

Oxford College of Emory University
Course Syllabus

Division: PE

Instructor: Gregory Moss-Brown

Course Number: PE OX_161 00F (5442)

Office: CHL

Course Title: Varsity

Office Hours: By appointment only

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Catalog Description: Students participating in varsity sport competition engage in daily training activities prescribed by their Head Coach, as well as engaged in competition that utilizes the skills and fitness developed during those training sessions.

Text: None required.

Prerequisite/Co-requisites: Student must be a Varsity Athlete and approved by their coach.

Objectives: Upon completion of the course the student will be able to:

1. Demonstrate an overall knowledge of the sport and associated participation
2. Improve muscular strength
3. Improve muscular endurance
4. Improve flexibility
5. Improve sport specific skill level
6. Demonstrate knowledge of how athletics relates to overall well-being

Mandatory Attendance:

All student athlete meetings are required with the exception of an academic obligation. It is your responsibility to let me know in advance of your absence

Lectures/Meetings to complete the above **Objectives** will be given in a timely fashion. It is important for each of you to put these dates and future dates in your planners/calendar apps so that you can be fully prepared in advance.

Assignments:

The student will be given a reflection assignment at the end of the semester. This assignment will ask students to reflect on their experience as a student athlete and connect their experience to their overall well-being.

Reflection Paper:

1. Please email the assignment on the due date: April 20th, 2017.

2. Write a three-page detailed reflective paper on this prompt: *Through your participation in a varsity athletic program, please highlight ways that you see athletics relating to your overall personal well-being. Make sure to include examples that address multiple dimensions of wellness, including but not limited to social, physical or mental wellness.*
3. All assignments must have a professional flair: neat, clean, typed/computer, with correct spelling and English. Use Times Roman 12 Font, 1.5 space.
4. Please provide a cover page with your name, date and the question.

***The Reflective Paper assignment must be **submitted** on the day that it is **due**. Late assignments will not be accepted and tests that are not taken on test day will not be made-up. If you are going to be absent on assignment due dates or test days, it is the student's responsibility to make arrangements with their coach at least one class period before the day that will be missed.

In case of death (in the family), severe illness, and school functions, the coach must be notified before missing class. Afterwards, authentic documentation must be provided to the coach on the first day back to class. There will be no exceptions.

Evaluation:

The grading format for this course will be based on a point system whereby students will earn points from participation. A total of 100 points per week (14 weeks) can be obtained by the student athlete. Total points possible: 1400. An end of the semester reflection will be assigned and worth up to 200 points.

Point Grading Scale:

930 = A
 900 = A-
 880 = B+
 830 = B
 800 = B-
 780 = C+
 500 = C

Participation points can be obtained in the following ways:
(Note you can earn as much as 1500 pts if you did everything)

Reflection Paper-"0" Pts but -700 pts if you fail to hand this in!
Fall Team practice sessions-300-Everyone will receive this
Fall Match participation-100-Everyone will receive this
All athlete meeting attendance-25 pts per meeting (3 or 4)
Athletic trainer sessions-25 pts (1)
Community service-25 pts (1 or 2)
Coach Meetings/Lectures-25 pts each session (4)
Spring Weight Training-10 pts each session- (40)
Spring Weight Training Testing- 25 pts (2 Pre & Post)
Spring Practice Sessions-10 pts (25)

Practice and Match participation are not necessarily based on physical activity. Injury and/or not being in a starting lineup does not mean that one cannot contribute to the team. The Head Coach will assign duties for the student to complete that will be relevant to the success of the individual and team.

HONOR CODE: Students are expected to adhere to the honor code with reference to all matters relating to the evaluative process of this course. Any violation of Oxford College's Honor Code will not be tolerated.

Reasonable Accommodations for Students with Disabilities: If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note taking, reading, physical activity, etc., please speak with me as soon as possible.

Students may also contact the Office of disability Services ([404-727-6016](tel:404-727-6016)) with questions about such services. It is the student's responsibility to initiate considerations' all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall ([770-784-4722](tel:770-784-4722)).

Grade Appeal Process: If you wish to contest the final grade you receive in this class you are to put your request to me in writing within five (5) days of the final grades being posted. Your request must address the specific reasons as to why I should re-examine your grade. Coach will not respond to informal e-mail messages or appeals submitted after the five (5) day deadline.