

RHYTHMIC PRECISION - 5430

Course Scope:

This one-year course considers the physical, mental, social, and emotional development of the individual in a performance-oriented program. It provides students with experiences in physical conditioning, fundamentals of movement, performance skills, and leadership techniques while emphasizing responsibility and self-discipline. This course, which may be repeated, could include members of performing groups, such as cheerleaders, song leaders, flag twirlers, drill teams, and dance teams. This course will fulfill one of the elective credits required for graduation.

Course Goals:

1. To develop a rationale for understanding rules and regulations in group preparation and performance.
2. To develop skills of accurately following oral and written directions.
3. To develop physical, mental, social, and emotional fitness through physical activity.
4. To develop a desire for self-improvement in skills to participate adequately in an activity.
5. To develop coordination, timing, style, strength, flexibility, and endurance.
6. To gain an understanding and competency to movement fundamentals.
7. To learn and experience movement from its rhythmic base.
8. To develop a natural affinity between movement and sound.
9. To develop confidence and self-assurance, and to provide opportunities for personal enjoyment.
10. To foster creativity through movement in a way which is meaningful and in good form.
11. To develop a kinesthetic awareness of how the body moves and how to use the body expressively.
12. To develop emotional control, sportsmanship, and spectator etiquette.
13. To participate in opportunities where students cooperatively, rather than competitively, interact with others.