Alexandria Technical and Community College

PHED 1490: Athletics I

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 2
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None
This course involves participation in intercollegiate athletics as a freshman. Students practice and compete in the Minnesota College Athletic Conference (MCAC) and the National Junior College Athletic Association (NJCAA). Students will learn about and develop their confidence, characteristics of high achievement, and skills in a competitive environment. This class is for first-year student athletes only. Coach approval required.

B. COURSE EFFECTIVE DATES: 04/29/2022 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic player eligibility
2. Demonstrate entry-level competitor skills and techniques
3. Identify and use sports equipment
4. Implement sports rules and basic strategies
5. Demonstrate sportsmanship

D. LEARNING OUTCOMES (General)

1. Participate in post-secondary competition.
2. Understand sport prerequisites and warmup procedures.
3. Explain the importance of an academics-first philosophy of the student athlete.
4. Demonstrate basic sport skills.
5. Describe sport rules and strategies.
6. Prove emerging sportsmanship.
7. Begin to identify and demonstrate maintenance of proper nutrition, muscular strength and endurance, and cardiovascular fitness throughout the preseason, in-season, and post-season.
8. Demonstrate proper athletic decorum, punctuality, and discipline.
9. Learn and discuss facets of mental and physical development.
10. Explain the student-athlete journey and attainment of individual and team skills.
11. Describe and demonstrate organization and time management skills needed to academically succeed while engaging in athletics.
12. Identify academic excellence to achieve MCAC and NJCAA eligibility standards.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None
F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted