

# COUN 125: BECOMING A MASTER STUDENT-ATHLETE

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course is designed to introduce current or future student-athletes to a successful college and transfer experience. Students in this course will learn how to balance academics and athletics. Athletic regulations including the National Collegiate Athletics Association (NCAA) and the National Association of Intercollegiate Athletics (NAIA) transfer requirements will be covered. Time management strategies and goal-setting strategies will be examined to help student-athletes learn how to honor their responsibilities. Students will acquire college success skills, including college expectations, resources, policies, the student-athlete experience, and life after sports. Learning strategies, career information, and awareness of personal development and techniques on improving interpersonal communication will be explored. Definitions and requirements for certificates and degrees, and higher education in California, including transfer process are covered. Student-athletes will learn how to create a preliminary educational plan. 54 lecture hours.

## Course Objectives

- Integrate new skills for facilitating academic success.
- Differentiate between various educational programs and requirements for completing various levels of education.
- Determine qualifier versus non-qualifier status with the NCAA.
- Illustrate an understanding of initial and continuing athletic eligibility at the community college, and NCAA and NAIA transfer requirements.
- Outline educational requirements via the Comprehensive Student Educational Plan (SEP).
- Evaluate academic and career goals based on experiences in the course and during the time at the community college.
- Evaluate effectiveness of time management techniques.
- Summarize transfer requirements, as they related to athletic eligibility, from community college to four year schools.

## Major Course Content

1. College Expectations
  - a. Matriculation Process
    - i. Assessment for Math and English
    - ii. Orientation

- b. Student Rights and Responsibilities
  - c. GWC Policies and Procedures
2. Verifying NCAA Qualifier or Non-Qualifier Status
    - a. Learn the NCAA Expectation for High School Qualifier Status
    - b. Register with the NCAA Eligibility Center
  3. Choosing a Career Path After Sports
    - a. Personality and career inventories
    - b. Linking assessments to career and major options
    - c. Choosing a Major
  4. Initial and Continuing Eligibility for Athletes
    - a. Academic Requirements for Community College Athletic Competition Eligibility
      - i. GPA and unit expectations
    - b. Academic Requirements for Community College Athletic Competition in the 2nd Season
      - i. GPA and unit expectations
  5. NCAA and NAIA Transfer Eligibility
    - a. NCAA Division I Rules for Transfer
    - b. NCAA Division II Rules for Transfer
    - c. NCAA Division III Rules for Transfer
    - d. NAIA Rules for Transfer
  6. Comprehensive Educational Planning
    - a. Course Selection and Mode of Instruction
      - i. Format, Length
      - ii. Distinctions between On-Campus, hybrid, and Distance Learning coursework
        1. Time Commitment
        2. Competencies required
        3. Success Rates
    - b. Higher Educational structures in California
    - c. Distinctions between institutions
      - i. Community College
      - ii. California State University
      - iii. University of California
      - iv. Private, Independent Colleges, Universities
    - d. Requirements for Vocational Certificates
    - e. Requirements for Associate of Arts Degree (AA), and Associate of Arts/Science for Transfer AA-T/AS-T)
      - i. General Education
      - ii. Major Requirements for AA
      - iii. Transfer Requirements
    - f. Units
    - g. Preparation in Major
      - i. Impaction Policies
  7. College Success Strategies
    - a. Attendance and class interaction
    - b. Online / Distance learning course success
  8. College Policies
    - a. Student Progress and Academic Probation/Disqualification
    - b. Units and Grading
      - i. Semester vs. Quarter grades
      - ii. Types of grades (A,B,C,D,F,P/NP, I, W)
      - iii. Computing GPA
  9. College Programs and Services

- a. Student Success: Academic Areas
    - i. Tutoring, LRC, Writing Center, etc.
  - b. Financial Aid
  - c. Health Center
  - d. Counseling, Transfer Center, and Career Center
10. Intercollegiate Sports
- a. Collegiate athletes
  - b. Graduation Rates
  - c. Academic vs Athletic demands
  - d. Diversity of athletic experiences
  - e. Commercialization
11. Gender Issues
- a. Gender Roles
  - b. Title IX

## **Suggested Reading Other Than Required Textbook**

Reading Assignments CCCAA bylaw overview for academic and transfer eligibility

NCAA regulations overview for qualifier and non-qualifier status

Personality and career assessments review

## **Examples of Required Writing Assignments**

Report on a career pathway related to intended program of study

Apply theoretical models of decision making to the process of selecting a program of study, transfer institution, or alternative training program

Design of a Comprehensive Student Educational Plan (SEP).

## **Examples of Outside Assignments**

Research assignment that assesses campus resources relevant to student success.

Goal setting activity tying academic goals to career preparation

Career goal as it relates to life after sports reflection

## **Instruction Type(s)**

Lecture, Online Education Lecture