

Las Positas College
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Course Outline for KIN 16

THE SUCCESSFUL STUDENT ATHLETE

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN 16 — THE SUCCESSFUL STUDENT ATHLETE — 1.00 units

This course is designed to assist the student-athlete in developing realistic expectations and goals of college, explore academic programs, and understand what is necessary to succeed in college while competing in an intercollegiate sport. This course will also discuss the probability of becoming a professional athlete and life after athletics. The rules and regulations of the California Community College Athletic Association (CCCCAA), National Intercollegiate Athletic Association (NCAA), and the National Association of Intercollegiate Athletics (NAIA) will be defined and explored to bring awareness to the student-athlete regarding eligibility and transferring to a four-year institution.

1.00 Units Lecture

Grading Methods:

Letter Grade

Discipline:

- Kinesiology

| | MIN |
|-----------------------|------------|
| Lecture Hours: | 18.00 |
| Total Hours: | 18.00 |

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

1. Demonstrate an understanding of balancing academics and athletics, and the probability of success in athletics.
2. Identify and utilize a variety of academic resources available to students on campus.
3. Evaluate opportunities for transfer, degrees, and/or professional careers after LPC
4. Complete and describe the eligibility process for competing in California Community College Athletic Association (CCCCAA) intercollegiate competition.
5. Distinguish between NCAA (Division I, II, III) and NAIA requirements for transfer and immediate eligibility.

V. CONTENT:

- A. Introduction to college athletics
 1. Course overview
 2. Balancing academics and athletics
 - a. Goal setting (SMART)
 3. Probability of success in athletics
 4. Life after athletics (Where do I go from here?)
- B. Planning Your Education
 1. CCAA compliance dates by sport/semester
 2. Life Goals
 - a. Short term
 - b. Long term
 3. Career and Major opportunities within the Kinesiology discipline
 4. Transfer institutions that fit academic and athletic priorities
 - a. Athletic transfer eligibility
 - b. What school is best for you and why
 5. Using the SEP for success in transferring
 - a. Within California
 - b. Outside California
- C. Campus resources assisting in the learning and transfer process including but not limited to:
 1. Library
 2. Internet
 3. Tutorial center
 4. Counseling
 5. Transfer center
 6. Financial aid/Scholarships
 7. Computer center

8. Integrated learning center
9. DSPS
10. EOPS
11. Health and wellness center
- D. Rules and Regulations/Athletic eligibility requirements to transfer and compete at a four-year college
 1. CCCAA
 - a. 1st year
 - b. 2nd year
 2. Your "Clock"
 - a. Red shirt
 - b. Grey shirt
 3. NCAA transfer requirements
 - a. Division I, II, and III
 - b. 2-4, 4-2-4
 - c. Qualifier vs. Non-qualifier
 - d. AA/AS/AA-T degrees, CSU GE, IGETC
 - e. 40%, 60%, 80% Rule for Division I transfers
 4. NAIA transfer requirements

VI. METHODS OF INSTRUCTION:

- A. **Lecture** - Students will be presented with lecture topics relating to the course content.
- B. **Written exercises and case studies** - Students will examine specific case studies of student athletes transferring to various four-year schools to participate in athletics.
- C. **Research** - Students will research four-year institutions with their intended major as well as transfer requirements for admission into the college as well as athletic eligibility.

VII. TYPICAL ASSIGNMENTS:

- A. Web searches with related writing activities
- B. Discussion groups
- C. Transfer and eligibility activities relating to Division I, II, III, NAIA
- D. Personal evaluation and goal setting activities

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - At least once per semester.
- B. Papers
 - At least once per semester.
- C. Class Participation
 - Assessed daily.

IX. TYPICAL TEXTS:

1. Petrie, Trent, Douglas Hanks, and Eric Denson. *A Student Athlete's Guide To Success*. 3rd ed., Cengage Learning, 2011.
2. Brown, Barry. *The Student-Athlete Playbook: Success in the Classroom, Sports & Life!*. 1st ed., Bar-Red Entertainment Group, 2014.
3. CCCAA. CCCAA Constitution. California Community College Athletic Association , 2018.
4. NCAA. NCAA Transfer Guide 2018-2019. National Collegiate Athletic Association , 2018.
5. NCAA Eligibility Center
6. NCAA & NAIA Transfer Tips, 2014.
7. NAIA Eligibility Center
8. NAIA Transfer Guide
9. LPC Catalog

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access