

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: ACS 50 Introduction to Collegiate Athletics

UNIT VALUE: 1

MINIMUM NUMBER OF SEMESTER HOURS: 18

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Program for matriculation, study skills, eligibility rules, substance abuse, responsibilities of being a student athlete, training, and nutrition.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Learn and understand the specific requirement for athletic participation at the community college and university level.
2. Learn positive behavioral patterns relative to athletic training and conditioning.
3. Understand the psychology of sports participation and competition.
4. Plan an academic program to accomplish his/her established career goals.
5. Gain information which will assist them in successful completion of necessary course work.
6. Learn basic study skills and methods for taking tests.
7. Develop skills necessary for effective communication in a classroom setting.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Participation requirements
 - A. COA
 - B. NCAA
 - C. Conference
 - D. Palomar College
- II. Career Guidance
 - A. Development of an Individual Education Plan
 - B. Degree Program (Palomar College)
 - C. Career Planning (Palomar College)
 - D. Transfer and Career Planning
- III. College Resources

- A. financial Aid
- B. Counseling
- C. Transfer Center
- D. Library Services
- E. Tutoring Services

REQUIRED READING:

Burns, Dr. Kenneth, How To Succeed In College By Really Trying, National City, California: Press Plus, 1995

SUGGESTED READING: None

REQUIRED WRITING:

Assignments dealing with the following topics.

1. Development of career planning (academic objective, Individual Education Plan)
2. Assignments from workbook.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

None

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 90% - Written assignment
- 10% - Participation

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 1

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Steve White, extension 3052

SIGNATURES ON FILE
