

PED 257A-H: Varsity Cheerleading

This course covers advanced co-ed cheerleading techniques. Emphasis is placed on refining skills and improving all areas related to co-ed cheerleading including: knowledge of safety techniques, partner stunts, tumbling, basket tosses, pyramids, motions, physical conditioning, and mental preparation. Upon completion of this program students should be able to participate in a competitive program at the university level.

Credits: 1

Transfer Code: Transfer Code
Code C

Lab Hours: 0

Lecture Hours: 0

2

Prerequisites:

Instructor permission