

Las Positas College  
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## Course Outline for KIN 16

### THE SUCCESSFUL STUDENT ATHLETE

Effective: Spring 2008

#### 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. The rules and regulations of the Commission on Athletics (COA), 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:

#### Discipline:

	<u>MIN</u>
<b>Lecture Hours:</b>	18.00
<b>Total Hours:</b>	18.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 2

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate an understanding of the matriculation process;
- B. Identify individual learning styles;
- C. Use the Student Education Plan (SEP) for taking appropriate courses for transfer and eligibility;
- D. Demonstrate knowledge of educational resources on campus;
- E. Articulate an understanding of COA regulations for eligibility;
- F. Show an understanding of NCAA and NAIA regulations for transfer and immediate eligibility.

#### V. CONTENT:

- A. Area A: Introduction to college athletics
  1. Course overview
  2. Balancing academics and athletics
    - a. Define goals, i.e. what is realistic
  3. Probability of success in athletics
  4. Life after athletics, i.e. where do I go from here
  5. Time Management
- B. Area B: Planning Your Education
  1. Assessment
    - a. English
    - b. Math
  2. Develop a Student Education Plan (SEP)
    - a. Review and revise each semester
  3. Choosing a major
  4. Career goals
  5. Life goals
    - a. Short term
    - b. Long term
- C. Area C: Learning Assistance Resources
  1. Library
  2. Internet
  3. Tutoring
  4. Other Campus Resources
  5. Learning styles
    - a. Visual Learners
    - b. Auditory Learners
    - c. Repetitive Learners
  6. Time Management review
- D. Area D: Rules and Regulations

1. COA
  - a. 1st year athlete
  - b. 2nd year athlete
2. NCAA and NAIA
  - a. Qualifier
  - b. Non-qualifier
  - c. Gray shirt and Red shirt
- E. Area E: Transferring to a Four-year Institution
  1. Qualifier vs. Non-qualifier
  2. 2-4, 4-2-4, 2-4-2-4
  3. CSU (Big 4) and IGETC
  4. AA Degree requirements
  5. Using the SEP for success in transferring
  6. 25%, 50%, 75% Rule for Division I transfers

#### VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Lecture** -
- C. Whole group, small group, and one-on-one advising / counseling
- D. Web searches

#### VII. TYPICAL ASSIGNMENTS:

- A. Web searches with related writing activities
- B. Discussion groups
- C. Matriculation activities
- D. Personal evaluation and goal setting activities

#### VIII. EVALUATION:

##### A. **Methods**

1. Papers
2. Group Projects
3. Other:
  - a. Methods
    1. Weekly participation in group discussions
    2. Written assignments
    3. One-on-one meetings with instructor
    4. Completion of SEP
    5. Self-evaluation before and after course

##### B. **Frequency**

1. Frequency
  - a. Weekly evaluation
  - b. Mid-term evaluation
  - c. End-of-term evaluation

#### IX. TYPICAL TEXTS:

1. Various handouts and publications

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access