

KIN-V11 — PEP SQUAD, VARSITY, MEN AND WOMEN

About This Course

Transfer: UC, CSU

3.00 units

Prerequisite: None

Limitation on enrollment: Retention based on successful tryout

Description: Opportunity for students to advance in the skills of tumbling, jumping, dance, cheer, partner stunts, and pyramids.

This program will consist of highly organized lectures, individual and team practice sessions, physical conditioning programs and video/DVD/film evaluation to prepare students for college activities and athletic competitions in pep squad. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)