

Oxford College of Emory University
Varsity Course Syllabus

Division: PE Instructor/Coach:
Course Number: PE 163/164 Office:
Course Title: VarsityOffice Hours: By appointment only
Phone:E-mail:

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

Physical activities for this class include vigorous movement. If you have a medical condition that prevents you from fully participating in the class, please contact the Office of Access and Disability Services and Resources (ADSR).

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

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 24, 2019.
2. Write a two-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.
4. Please provide a cover page with your name, date and question.
5. Please provide a detailed reflection of your experience or true feelings in each paper.

***All assignments 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 ab-

sent 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.

Grading Scale:

750 - 1400 points = A

650 - 749 points = B

550 - 649 points = C

450 - 549 points = D

449 and below points = F

Participation points can be obtained in the following ways:

Team practice sessions

Match participation

All athlete meeting attendance

Athletic trainer sessions

Community service

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.

Classroom Etiquette

NO devices that allow communication via phone, pager, text message, email, etc. are permitted in class.

Any behavior that disrupts class or is offensive will not be tolerated and will lead to disciplinary actions as stated in the Oxford College student handbook.

Dress code:

All students must come to class dressed appropriately for participation in your sport's attire. Shoes/sneakers, with appropriate socks. Shorts, or athletic pants. T-shirt or sweat top . No dress shoes, sandals, cut off shorts, blue jeans, old/dingy t-shirts or t-shirts with offensive printing.

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.