BUTTE COLLEGE
COURSE OUTLINE

I. CATALOG DESCRIPTION
KIN 93 - Pep Activities 1.5 Unit(s)

Transfer Status: CSU/UC
17 hours Lecture
34 hours Lab

This course provides instruction in the development and practice of pep activities, including dance, choreography, and routine design. There will be emphasis on safety, performance, and cooperative work with others. Students will be required to attend and perform at athletic events.

II. OBJECTIVES
Upon successful completion of this course, the student will be able to:
   A. design and choreograph a dance routine.
   B. identify and discuss the elements of a successful performance.
   C. analyze and critique performances of other class members.
   D. improve level of physical fitness, strength, flexibility, and endurance.
   E. perform pep routines for large groups at intercollegiate events.

III. COURSE CONTENT
   A. Unit Titles/Suggested Time Schedule

Lecture

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<tr>
<th>Topics</th>
<th>Lec Hrs</th>
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<tbody>
<tr>
<td>1. Introduction</td>
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<tr>
<td>2. Safety Rules</td>
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<tr>
<td>3. Warm up and Motion Techniques</td>
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<td>4. Leadership</td>
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<tr>
<td>5. Performance Training</td>
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<tr>
<td>6. Dance Routine and Choreography</td>
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<tr>
<td>7. Music Pairing and Identification</td>
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<td>8. Dance Stunts</td>
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<tr>
<td>9. Gameday Dance</td>
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<td>Total Hours</td>
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Lab

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<th>Topics</th>
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</table>
8. Dance Stunts 3.00
9. Gameday Dance 6.00
Total Hours 34.00

IV. METHODS OF INSTRUCTION
   A. Multimedia Presentations
   B. Lecture
   C. Discussion
   D. Demonstrations
   E. Field Experience/Internship
   F. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
   G. Drill/Practical

V. METHODS OF EVALUATION
   A. Projects
   B. Demonstration
   C. Class participation
   D. Written Assignments
   E. Written or Oral Examinations
   F. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS
   A. Reading Assignments
      1. Read an article that covers proper warm up and motion techniques used for routines. Plan to demonstrate in small groups.
      2. Research an internet article describing techniques used to design and choreograph a dance routine. Be prepared to discuss in class.
   B. Writing Assignments
      1. Write a brief paper describing the safety rules used in dance routine and pep activities.
      2. Design instructions that outline a choreographed routine that your team could perform at an intercollegiate event.
   C. Out-of-Class Assignments
      1. Pair up with a partner and analyze and critique each other's routine. Share your observations with one another.
      2. Perform a portion (minimum of 2 weeks) of your individual workout plan and maintain a journal documenting changes in body composition and performance.

VII. RECOMMENDED MATERIALS OF INSTRUCTION
     Materials Other Than Textbooks:
     A. The student will be required to provide:
        a. Athletic or dance apparel
        b. Dance shoes
        c. Students will be required to purchase Pom-poms and uniforms
     B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Randy Maday
Date: 10/15/2018