

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** KINE 135 **TITLE:** Academic Skill Development for Intercollegiate Athletes I
Units: 2.0 units **Hours/Semester:** 32.0-36.0 Lecture hours
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Designed for student athletes. Introduce student-athletes to the rewards and challenges of participating in competitive college sports. Instruction on how to get organized; take effective notes, prepare for tests and quizzes. Course will also address various college services, study skills instruction and academic planning. Extra supplies may be required. This is NOT an activity class.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Learn to take effective notes in a classroom setting.
2. Learn how to set specific, measurable, attainable, realistic and trackable goals.
3. Develop, maintain and organize an academic notebook.
4. Understand the value of an SEP
5. Demonstrate an understanding of athletic eligibility requirements.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Learn to take effective notes in a classroom setting.
2. Learn how to set specific, measurable, attainable, realistic and trackable goals.
3. Learn how to develop, maintain and organize an academic notebook.
4. Learn how to access and understand their SEP
5. Demonstrate an understanding of athletic eligibility requirements.

6. **COURSE CONTENT:**

Lecture Content:

Understanding the role of a Student-athlete

The new season begins (First year of eligibility)

This course is taught following a model taken from an athletic season. The units of instruction are organized into quarters, like a game. The format for this class comes from the successful Academic Gameplan, developed by Coach Baxter at Fresno State University. The first lesson is designed to introduce the student to the CSM campus. The ensuing lessons are designed to help the student develop the skill and attitude needed for academic success.

A. 1st Quarter

1. Becoming a college student at CSM

a. Introduction to the CSM campus and campus services and resources (College catalog, Schedule of Classes, various materials from departments).

b. Review of Student Handbook

2. Introduction to the process of becoming an effective student

One Guarantee, One Plea:

a. Why Should I Take Great Notes?

b. Basics in the Game of School

c. SLANT (sit up, lean forward, attention, notes and track the teacher)

1. Exercise #1 — Read this Sentence

2. Exercise #2 — Paradigm Shift

3. Principles of note taking

- Note Taking Method and guided practice
- Textbook annotation exercises

4. Organization

- Binders
- Calendars

B. 2nd Quarter

1. How to set goals and why goals are important

- Goal Setting — The Magic of Why and the Power of How
 - Setting career goals
 - Setting academic goals
 - Setting semester goals
 - Setting weekly goals

Rule #1: Creating a big enough why is the first step of motivation.

Rule #2: A burning desire to win requires a reason why.

Rule #3: Your power to act is in knowing how to do it, and then doing it.

Rule #4: If you don't use it, you lose it.

C. 3rd Quarter

1. Planning and Scheduling are essential for success: The components of a good plan and a good schedule.

- The Master Schedule
- Planning and Using the Foreseeable Future
- The Scouting Report

2. The S.E.P (Student Education Plan)

- What is it?
- How to access it.
- How to modify it

Rule #5: If you fail to control the events of your life, then the events of your life control you.

Rule #6: Nothing is too difficult if you are ready for it.

D. 4th Quarter

1. Effective and efficient techniques for studying

- Winning the Study Battle

- Being Organized

- Class Index and Summary Log

- 4-Step Daily Review and Prepare Period

Rule #7: You don't get good grades for studying hard, you get them for knowing the material.

Rule #8: Repetition is the mother of all skill.

Rule #9: Being organized allows for effective use of time.

Rule #10: Practice doesn't make perfect, practice makes permanent, so practice right.

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- Lecture
- Directed Study
- Discussion
- Guest Speakers
- Individualized Instruction
- Observation and Demonstration
- Other (Specify): Lecture and demonstration aided by video. Individual students will present situations and solutions at the white board, group discussions, student presentations on selected topics.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

All writing assignments are aligned with the stated SLO's.

1. Student Created SEP and corresponding writing assignment answering the following:

- a. What is it?
- b. How do I access it on Websmart?
- c. How and why do I modify it?
2. Creation and tracking of semester goals and corresponding writing assignment addressing the following:
 - a. Career Goals
 - b. Academic Goals
 - c. Semester Goals
 - d. Weekly Goals
3. Weekly Schedule and To Do List accompanied by weekly writing assignment summarizing the week.
4. Tracking of Grade in Each Course accompanied by semester written review of performance in course.

Reading Assignments:

Read the Workbook in its entirety.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Group Projects
- F. Homework
- G. Oral Presentation
- H. Papers
- I. Projects
- J. Quizzes
- K. Written examination
- L. The student will be evaluated on the basis of responses to discussion topics, written assignments, quizzes, and exams.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Baxter, John. *Academic Gameplan*, 10th ed. Charleston, South Carolina: Advantage Media Group, 2013

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Course Originator: Andreas Wolf