

KINES 302 Course Outline as of Fall 2021**CATALOG INFORMATION**

Dept and Nbr: KINES 302 Title: SA SUCCESS III

Full Title: Student-Athlete Success III

Last Reviewed: 2/22/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	0.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Non-Applicable

Grading: P/NP Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

Catalog Description:

This lab course is being offered as an open-entry/open-exit course designed to assist student-athletes in acquiring basic study skills and work habits to gain success in the classroom. In addition, the student-athlete will learn about the rules and regulations for the local governing conference, California Community College Athletic Association (CCCAA), National Collegiate Athletic Association (NCAA), and National Association of Intercollegiate Athletics (NAIA). Academic and athletic requirements at each organizational level will be presented. Issues that affect athletics will also be discussed such as performance enhancement drugs (PEDs), substance abuse, violence, athletes with disabilities, and diversity. Students must complete 26.25 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:**

In order to take the KINES 302 class, each student must be listed as a student athlete, by the head coach, on the official team roster. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills

as determined by the coaching staff to remain enrolled in this course.

Schedule of Classes Information:

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Prerequisites/Corequisites:

Recommended:

Limits on Enrollment: In order to take the KINES 302 class, each student must be listed as a student athlete, by the head coach, on the official team roster. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Identify and utilize college services/resources.
2. Describe expectations of the California Community College Athletic Association (CCCAA) and Big 8 conference.
3. Identify the differences between each NCAA level of competition.
4. Navigate the complex process of recruiting.
5. Identify how psychological hallmarks of successful performers can be implemented.

Objectives:

At the conclusion of this course, the student should be able to:

1. Identify and utilize college services that assist in academic success.
2. Describe the California Community College Athletic Association (CCCAA) and Big 8 conference expectations of behavior and decorum.
3. Identify the differences between each National Collegiate Athletic Association (NCAA) level when it comes to scholarships, time commitments, expectations and eligibility.
4. Navigate the complex process of recruiting and scholarships.
5. Gain a better understanding of what NCAA coaches look for in a Junior College (JUCO) student-athlete.
6. Effectively develop a plan to market themselves to NCAA coaches.
7. Identify how high performance habits can be implemented in athletics and academics.

Topics and Scope:

- I. College Services/ Resources
 - A. Financial Aid & Scholarships
 - B. Tutorial Center
 - C. Food Pantry & Student Resource Center
 - D. Welcome & Connect Center
 - E. Extended Opportunities and Services (EOPS)
 - F. Library
 - G. Disability Resources Department (DRD)
 - H. Admissions and Records
 - I. Transfer Center
 - J. Career Center
- II. Rules and Regulations of The Big 8 Conference and Bay 6 Conference (football only)
 - A. Student athlete conduct during athletic events
 - B. Decorum and other violations
- III. Understanding NCAA Differences (including NAIA Differences)
 - A. Understanding scholarships at each level of the NCAA
 - B. Creating a plan to pay for college
 1. scholarships
 - a. athletic
 - b. academic
 - c. other
 2. loans
 3. grants
 4. work study
 - C. Understanding eligibility differences at each level of the NCAA
 - E. Transfer requirements
- IV. Transferring to a four year institution
 - A. Making first contact
 - B. Selling yourself: Writing an email and creating a highlight tape
 - C. Understanding the recruiting calendar for your sport
 - D. What NCAA coaches look for in a junior college recruit
 1. skillwise
 2. academically
 3. mentally
 - E. Choosing a school
 1. athletic
 2. academic
 3. financial

- 4. other considerations
- V. Issues In Athletics
 - A. Substance abuse
 - B. Performance enhancing drugs (PEDs)
 - C. Domestic violence
 - D. Title IX topics and issues
 - F. Diversity in athletics
- VI. Social Media
 - A. Understanding the benefits & pitfalls
 - B. Responsible use of social media as an athlete
- VII. Psychological Hallmarks of Successful Performers
 - A. Tough minded
 - B. Mental agility
 - C. Attentional focus
 - D. Confidence
 - E. Personal accountability
 - F. Self awareness

Assignment:

Problem solving assignments:

1. Reading from online resources, articles and instructor assigned materials (1-2 articles per week)
2. Weekly assignments centered on developing successful strategies and habits for student athletes both on and off the field (4-6)
3. Culminating project
4. Self evaluation worksheets and checklists (3-4)
5. Class participation

Writing assignments:

1. Short answer responses (2-3)
2. Guest speaker responses (2-3)

Class Participation

1. Class Presentation (2-3)

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Short answer responses

Writing 15 - 25%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Problem-solving assignments

Problem solving 25 - 25%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations
0 - 0%

Exams: All forms of formal testing, other than skill performance exams.

None

Exams
0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation

Other Category
50 - 60%

Representative Textbooks and Materials:

Student-Athlete Success: Meeting the Challenges of College Life. Fertman, Carl. Jones & Barlett. 2008 (classic)

Instructor prepared materials