PHED 003 Intercollegiate Athletics

Instructor of Record: Craig Johnson, PhD
Office: 107 St. Joseph Hall
Phone: 925-631-4968
Email: cjohnson@stmarys-ca.edu
Office Hours: TBA

Course Description
Student-athletes who are members of NCAA Division I intercollegiate teams are eligible to receive .25 units of credit during the term most closely associated with their season of competition. While participating in their sport, student-athletes will develop their overall health, as well as their physical, psychological, and social skills through participation in required team activities. PHED 003 can be repeated for credit each year of the student’s athletic eligibility.

Evaluation
Academic credit (on a P/NP basis) will be awarded by the Coordinator of the PHED Program, in consultation with the head coaches of the teams, who are responsible for the organization and administration of all course objectives as well as the verification of participation by all athletes.

Course Calendar
Organized and administered by the Department of Athletics and the Head Coaches, the components of the course are based on the following activities:

* Conditioning programs
* Weight training programs
* Practice sessions
* Intercollegiate competition schedules
* Academic support sessions
* Community service events

Course Requirements/Student expectations
In order to be eligible for the .25 credit each season, student-athletes must adhere to the following standards:

* Full participation in all team activities including conditioning, practices, team meetings, and competitions
* Saint Mary's College academic standards
* Saint Mary’s College Student Code of Conduct
* Department of Athletics Student-athlete Standards
* Team rules of conduct
* NCAA eligibility requirements and standards

Course Learning outcomes:
By the end of the course, students will be able to:
Template for Syllabus for PHED 003: Intercollegiate Athletics

* Demonstrate improved sport skills and knowledge of the sport
* Discuss the importance of community service
* Demonstrate a better understanding of group dynamics
* Teach others about the principles of strength and conditioning
* Identify successful and unsuccessful leadership techniques
* Apply what has been learned to help incoming athletes