

SAM HOUSTON STATE UNIVERSITY
Department of Health and Kinesiology

Course: KIN 116 – CHAMPS/Life Skills
Challenging Athletic Minds for Personal Success

Group: Monday Class

Instructor: Mrs. Chris Thompson

Office: Bowers Stadium 321

Telephone: (936) 294-3542

Textbook: Bearkat Learning Enhancement Guide located in the student day planner, NCAA Manual, Notebook Handouts

Course Description: This course is based on the National Collegiate Athletic Association (NCAA) CHAMPS/Life Skills Program and is designed to enhance the student-athlete in assisting them with development of life skills in the areas of academics, athletics, personal development, career development and commitment to service.

Course Objectives:

Upon completion of this course, the student-athlete will be able to:

1. Effectively apply methods for academic success;
2. Understand the development of the athletic process;
3. Support the development of a well-balanced lifestyle as a student-athlete.
4. Pursue career and life goals; and
5. Contribute to Sam Houston State University, the Department of Athletics and the community.

Course Content Topics for the week of:

August	20-Monday	Introduction To Policies & Procedures
	24-Friday	Transition To The College Environment
	27-Monday	Time Management
September	7-Friday	Study Skills
	10-Monday	Career/Major Choices **Meet at the Career Center**
	17-Monday	Alcohol/ Drug Awareness
	21-Friday	Advisement **Meet at the Sam Center AB4**
October	24-Monday	NCAA Rules/Eligibility
	1-Monday	Academics/Class Schedule
	8-Monday	Stress
	15-Monday	Communication/Media Relations
	22-Monday	Financial Responsibilities
November	29-Monday	Sexual Responsibilities
	5-Monday	Sports Nutrition
	12-Monday	SHSU Athletic Department
	26-Monday	Title IX/Gender Equity/Diversity
December	3-Monday	Lecture

Course Evaluation:

	Point Value
1. Complete One (1) hour of community service Gibbs Elem.	10
2. Write/Submit a journal = class topics (8) 2 pts. Each	16
Four Topics Due: October 1st	
Four Topics Due: November 12th	
3. Day Planner/Log * Checked every class	10
4. Goals	4
5. Time Management Plan Due: September 7th	10
6. Major/Career Exploration Paper Due: September 17th	10
7. Class Schedule Outline Due October 8th	10
8. Conduct/Document Athletic Staff Interview Due: October 22nd	10
9. Develop a Personal Financial Plan Due: October 29th	10
10. Final Exam	<u>10</u>
	100

100-90 points	=	A
89-80	=	B
79-70	=	C
69-60	=	D
59	=	F must repeat the class

Policies & Procedures:

See attached sheet.

Disability Act:

“Students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired.” The physically impaired may contact the Director of the Counseling Center, ext. 41720.

Student Absences on Religious Holy Days Policy:

Section 51.911(b) of the Texas Education Coe requires that an institution of higher education excuse a student from attending classes or other required activities, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.