

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** KINE 136 **TITLE:** Academic Skill Development for Intercollegiate Athletes II
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. Continued instruction on college-level study skills and preparedness.

Provides organizational skills for a lifetime. Teaches attitude development while building self-esteem.

NCAA/NAIA transfer regulations are addressed. 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. Demonstrate the ability to organize their schedules.
2. Demonstrate progress in self-directed learning.
3. Demonstrate an understanding of athletic eligibility and how it relates to university transfer.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Develop self-esteem
2. Understand the importance of education
3. Understand and incorporate the tools necessary to achieve academic success
4. Understand and implement effective communication
5. Understand and implement effective time management tools
6. Become a self-directed learner

6. **COURSE CONTENT:**

Lecture Content:

A. 1st Quarter

1. Developing self-esteem and academic success

- Understanding the Power of Beliefs
Rule #1: My beliefs will determine what I focus on.
Rule #2: Whether you believe something to be true or not true...you are right
- The Power of Focus
Rule #3: What I consistently focus on, I get.
- The Price of a Limiting Belief
 - Exercise #1: School is....

2. The importance of education in our lives

- Why School? Why continue in pursuit of a BA Degree?
Rule #4: Living is learning.
Rule #5: We learn when we are ready...in stages
Rule #6: At any stage, learning is an expansion of our world.
- Why College?

END OF 1ST QUARTER

B. 2nd Quarter

1. Preparing for success in the classroom is preparing for success in life

- The Formula for Losing
- How to develop a formula for winning
Rule #7: Winning is never an accident; neither is losing.

- Exercise #2 — Rocky Bleier reading assignment
- Understanding Change and Comfort Zones
 - Rule #8: We tend to move toward our comfort zones
 - Rule #9: Victims of the vicious circle are stuck in comfort zones at a low performance level.
 - Rule #10: Achievement of any kind requires effort to leave a comfort zone.
 - Rule #11: A body at rest tends to stay at rest. A body in motion tends to stay in motion.

2. Communication and Behavior, important components of success

- Understanding Communication
 - Rule #12: What you do speaks so loudly, I can't hear what you are saying.
- Self-Communication and "States"
 - Rule #13: Your state determines your behavior or performance.
 - Rule #14: You are responsible for your own states.
- Using Your Physical body to Control Your State
- Controlling your State of Mind and Directing Your Focus.

3. Vocabulary, the vehicle for communication

- Winner's Vocabulary
 - Rule #15: The words I use help determine my focus.
- Key Terms and Functional Definitions Rule #20 — Execution fuels emotion.

END OF THE 2nd QUARTER

3. 3rd Quarter

1. The importance of taking care of business and each day is a business day

- Return on Investment - \$700,000
- The Void in American Education
- The Academic Bat
- Why the 3 — Ring Binder System?

Rule #16: The key to organization is to handle every little thing immediately.

2. The importance of using time wisely

- Understanding Time
 - Rule #17: We are unable to manage time; we can only control our events.
- Controlling Events
 - Rule #18: We control events by making decisions.
 - Rule #19: The toughest part about a decision is deciding to decide.
- The Magic Number
 - Rule #20: You will find the time when the task becomes important enough to you.

3. More issues on planning.

- The Line-Up Card
- The Scoreboard
 - Rule #21: Failing to plan is planning to fail.
 - Rule #22: Every time a number changes, so does your situation.

END OF 3rd QUARTER

4. 4th Quarter

1. The self-directed learner takes charge of situations to better ensure success

- How do You Win a Game?
- Play the Game
- Winning the Turnover Battle

Rule #29: You don't win games; you win the situations that win the games.

Rule #30: The only way to truly fail is to quit.

Rule #31: Without the ball, scoring is impossible.

2. Earning good grades requires good planning, strong study skills and mastery of material

- Winning the Compete Zone Battle

- Winning the Grading Battle

Rule #23: When playing for points, not scoring is not an option, ever!!!

Rule #24: The final grade in the long run, is not always as important as the process.

Rule #25: If you don't know where you are going, any road will take you there.

3. The importance of extraordinary efforts in winning the scholastic game

- Winning the Tiebreakers

Rule #26: Procrastination only becomes a problem when we procrastinate a priority.

Rule #27: If you always do what you are supposed to do, all you will be is average.

Rule #28: You are the only one who can control and direct you.

Rule #29: It doesn't matter what the plan is as long as you have one.

END OF THE 4th QUARTER

5. THE OVERTIME PERIOD BEGINS

- Finalizing Education Plan/AA degree requirements (College catalog and 4-semester plan forms)
- Transfer requirements, NCAA Division I, Division II, Division III, NAIA (NCAA Manual and NAIA Manual and selected 4-year college catalogs)
- Community College eligibility (CCCAA Constitution)
- 4-year eligibility (NCAA Manual and selected 4-year college catalogs)
- Selecting and focusing on transfer requirements; potential transfer institutions of choice
- Selling yourself to four-year institutions
- National Letters of Intent – Commitments

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- Lecture
- Directed Study
- Discussion
- Guest Speakers
- Individualized Instruction
- Other (Specify): Lecture and demonstration aided by video. Individual students will present situations and solutions at the chalk 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:

1. Written assignment on "Understanding the Power of My Beliefs"
2. Written assignment on the "Importance of Education in our Lives"
3. Written assignment on "How to Become a Self-Directed Learner"

Reading Assignments:

Read, "I Hate School" in its entirety.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- Class Participation
- Class Performance
- Class Work
- Exams/Tests
- Group Projects
- Homework
- Oral Presentation
- Papers
- Projects
- Written examination
- 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. *I Hate School*, 1st ed. Charleston, South Carolina: Advantage Media Group, 2013

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Course Originator: Andreas Wolf