

**UNIVERSITY OF MASSACHUSETTS**  
**Spring 2005**  
**COM HL 396 - Lifeskills for Athletes**  
**Thursdays 11:15 am-12:30 pm**

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**Class #1: January 27<sup>th</sup>**

**COURSE INTRODUCTION**

Class introductions/ Syllabus Review  
Icebreaker/Teambuilding  
Student Athlete Panel  
Introduction to Community Service

**Class #2: February 3<sup>rd</sup>**

**ACADEMIC SESSION I**

Time Management

- Ways to organize your time on a weekly, monthly, and semester basis
- Daily to-do lists and the importance of setting goals
- Analysis of how we spend our time

Cheating and Plagiarism

**Class #3: February 10<sup>th</sup>**

**PERSONAL WELLNESS SESSION I**

Nutrition with Caren Weiner, RD, Sports Nutritionist

- The Three Rs

Supplements

- Supplements
- Banned substances in food/medicine

**Class #4: February 17<sup>th</sup>**

**ACADEMIC SESSION II**

Note-taking

- What to listen for in class lecture
- Cornell Note-taking method
- The importance of reviewing your notes

Test-taking Preparation

- Effective ways to prepare for a test
- Test taking tips
- Tips for answering multiple choice, essay, and T/F

**Class #5: February 24<sup>th</sup>**

**PERSONAL WELLNESS SESSION II**

GLB issues and the student athlete

**Class #6: March 3<sup>rd</sup>**

**CAREER SESSION I**

Strong Interest Inventory

Career Exploration

**Class #7: March 10<sup>th</sup>**

**PERSONAL WELLNESS SESSION III**

Sexual Responsibility

- Making well informed and healthy choices
- Safer sex practices

**March 17<sup>th</sup> is Spring Break!**

**Class #8 March 24<sup>th</sup>**

**ACADEMIC SESSION III**

Learning Styles

- Auditory, Visual, and Kinesthetic learners

Oral Presentation Skills

**Class #9: March 31<sup>st</sup>**

**CAREER SESSION II**

Strong Interest Inventory Results

UMass Majors

- Information on selecting and declaring a major

**Class #10: April 7<sup>th</sup>**

**PERSONAL WELLNESS SESSION IV**

Alcohol 101

- Trends in college students use and abuse of alcohol and drugs
- How alcohol and drugs affect the body
- What is responsible drinking

Alcohol & Drugs and the student athlete

- Competitiveness can carry over into free time experiences
- Alcohol abuse
- Problems for the athlete and the team.

**Class #11: April 14<sup>th</sup>**

**PERSONAL WELLNESS SESSION V**

Violence

**April 21<sup>st</sup> is a Monday Class Schedule: No Class!**

**Class #12 April 28<sup>th</sup>**

**PERSONAL WELLNESS VI**

Introduction to Mental Health

Media Relations/ How to speak with the Media

**Class #12: May 5<sup>th</sup>**

**PERSONAL WELLNESS SESSION VII**

Understanding and Celebrating Diversity

- Gaining insight and awareness of diversity issues
- How does diversity affect our teams, community and campus

**Class #13: May 12<sup>th</sup>**

**COMMUNITY SERVICE REVIEW**

**CLASS PRESENTATIONS**

- Majors at UMASS

**Additional Mandatory Sessions**

**PERSONAL WELLNESS: FINANCIAL RESPONSIBILITY**

Special Guest Speaker

Time and Date TBA (October)

**PERSONAL WELLNESS: THE NOT READY FOR BEDTIME PLAYERS**

Choose **one** of the performances from the list handed out in class.

Please have the Health Educator (Diane Fedorchak) or TA (Gina Franco)

sign the attached attendance form and return it to one of the Lifeskills

Instructors by April 21, 2004 (in class).

# Summary of Course Requirements

1. **Complete community service written assignment.** Must be typed (12-point font, 1-inch margins), proofed, grammatically correct and well written. Criteria for this paper are attached. Late papers will be marked down one letter grade per week overdue. No exceptions!!!
2. **Participate in 3 hours of community service.** Please see the sheet attached for the criteria for this assignment. There are specific agencies that are available for you to perform this requirement. Please see the attached list.
3. **Attendance Policy** - Because of the experiential and practical nature of this course, class attendance is **MANDATORY** except in cases of religious observance, athletic travel, and scheduled exams. Do not schedule doctor's appointments, exams, or meetings with advisors during this class time! Please adjust your work, athletic, or extracurricular activity schedules now so you won't run into conflicts later.
4. **Complete in Class Presentation** on Majors at UMASS. See attached sheet for instructions on this assignment.
5. **Attend 2 Required Seminars.**
6. **Grading Criteria:**

Attendance & Participation:	55 points
Class Presentation Assignment:	10 points
3 Hours of Community Service:	10 points
Community Service Paper:	5 points
Required Seminars (2):	20 points (10 points each)

- For each absence 4.25 points will be deducted from your grade. For each lateness (5 minutes or more) 1.5 points will be deducted from attendance grade.
- Participation: Each session will provide the opportunity for plenty of student input. We won't "score" students on participation, but we will expect everyone to participate in-group discussions.

## Grade Values:

A	93-100
A-	90-92
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	60-66
F	59 and below