

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. Department/Course: PE - 241

2. Title: College Success For Athletes

3. Cross Reference:

4. Units: 2.00

Lec Hrs: 2.00

Lab Hrs: 0.00

5. Repeatability: No

6. Grade Options:

Letter Grade, May Petition Credit/No
Credit (GC)

7. Degree/ Applicability:

Credit, Degree Applicable,
Transferable - CSU (T)

8. General Education:

9. CAN Numbers:

10. Field Trips: May be Required

11. Requisites:

12. Catalog Description:

This course is designed for new student-athletes to assist with the adjustment to college level academics and athletics. The focus is on application of learning strategies, academic planning, time management, transfer and eligibility guidelines, life skills and study skills. Additionally, this course will promote realistic expectations of college while understanding what is necessary to succeed as an intercollegiate athlete.

13. Class Schedule Description:

For incoming student-athletes: eligibility, educational plan, learning strategies, study skills, time management.

14. Counselor Information:

Required for all incoming student-athletes. This course is designed for new student-athletes to assist with the adjustment to college level academics and athletics. The focus is on application of learning strategies, academic planning, time management, transfer and eligibility guidelines, life skills and study skills. Additionally, this course will promote realistic expectations of college while understanding what is necessary to succeed as an intercollegiate athlete.

II. Student Learning Outcomes

The student will:

1. Describe the matriculation process.
2. Identify individual learning styles.
3. Use the Student Educational Plan for taking appropriate courses for transfer and eligibility.
4. Use educational resources on campus.
5. Demonstrate understanding of COA regulations for eligibility.
6. Demonstrate understanding of NCAA and NAIA regulations for transfer and immediate eligibility.
7. Demonstrate understanding of time management skills.

III. Course Outline:

- A. Introduction to college athletics
 - 1. Course overview
 - 2. Balancing academics and athletics (academic notebooks)
 - 3. Define goals (what is realistic?)
 - 4. Probability of success in athletics
 - 5. Life after athletics (where do I go from here?)
 - 6. Time management
- B. Planning Your Education
 - 1. Assessment
 - 2. English requirements
 - 3. Math requirements
 - 4. Complete a SEP
 - 5. Revisit and revise a SEP
 - 6. Choosing a major
 - 7. Career goals
 - 8. Life goals (long term)
- C. Area C: Rules and Regulations
 - 1. COA
 - a. 1st year athlete
 - b. 2nd year athlete
 - 2. NCAA and NAIA
 - a. Qualifier
 - b. Non-qualifier
 - c. Gray shirt and Red shirt
- D. Transferring to a Four-year Institution
 - 1. Qualifier vs. Non-qualifier
 - 2. 2-4 and 4-2-4 (Division 1 and Division 2)
 - 3. CSU (Golden 4) and IGETC
 - 4. AA Degree requirements
 - 5. Using the educational plan for success in transferring
 - 6. 25%, 50%, 75% Rule for Division I transfers
- E. Learning Assistance Resources
 - 1. Library
 - 2. Hyman Hall / Internet
 - 3. Tutoring (Math and English Labs)
 - 4. Other Campus Resources
 - 5. Learning styles
 - a. Time management (revisited)
 - b. Visual learners
 - c. Auditory learners
 - d. Repetitive learners
- F. Life Skills
 - 1. Athletic resume and promotion
 - 2. Daily planner
 - 3. Greeting people (media)
 - 4. Drugs / alcohol
 - 5. Dealing with success
 - 6. Handling adversity

7. Decision making

IV. Course Assignments:

Reading Assignments

Various handouts as they relate to course outline. Additionally, reading of the NCAA Transfer Guide will be required.

Writing Assignments

Complete assessment tests.

Complete educational plan.

Library assignment (research projects on availability of periodical reference materials).

Internet assignment (www.ncaa.org and www.naia.org).

Statement of goals (athletic and academic).

Transfer regulations assignment.

COA Assignment.

Academic notebook assignment.

Daily planner assignment.

Athletic resume.

Projects, Activities, and other Assignments

V. Methods of Evaluation:

A. Class discussion and participation.

B. Graded assignments.

C. Group presentation.

D. Final exam.

Methods of Instruction:

Lecture

Discussion

Audiovisual

VI. Textbooks:

NONE

VII. Supplies:

None