

## DIXIE STATE CHEERLEADERS

### COURSE DESCRIPTION:

Physical Education PEHR 1 credit

Monday, Tuesday, Wednesday, Thursday, Friday- 7:00a.m.- 8:45a.m.

Old Gymnasium/Burns Arena/Hansen Stadium

Spring Semester 2013

Prerequisite for class- Tryouts in April (does not guarantee you will stay on the squad)

### INSTRUCTOR:

Kristi Shaw

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Phone: (435)757-1155

Email: shaw@dixie.edu

### 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.

### DEPARTMENT OBJECTIVES:

All PEHR courses have the following objectives:

Enhance development of physical, mental, social, and emotional well-being through physical education;

Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;

Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;

Demonstrate an understanding of physiology that promotes safety in physical exercise;

Develop a fitness plan pertinent to the physical activity of the course, as applicable.

### REQUIREMENTS:

- Enroll in class for credit
- Attend and participate in 100% of scheduled events
- 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.
- Be on time to all games and practices
- Pay cheerleading fee

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.

#### GRADES:

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 2<sup>nd</sup> tardy.

100-94%	A
93-90%	A-
89-86%	B+
85-80%	B
79-76%	B-
75-72%	C+
71-66%	C
65-62%	C-
61-58%	D+

All Basketball games are mandatory:

January 19<sup>th</sup>-Basketball Game  
January 26<sup>th</sup>-Basketball Game  
February 5<sup>th</sup>-Basketball Game  
February 14<sup>th</sup>-Basketball Game  
February 16<sup>th</sup>-Basketball Game  
February 23-Basketball Game  
February 25<sup>th</sup>-Basketball Game  
March 1<sup>st</sup>-Basketball Game

Drop in tutoring is a service provided all registered Dixie State College students and is available for all subjects. Students can take advantage by accessing:  
<http://dsc.edu/tutoring/index.htm>

The Writing Center in the Browning Learning Center, Room 105  
Online Writing Lab at <http://dsc.dixie.edu/owl/>

Help from a librarian:  
<http://library.dixie.edu/> or visit the Val A. Browning Library in person during regular hours.

The Testing Center's hours of operation are posted online at  
<http://dsc.dixie.edu/testingcenter/officehours.htm>

Proper documentation of a disability is required in order to receive services or accommodations. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their

professor from the Disability Resource Center within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.

Dmail:

Important class and college information will be sent to your Dmail email account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Dmail email account. If you don't know your name and password, go to [www.dixie.edu](http://www.dixie.edu) and select "Dmail" for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.

### **Academic Integrity**

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. **DON'T CHEAT!**

**COLLEGE WITHDRAWAL POLICY** If you must withdraw from this class, for any reason, it is **your responsibility** to do this officially by completing paperwork at the registrar's office. This must be done before the drop deadline of for complete withdrawal. If you fail to do this, you will still receive a grade in this class, **regardless of whether you attend or not.**