

UNIVERSITY OF MASSACHUSETTS
Spring 2005
COM HL 396 - Lifeskills for Athletes
Tuesdays 9:30am-10:15 am

Instructors:

Amanda Collings
Community Health Educator
University Health Services
Collings@uhs.umass.edu
577-5185
348 UHS/ 256 Boyden

Tamara Drummond
Assistant Director
Academic Support Services
tdrummon@admin.umass.edu
545-9460
234 Boyden Gym

Robin Harris
Athletic Health Enhancement
Rjh@uhs.umass.edu
545-4588
256 Boyden

Peter Montague
Academic Advisor
Academic Support Services
Pmontague@admin.umass.edu
545-3186
234 Boyden Gym

Timothy Wright
Graduate Assistant
Athletic Health Enhancement
twright@schoolph.umass.edu
545-3603
254 Boyden Gym

Meesa Olah
Academic Advisor
Academic Support Services
Molah@admin.umass.edu
545-2919

Class #1: February 1st

COURSE INTRODUCTION

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

Class #2: February 8th

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 16th

PERSONAL WELLNESS SESSION I

Nutrition with Caren Weiner, RD, Sports Nutritionist

- The Three Rs

Supplements

- Supplements
- Banned substances in food/medicine

Class #4: February 22nd

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: March 1st

PERSONAL WELLNESS SESSION II

GLB issues and the student athlete

Class #6: March 8th

CAREER SESSION I

Strong Interest Inventory

Career Exploration

March 15th Spring Break!

Class #7: March 22nd

PERSONAL WELLNESS SESSION III

Sexual Responsibility

- Making well informed and healthy choices
- Safer sex practices

Class #8 March 29th

ACADEMIC SESSION III

Learning Styles

- Auditory, Visual, and Kinesthetic learners

Oral Presentation Skills

Class #9: April 5th

CAREER SESSION II

Strong Interest Inventory Results

UMass Majors

- Information on selecting and declaring a major

Class #10: April 12th

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 19th

PERSONAL WELLNESS SESSION V

Violence

Class #12 April 26th

PERSONAL WELLNESS VI

Introduction to Mental Health

Media Relations/ How to speak with the Media

Class #12: May 3rd

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 10th

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 19, 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