

CSRF 6341

Athletic Academic Performance Enhancement

Fall 2020



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Office Hours: By appointment – email or text

Course Information

Course Description

This course is designed to prepare athletic-academic advising/counseling students for their roles in the professional field. Focus will be on skills, methods, and strategies used by performance enhancement personnel. This will include supervised intervention/enhancement/developmental laboratories so students may actually practice performance enhancement sessions. Additionally, areas of study will include NCAA athletic-academic guidelines, ethics, record keeping and interdisciplinary teamwork.

Course Credits

3 Credits

Prerequisite and Co-requisite Courses

None

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the CSRF Program.

Program Outcomes

Upon completion of the program of study for the CSRF Program Analyze and critique recreation, physical education, wellness, and athletic facilities, the graduate will be prepared to:

Graduate Institutional Learning Goals:

1. Master Knowledge and Skills

Students will:

- Demonstrate advanced knowledge, skills, and values appropriate to the discipline.
- Demonstrate the ability to work as individual researchers/scholars as well as in collaboration with others.
- Demonstrate the ability to be creative, critical thinkers with the ability to apply new technologies as appropriate to the discipline.

2. Master Communication and Dissemination

Students will:

- Be required to demonstrate advanced oral and written communication skills, as appropriate, to the discipline.
- Demonstrate global perspectives appropriate to the discipline.

3. Master Leadership and Social Responsibility

Students will:

- Comprehend and practice the ethical principles appropriate to the discipline.
- Understand and value individual differences and have the skills for working effectively in a diverse, changing world.

Student Learning Outcomes

Student Learning Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:
Student will acquire specific knowledge within the field from both practical and applicable situations	Student will observe and participate in at least one performance enhancing activity at four different content area sites on campus over a period of three weeks per area.
Students acquire specific knowledge in each of the four areas they are doing their practicum labs from any journal related to AAA to gain knowledge.	Student will read a minimum of five related research articles for each of the four content areas they participate in and for each article a summary written review is required.
Students acquire specific knowledge on each of the content areas they are not doing formal practicums in to gain knowledge.	Student will write annotate bibliographies utilizing three different articles specific to each content area in which they are not doing formal practicums.
Students will gain a strong overview ideas for enhancing student-athlete success in both the academic and individual professional development areas and see how all the content areas interrelate.	Students will write a paper discussing an overview of the lab experiences and how each enhances the student-athlete developmental experience and how they interrelate

Course Delivery

This is an online course offering. The course will be delivered via the Blackboard Learning Management System. The course site can be accessed at [ASU's Blackboard Learning Management System](#). Class material will be covered via Video Lectures posted in course Modules. Video Lectures will be self-paced and will cover material for all the questions on the checklist handouts.

Required Texts and Materials

1. Athletic-Academic Performance Enhancement – SKYEPACK.com Textbook
2. 2021: Journal Student-Athlete Educational Development and Success, America Press Publisher

Technology Requirements

To successfully complete this course, students need to be familiar with Blackboard Collaborate.

To participate in one of ASU's distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University's Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

Topic Outline

ASSIGNMENT/ACTIVITY DESCRIPTIONS

- Create an annotated bibliography consisting of articles related to practicum experiences (3) and non-practicum experiences (3) for each practicum (4) period.
 - Use multiple different journals and books both online and hard copy related to enhancing the student-athletes athletic academic achievement. All articles used should be copied as a pdf for course portfolio and used for Annotated Bibliography.
 - Additionally, must include all articles from JSAEDS 2021 (can add to any of the four annotated bibliographies).
- Submit a paper of publishing quality related to any student-athlete development content area.
 - Review JSAEDS specifics for submitting a publishable paper and final copy should follow these guidelines.

i. Reference list should include 20 cited sources.

- Submit verification you worked a volunteer activity. (minimum 1 hour)
- Submit verification you attended a professional activity – conference/webinar etc.
- Full Course e- Portfolio

Applied Activities

- Four different 3-week practicums

Areas of Research

1. Career Services
2. Counseling Center / Health Services
3. Academic Advising
4. Housing/Res Life / Judicial Services
5. Freshman /First Year Experience- Admissions S_A \Transfers
6. Compliance and eligibility
7. Community Services / SAAC
8. Tutoring/Academic enhancement services/ learning specialists/ remedial services
9. Study Hall Design/programming S-A
10. Non Traditional Areas: Veteran Services S-A / Disabled S-A

Communication

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Virtual communication: Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

Use Good "Netiquette":

- Check the discussion frequently and respond appropriately and on subject.
- Focus on one subject per message and use pertinent subject titles.
- Capitalize words only to highlight a point or for titles. Otherwise, capitalizing is generally viewed as SHOUTING!
- Be professional and careful with your online interaction. Proper address for faculty is by formal title such as Dr. or Ms./Mr. Jones unless invited by faculty to use a less formal approach.
- Cite all quotes, references, and sources.
- When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.
- It is extremely rude to forward someone else's messages without their permission.
- It is fine to use humor, but use it carefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or flaming (angry, antagonistic criticism). Feel free to use emoticons such as J or :) to let others know you are being humorous.

(The "netiquette" guidelines were adapted from Arlene H. Rinald's article, The Net User Guidelines and Netiquette, Florida Atlantic University, 1994, available from Netcom.)

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Annotated Bibliographies	14%
Quizzes in Skypack Text	10%
Research Publishable Paper and Portfolio	10%
Mini Practicum Area One	14%
Mini Practicum Area Two	14%
Mini Practicum Area Three	14%
Mini Practicum Area Four	14%
Profession Development Activities (Volunteer Activity, Portfolio, Conference/Workshop/Seminar)	10%
Total Course Grade	100%

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

- A = 90.00-100 points
- B = 80.00-89.99 points
- C = 70.00-79.99 points
- D = 60.00-69.99 points
- F = 0-59.99 points (Grades are not rounded up)

Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

***Please note: Rubrics for all assignments and activities are located at the end of this syllabus.**

Discussion Board Activities: Discussion Boards provide an avenue for synthesis of material / information. A Discussion Board is provided in this course as a way to help students’ process

course materials, express thoughts, and engage others opinions and ideas in a healthy and productive learning environment. Students are expected to respond to all discussion board assessments using the “**Online Discussion Rubric**” to support individual answers to the assigned questions throughout this course.

Assignment Submission

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at rrainwater2@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.**

This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

POLICY ON LATE OR MISSED ASSIGNMENTS

The course is set up on weekly modules. The week begins on Monday and ends on Sunday. Assignment due dates are shown on the calendar/schedule or posted within Blackboard. Late assignments are not accepted without prior approval of faculty. Faculty reserve the right to deduct points for late assignments that are accepted past the original due date.

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Student Responsibility and Attendance

Online (If needed): This class is asynchronous, meaning you do not have to be on-line at a certain time. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities i.e. discussion boards, course projects, reflective logs, etc. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).³

Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).⁴ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).⁷

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁸ for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The

term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

Course Schedule

Week/Date	Topic/Assignments/Assessments DUE
<p>August 23-27</p>	<p>Overview and Orientation</p> <p>Choose Areas to Gain Experience in Practicum</p> <p>Read: Modules 1 -12 in Skyepack Textbook –</p> <p>Answer Quiz Questions</p> <p>Set up practicum experiences for each of 4 – 3 week segments.</p> <p>Need 16 hours each of 4 segments (preferable over two weeks each but can be over 3weeks).</p>
<p>August 30-September 3</p>	<p>Read: Research related to areas of emphasis</p> <p>Read: Modules 1 -12 in Skyepack Textbook –</p> <p>Answer Quiz Questions</p> <p>Determine each Practicum Experience: Submit written plan for semester.</p> <p>Due September 3 @ 11:59 pm</p> <p>Submit: semester time line showing practicum labs schedule.</p> <ul style="list-style-type: none"> • This should include: When, where, what, who and how. • Include each supervisor name and contact information of who you plan on contacting and working with to get information.
<p>September 7 -10</p>	<p>Practicum area Weeks 3-5</p> <ul style="list-style-type: none"> → Complete 8 hours of work within Practicum Area → Collect handouts, plans, programming material, data, and log (time and written explanation) of experiences.
<p>September 13-17</p>	<ul style="list-style-type: none"> → Complete 8 hours of work within Practicum Area → Collect handouts, plans, programming material, data, and log (time and written explanation) of experiences.
<p>September 20-24</p>	<p>Due Sept 24 11:59 pm</p> <ul style="list-style-type: none"> • Submit all handouts from Practicum #1 and any created activity /presentations in this content area. • Submit Log of Activities #1 of hours and written summary of experiences. Have Supervisor in this area sign off on this. Include a network list of who you talked to (name, title, phone, & email and school).

Week/Date	Topic/Assignments/Assessments DUE
	<ul style="list-style-type: none"> • Practicum and Summary Research #1: Annotated bibliography consisting of articles related to this practicum experiences 3) and non-practicum experiences (3); add JSAEDS Articles in addition.
September 27-October 1	Practicum area Weeks 6-8 → Complete 8 hours of work within Practicum Area → Collect handouts, plans, programming material, data, and log (time and written explanation) of experiences.
October 4-8	→ Complete 8 hours of work within Practicum Area → Collect handouts, plans, programming material, data, and log (time and written explanation) of experiences.
October 11-15	Due Sept 24 11:59 pm <ul style="list-style-type: none"> • Submit all handouts from Practicum # 2 and any created activity /presentations in this content area. • Submit Log of Activities #2 of hours and written summary of experiences. Have Supervisor in this area sign off on this. Include a network list of who you talked to (name, title, phone, & email and school). • Practicum and Summary Research #2: Annotated bibliography consisting of articles related to this practicum experiences 3) and non-practicum experiences (3); add JSAEDS Articles in addition.
October 18-22	Practicum area Weeks 9-11 → Complete 8 hours of work within Practicum Area → Collect handouts, plans, programming material, data, and log (time and written explanation) of experiences.
October 25-29	→ Complete 8 hours of work within Practicum Area → Collect handouts, plans, programming material, data, and log (time and written explanation) of experiences.
November 1-5	Due Sept 24 11:59 pm <ul style="list-style-type: none"> • Submit all handouts from Practicum #3 and any created activity /presentations in this content area. • Submit Log of Activities #3 of hours and written summary of experiences. Have Supervisor in this area sign off on this. Include a network list of who you talked to (name, title, phone, & email and school). • Practicum and Summary Research #3: Annotated bibliography consisting of articles related to this practicum experiences 3) and non-practicum experiences (3); add JSAEDS Articles in addition.
November 8-12	Practicum area Weeks 12-14 → Complete 8 hours of work within Practicum Area

Week/Date	Topic/Assignments/Assessments DUE
	<p>→ Collect handouts, plans, programming material, data, and log (time and written explanation) of experiences.</p>
<p>November 15-19</p>	<p>→ Complete 8 hours of work within Practicum Area → Collect handouts, plans, programming material, data, and log (time and written explanation) of experiences.</p>
<p>November 22-24</p>	<p>Due November 24 @ 11:59 pm</p> <ul style="list-style-type: none"> • Submit all handouts from Practicum # 4 and any created activity /presentations in this content area. • Submit Log of Activities #4 of hours and written summary of experiences. Have Supervisor in this area sign off on this. Include a network list of who you talked to (name, title, phone, & email and school). • Practicum and Summary Research #4: Annotated bibliography consisting of articles related to this practicum experiences 3) and non-practicum experiences (3); add JSAEDS Articles in addition.
<p>November 29-December 3</p>	<p>Complete IDEA Collect all information and place in Portfolio (PDF) Create Cover page, table of contents and all information collected during semester. Due December 3 @ 11:59 pm Submit: Written Paper for submission to JSAEDS Submit: Professional Development Log</p>
<p>December 6-10</p>	<p>Due December 6 @ 11:59 pm Submit Final Portfolio</p>

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
4. Developing skill in expressing oneself orally or in writing
5. Learning how to find, evaluate, and use resources to explore a topic in depth

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁷ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁸ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>