

College of San Mateo Course Outline

- New Course
- Update/No change
- Course Revision (Minor)
- Course Revision (Major)

Date: 03/21/2007

Department: PE

Number: 135

Course Title: Intro to College and Intercollegiate Athletics Units: 2.0

Hours/Week: Lecture: 2.0 Lab: By Arrangement: 1

Length of Course

- Semester-long
- Short course (Number of weeks ___)
- Open entry/Open exit

Grading

- Letter
 - Credit/No Credit
 - Grade Option (letter or Credit/No Credit)
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1. **Prerequisite** (Attach Enrollment Limitation Validation Form.)

None

2. **Corequisite** (Attach Enrollment Limitation Validation Form.)

None

3. **Recommended Preparation** (Attach Enrollment Validation Form.)

None

4. **Catalog Description** (Include prerequisites/corequisites/recommended preparation.)

Two lecture hours and one hour by arrangement per week. Extra supplies may be required. Course designed for student athletes. Instruction on how to get organized; take effective notes, o prepare for tests and quizzes.Provides organizational skills for a lifetime. Teaches attitude development while building self-esteem. Course also address various college services, community college eligibility requirement, and NCAA/NAIA transfer regulations. Study skills instruction and academic planning. Extra supplies may be required.This is NOT an activity class. (CSU/UC)

5. **Class Schedule Description** (Include prerequisites/corequisites/recommended preparation.)

Introduction to College and Intercollegiate Athletics. This course is designed to educate students on how to get organized, how to take effective notes, and how to prepare for tests and quizzes. Provides organizational skills for a lifetime. Teaches attitude development while building self-esteem. The course also address athletic eligibility and transfer requirements. Extra supplies may be required. Plus one hour by arrangement per week.

6. **Student Learning Outcomes** (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:

1. Students will be learn to take effective notes in a classroom setting.
2. Students will be learn time management and be able to plan out monthly, weekly and daily events.
3. Students will learn how to set specific, measurable, attainable, realistic and trackable goals.
4. Students will learn how to organize a notebook.

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. If this is the case, please simply indicate this in this section).*

See Student Learning Outcomes

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, you may attach a sample course syllabus with a timeline.)

See Attached

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Include examples of out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills.)

Lecture and demonstration aided by video. Individual students will present situations and solutions at the chalk board, group discussions, student presentations on selected topics.

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

The student will be evaluated on the basis of responses to discussion topics, written assignments, quizzes, and exams.

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Prepared by:

(Signature)

Email address:

Submission Date: _____