Alexandria Technical and Community College

PHED 1491: Athletics II

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 sophomore. Students practice and compete in the Minnesota College Athletic Conference (MCAC) and the National Junior College Athletic Association (NJCAA). Students will further advance their confidence, characteristics of high achievement, and skills in a competitive environment. Students will have the opportunity to mentor first-year student athletes. This class is for second-year student athletes only. Coach approval required.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Comprehensive player eligibility
2. Advanced sport skills and techniques
3. Identify and use equipment
4. Understand rules and apply advanced strategy
5. Demonstrate sportsmanship and mentorship

D. LEARNING OUTCOMES (General)

1. Participate in post-secondary competition.
2. Explain the meaning and philosophy of sport prerequisites and warm-up procedures.
3. Mentor the importance of an academics-first philosophy of the student athlete.
4. Demonstrate advanced sport skills.
5. Describe sport rules and advanced strategies.
6. Demonstrate advanced sportsmanship skills and lead by example.
7. 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. Discuss facets of mental and physical development.
10. Explain the student athlete journey and attainment of individual and team skills.
11. Describe the organization and time management 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