

## **COURSE OUTLINE** **Spirit Squad II**

### **Course Description**

PE 162. Spirit Squad II. 2 hours credit. Prerequisite: PE 161 with a C or better and selection by audition. This course will enable the student to develop the skills for advanced beginning precision co-ed performances of chants, cheers, stunts, and tumbling at Butler football and basketball games, providing credit for spirit squad participation.

### **Course Relevance**

Spirit Squad activity courses in physical education provide the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being as well as developing skills in leadership and teamwork.

### **Required Materials**

None.

### **Learning Outcomes**

The intention is for the student to be able to:

1. Develop teamwork skills conducive to positive squad environments that value differences in people and satisfactory individual relationships.
2. Demonstrate the advanced beginning skill level stunts and tumbling techniques of Spirit Squad participation.

### **Learning PACT Skills that will be developed and documented in this course**

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

#### **Personal Development Skills**

1. Interpersonal interaction
  - Through interaction with the activity sponsor and squad mates, the student applies knowledge of the dynamics of group environments and the impact of individual behavior.

#### **Analytical Thinking Skills**

1. Problem solving
  - Through participation in Spirit Squad performances, the student will demonstrate how to apply workable solutions within squad dynamics helpful in later real life problems.

#### **Communication Skills**

1. Reception and interpretation of messages

- Through analysis of teamwork within the context of a performance squad environment, the student develops effective observation and interpretation of leadership skills.

### **Major Summative Assessment Task(s)**

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Applying effective interpersonal skill principles during a Spirit Squad performance (A skill) through personal interaction within the dynamics of a group environment evident to the activity sponsor and squad mates (C skill).
2. Presenting a summative oral presentation that identifies the teamwork skills required in building positive squad environments while embracing diversity among team members (P skill).

### **Course Content**

- I. Skills or Competencies – Actions that are essential to achieve the course outcomes:
  - A. Demonstrating the advanced beginning level stunts
  - B. Demonstrating execution of fight song and chants
  - C. Demonstrating the concepts of physical conditioning training

### **Learning Units**

- I. Individual skills for advanced beginning level Spirit Squad
  - A. Proper extended stunt techniques including liberty and heel stretch
  - B. Beginning level full downs from stunts
  - C. Non-flipping basket tosses
  - D. Three high pyramids
  - E. Complete standing back handspring or standing back tuck without a spot
  - F. Beginning level tumbling series with a spot
- II. Execution of fight song, cheers and chants
- III. Concepts of physical conditioning for beginning level Spirit Squad
  - A. Proper stretching routine to improve flexibility
  - B. More advanced techniques for weight training and aerobic conditioning
- IV. Self-responsibility and accountability as a Spirit Squad member
  - A. Implementation of successful academic strategies
  - B. Effective time management principles
  - C. Appreciation for the value in differences among teammates
  - D. Impact of individual behavior on the dynamics of group interaction and teamwork

### **Learning Activities**

Learning activities will be assigned to assist the student to achieve the intended learning outcomes through lecture, instructor-led discussion, audio-visual aids, guest speakers, group activities, drills/skill practice, squad performance and other activities at the discretion of the instructor.

**Grade Determination**

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: practice participation; skill technique demonstration, squad performance and other methods of evaluation employed at the discretion of the instructor.