etc. will be assessed on a daily basis. If a student messes up more than two times in one practice, they will be benched and not participate in the upcoming game. This is determined by the coach.

You will be provided with a uniform to rent for the year. You will need to turn in the uniform at the end of the season- it is not yours to keep. If you fail to turn in your uniform, your transcripts and registration will be put on hold until either the uniform is paid for or turned in.

Shoes, warm-ups, bags and team clothes will be provided. If you quit in the year or are kicked off the team for breaking a rule, you will have to pay for the gear. In that case, your transcripts and registration will be on hold until you pay the fee.

Instructor policy on late assignments, missed exams/quizzes, and unexcused absences:

Students will be graded on attendance, assignments, performance and attitude.

Course Outline: Grades will be determined by participation in the above requirements. All tardies, missed practice and games, will factor in the final grade. Each tardy and missed class/game will result in a 5% grade drop after the 2nd tardy.

Date	Activity
August 20	Sidelines, stunting
August 22	Timeouts, stunting
August 24	Timeouts, tumbling
August 27	Game plan
August 29	Game plan
August 31	Game plan, run through
September 2	LABOR DAY OFF

September 6	Game plan, stunting, tumbling, cheers
September 9, 11, 13	Game plan, stunting, pyramids
September 14 *****	FOOTBALL GAME
September 16	Pyramids, stunting, sidelines
September 18	Stunting, tumbling
September 20	Homecoming Routine
September 23	Homecoming routine, tumbling, sidelines
September 25	Homecoming routine, tumbling, pyramids
September 27	Pyramids, stunting, tumbling
September 30	Cheers, game plan, stunting
October 2	Homecoming routine, pyramids
October 4	Homecoming routine, stunting, game plan
October 5 *****	FOOTBALL GAME
October 7-11	Stunting, tumbling
October 14-18	Game plan, sidelines, cheers
October 19 *****	FOOTBALL GAME
October 21-26	Timeouts, basketball cheers, welcoming
October 26 *****	HOMECOMING FOOTBALL GAME
October 28-Nov 8	Basketball prep
November 8 *****	BASKETBALL GAME (Mens)
November 11-15	Game plan, pyramids, stunting, timeouts
November 18-22	Timeouts, stunting, pyramids
November 25	Game plan
November 26- 29	Thanksgiving break
November 30 *****	BASKETBALL GAME
December 2-7	Timeouts, stunting, game plans
December 9-14	Timeouts, stunting, sidelines
December 14 *****	BASKETBALL GAME

Grading Scale:

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

Important Semester Dates:

2013 Fall Semester

Aug 19	Classwork Starts
Aug 22	Last Day to Waitlist
Aug 23	Last Day to Add Without Signature
Aug 28	Drop/Audit Fee Begins (\$10 per class)
Sep 2	Labor Day
Sep 3	\$50 Late Registration/Payment Fee
Sep 9	Pell Grant Census
Sep 9	Last Day for Refund
Sep 9	Last Day to drop without receiving a "W" grade
Sep 10	Courses dropped for non-payment
Sep 13	Last Day to Add/Audit
Oct 9	Mid-Term Grades Due
Oct 10-11	Semester Break
Oct 14	Last Day to Drop Individual Class
Oct 21	Spring and Summer 2014 class schedules available online
Nov 8	Last Day for Complete Withdrawal
Nov 11	Spring Registration open to Seniors (90+ credits)
Nov 12	Career Day
Nov 12	Spring Registration open to Juniors (60+ credits)
Nov 13	Spring Registration open to Sophomores (30+ credits)
Nov 14	Spring Registration Open to All Students
Nov 27-29	Thanksgiving Break
Dec 6	Classwork Ends
Dec 9-13	Final Exams

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516 M.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.