

DANC M70A: MC SPIRIT PRACTICE AND PERFORMANCE I

Originator

bmegill

Co-Contributor(s)
Name(s)

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College

Moorpark College

Attach Support Documentation (as needed)

Moorpark College Spirit Program 2.docx
 MC Spirit Curriculum SCANS .docx
 DANC M70A_state approval letter_CCC000617769.pdf

Discipline (CB01A)

DANC - Dance

Course Number (CB01B)

M70A

Course Title (CB02)

MC Spirit Practice and Performance I

Banner/Short Title

Spirit Practice and Perf I

Credit Type

Credit

Start Term

Fall 2022

Catalog Course Description

Introduces the best practices for competitive dance and cheer teams, collectively known as spirit squads. Offers skills development in dance and cheer performance techniques for participants of all levels. Includes choreographed cheer and dance routines performed regularly at Moorpark College athletic events, community outreach programs, and Moorpark College performing arts events.

Taxonomy of Programs (TOP) Code (CB03)

1008.10 - *Commercial Dance

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

May be required

Faculty notes on field trips; include possible destinations or other pertinent information

MC Spirit will attend all Moorpark College athletic events (home and away) and local community outreach events such fairs, parades and city functions.

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

Yes

Select the other courses that make up this family

DANC M70B - MC Spirit Practice and Performance II

DANC M70C - MC Spirit Practice and Performance III

DANC M70D - MC Spirit Practice and Performance IV

Units and Hours

Carnegie Unit Override

No

In-Class**Lecture****Activity****Laboratory****Minimum Contact/In-Class Laboratory Hours**

105

Maximum Contact/In-Class Laboratory Hours

105

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

105

Total Maximum Contact/In-Class Hours

105

Outside-of-Class**Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

105

Total Maximum Student Learning Hours

105

Minimum Units (CB07)

2

Maximum Units (CB06)

2

Advisories on Recommended Preparation

DANC M10A or DANC M11A or DANC M12A or DANC M16A

Limitations on Enrollment

Audition is required

Performance tryout is required

Requisite Justification**Requisite Type**

Enrollment Limitation

Requisite

Audition

Performance tryout is required

Requisite Description

Other (specify)

Specify Other Requisite Description

Students need to have prior movement experience in dance, gymnastics, cheer or other movement arts. It is recommended they achieve these skills to pass the tryout by taking one of more of the following Dance classes M16, M11A, M10A, or M12A.

Level of Scrutiny/Justification

Other (specify)

Specify Other Level of Scrutiny/Justification

movement experience skills

Requisite Type

Recommended Preparation

Requisite

DANC M10A or M11A or M12A or M16A

Requisite Description

Credit program requisite (credit only)

Level of Scrutiny/Justification

Content review

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | learn and perform spirit routines for performance. |
| 2 | define and cultivate an identity or "brand" as a performer. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|--|
| 1 | contextualize their dance/cheer performance into industry relevant situations, guided through the active participation in the Moorpark College events. |
| 2 | identify and comprehend performance structures relevant to the talent and sports performance industry, and incorporate these structures into performances. |
| 3 | embody and perform vernacular dance/cheer styles as practiced in the talent and sports performance industry. |
| 4 | demonstrate cheer/dance technique and formation methods for improving balance and control during performances. |
| 5 | demonstrate improvement in strength, coordination, and rhythmic ability to execute the technical skills for performance. |
| 6 | evaluate cheer/dance movements in terms of space, time and force and reproduce them accurately through the movement of their own body. |
| 7 | participate in a professional manner both in practice session and during events. |

Course Content**Lecture/Course Content**

N/A

Laboratory or Activity Content

1. (15%) **Warm-up and conditioning**
 - a. Stretching and lengthening
 - b. Increasing circulation for safety
 - c. Run or jog for endurance
 - d. Preparation for jumping and springing

2. **(40%) Learning routines**
 - a. Focusing on sequencing and coordination
 - b. **Rhythm and performance energy**
3. **(15%) Practicing and cleaning routines for events and performances** - focus on formations, accuracy, stamina, and energy
 - a. Dance alignment and safety protocols
 - b. Reliability within the ensemble in a performance
 - c. Formations, accuracy, line and design of the movement in time and space
4. **(25%) Participation in spirit squad events and performances**
5. **(5%) Professionalism**
 - a. Job expectations for spirit team members, professional expectations for the industry
 - b. Performance during an event, responsible etiquette in engaging the crowd and being present and focused
 - c. Preparation and responsibility as an ensemble member

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Group projects

Journals

Oral presentations

Performances

Skills demonstrations

Skills tests or practical examinations

Other (specify)

Other

Self-analysis of performance and/or class performance. Creative or choreographic tasks.

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations

Class activities

Collaborative group work

Demonstrations

Field experience/internship

Field trips

Group discussions

Guest speakers

Instructor-guided interpretation and analysis

Internet research

Role-playing

Small group activities

Other (specify)

Specify other method of instruction

Teaching routines for halftime and other performance events.

Modeling best practices for safety and longevity within the industry.

Describe specific examples of the methods the instructor will use:

Instructor will model movement and coach performers in their execution of the routine. Instructor can introduce movement theory concepts to improve conceptual understanding of movement principles and encourage creative application for performance.

Representative Course Assignments

Writing Assignments

- Write a self-assessment of their participation at an event
- Generate a digital portfolio and resume conveying their identity or “brand” as a performer including relevant skill sets they offer to an organization or team.

Critical Thinking Assignments

- Write a self-assessment of their participation at an event.
- Observe and analyze self within their training; evaluate their strengths, weakness and next steps for improvement.

Reading Assignments

- Read Spirit Team Playbook of team expectations regarding practice and performance.
- Read written critique of their performance by a peer in order to improve their performance and identify strengths and weaknesses in their skills.

Skills Demonstrations

- Demonstrate personal organization and preparation for team events.
- Perform routines for half-time events in an outdoor venue.
- Model foundational level movements including short balances, arm gestures, and basic footwork.

Outside Assignments

Representative Outside Assignments

- Prepare self and spirit materials (uniform, poms, etc.) for performances.
- Review practice videos.

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU Bakersfield	ATHL 1573	Spirit Squad	1

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Cypress College	Kin 109 C	Spirit Squad	1-2
Fullerton College	PE 179F	Intercollegiate Spirit Squad	3
Chaffey College	KINTM 16	Beginning Dance/Spirit Team	1
San Joaquin Delta College	PEACTIV 18A	Beginning Fall Spirit Training	2

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Proposed
Approved

Date Proposed:

2/26/2020

Effective term:

Fall 2021

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

Fall 2021

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Proposed

Approved

Date Proposed:

12/15/2020

Effective term:

Fall 2021

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Proposed

Approved

Date Proposed:

6/15/2020

Effective term:

Fall 2021

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Classic Textbook

Yes

Description

Benson, Jeff. *unBlocked: The Walls Come Tumbling Down*. Createspace, 2016.

Resource Type

Textbook

Classic Textbook

Yes

Description

Schwartz, Heather. *Cheerleading (Science Behind Sports)*. Lucent, 2012.

Library Resources

Assignments requiring library resources

Research using the library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Utilizing library resources, research exercise-related strategies to enhance recovery and prevent injury.

Primary Minimum Qualification

DANCE

Additional Minimum Qualifications

Minimum Qualifications

Folk Dance

Additional local certifications required

Instructors not in possession of the MA in Dance or who are not qualified in Folk Dance must possess any bachelor's degree and two years of professional in cheer or professional dance team, or any associate degree and six years of professional experience in cheer or professional dance team.

Review and Approval Dates

Department Chair

11/29/2021

Dean

11/29/2021

Technical Review

01/20/2022

Curriculum Committee

02/1/2022

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

MM/DD/YYYY

Control Number

CCC000617769

DOE/accreditation approval date

MM/DD/YYYY