

DANC M69: MC SPIRIT TEAM CONDITIONING 1

Originator

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College

Moorpark College

Attach Support Documentation (as needed)

Cerritos College - off season curriculum.pdf

Southwestern College - Cheerleading Conditioning.pdf

Discipline (CB01A)

DANC - Dance

Course Number (CB01B)

M69

Course Title (CB02)

MC Spirit Team Conditioning 1

Banner/Short Title

MC Spirit Team Conditioning 1

Credit Type

Credit

Honors

No

Start Term

Summer 2023

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)

D - Possibly 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

Will not be required

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?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

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

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Advisories on Recommended Preparation

DANC M10A or DANC M11A or DANC M12A or DANC M16A

Requisite Justification

Requisite Type

Recommended Preparation

Requisite

DANC M10A or DANC M11A or DANC M12A or DANC M16A

Requisite Description

Course not in a sequence

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

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

Class activities

Collaborative group work
 Demonstrations
 Group discussions
 Guest speakers
 Instructor-guided interpretation and analysis
 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.

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

Date Proposed:

8/2022

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

Summer 2023

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

Date Proposed:

12/15/2022

Area F: Ethnic Studies

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

UC TCA

UC TCA

Proposed

Date Proposed:

6/15/2023

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**

08/01/2022

Dean

08/02/2022

Technical Review

09/01/2022

Curriculum Committee

9/6/2022

DTRW-I

09/08/2022

Curriculum Committee

MM/DD/YYYY

Board

10/11/2022

CCCCO

MM/DD/YYYY

DOE/accreditation approval date

MM/DD/YYYY