



## **Athletics: A Positive Path Through the Journey of Life**

### **EDUO 9704**

**3 Semester Credits/Units**

**Instructors Dick Bach & Ernie Shaffer**

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#### **Resources needed:**

Reading assignments will be from given website resources.

Open and read the Syllabus which includes Objectives and a Grading Rubric. You may want to print it. You may also simply scroll down the page to view all course assignments. For each Session 1, 2 and 3 and the Final Assessment read and complete assignments. You will type your responses offline in your own Word document.

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the bottom of the course.

#### **Objectives:**

1. Develop programs that will help athletes throughout their lives by emphasizing and enhancing the following:
  - Positive and constructive leadership skills
  - Behavior accountability
  - Proper sportsmanship and social skills
  - Ability to be an Upstander when encountering improper behavior
2. Create a positive persona as a coach who wields a very strong influence on young people.
3. Prepare to defend against negative attacks on the positive influence of athletics.

## Standards:

1. Establishing a climate that promotes fairness and respect
2. Establishing and maintaining standards for student behavior
3. Using a variety of instructional strategies and resources to respond to students' diverse needs.

## Grading Rubric

Exemplary A+-A-	Acceptable B+- B-	Unacceptable
All assignments are complete and accurate.	All assignments are complete and accurate.	Assignments are incomplete and/or contain inaccurate or inappropriate responses.
All application assignments are reflective, thoughtful, clearly identifiable and relevant.	All application assignments are complete, identifiable and relevant.	Application assignments are incomplete and/or irrelevant.
Overall appearance is very well organized and free of spelling and grammatical errors	Overall appearance is generally organized with limited spelling and grammatical errors.	Overall appearance shows little organization and has spelling and grammatical errors.

## Session One - Influence

Read these two Website Resources

[Survey Links Teen Sports, Healthy Behavior - ABC News](#)

[Team Sports - How They Help Teens | Building Personal Strength](#)

A letter in your local newspaper criticized the public schools for spending too much time, money and effort on athletics. With the help of the two resources above and your own experience answer with a letter of your own.

1. Your letter

Read this Website Resources

<http://www.jstor.org/discover/10.2307/2112368?uid=3739824&uid=2&uid=4&uid=3739256&sid=2110266247737>

2. Do you think that the Coleman study cited in this resource is too out of date to be used as an example of athletics being a positive influence on teenagers? Explain.

Read this Website Resources

[http://www.sportanddev.org/en/learnmore/sport\\_education\\_and\\_child\\_youth\\_development2/healthy\\_development\\_of\\_children\\_and\\_young\\_people\\_through\\_sport/](http://www.sportanddev.org/en/learnmore/sport_education_and_child_youth_development2/healthy_development_of_children_and_young_people_through_sport/)

Comment on the positive or negative influences athletics have on the student athlete. Relate these influences to you, a friend or a student athlete you know or heard of.

3. a.
- b.
- c.
- d.

Read these Website Resources

[http://articles.sun-sentinel.com/2011-10-02/news/fl-nncol-sports-oped1002-20111002\\_1\\_health-benefits-healthy-bones-wonderful-sports](http://articles.sun-sentinel.com/2011-10-02/news/fl-nncol-sports-oped1002-20111002_1_health-benefits-healthy-bones-wonderful-sports)  
<http://www.studymode.com/essays/Influence-Sports-Society-79831.html>  
[http://sportslist.ca/article/developing\\_leadership\\_skills](http://sportslist.ca/article/developing_leadership_skills)  
[http://www.ehow.com/how-does\\_5521802\\_sports-benefit-health.html](http://www.ehow.com/how-does_5521802_sports-benefit-health.html)

Your school district has been stung by the critical letter that appeared in the local newspaper concerning the athletic program in assignment 1. At the next school board meeting the subject is scheduled to be discussed. The coaches committee of your teachers association has organized and presenters have been assigned. Your assignment is to discuss how athletic programs influence teenagers in health and in social and leadership skills.

4. Your health presentation
5. Your social skills presentation
6. Your leadership skills presentation

### **Summing Up Session One – Influence**

7. Show what you have learned-move the teachers to your point of view (have fun-be inspirational)

### **Session Two –Character**

Read these two Website Resources

[Team Sports Build Character | Academic | Teen Ink](#)  
[Can sports teach your kids character? - Slate Magazine](#)

1. Compare and contrast the two articles on character & sports
2. Which of the articles did you relate to more? Why?

Read this Website Resource

<http://www.weplay.com/sports-parents/performance/101-Building-Character-Through-Sports>

Displaying slogans or maxims that can be read every day can influence student athletes to move towards those goals. The article you have just read deals with a number of goals for improving character. Design or find slogans to emphasize the character traits listed below to be placed prominently in the locker room or some other visible spot. This is not an easy assignment. It is hard to come up with a pithy statement that captures meaning while inspiring the viewer. Give it a good try as you write slogans or statements for the following:

3. High Emphasis on character
4. High Expectations of Behavior

5. Set A Good Example
6. Good Sportsmanship A Must
7. Accountability
8. Holistic Approach

Read this Website Resource

<https://www.psychologytoday.com/blog/ethics-everyone/201006/how-can-character-be-built-through-sports>

Quote from the above resource: "Sports don't build character unless a coach intentionally teaches it."

9. How is your program going to reflect the above quote?

Read this Website Resource

<http://www.coachwooden.com/pyramid-of-success>

A quote from the above resource: "An example is Coach John Wooden. He worked daily on his Pyramid of Success, which incorporates all the value dimensions to establish balance. Due to this lifetime of effort/progress, his life has greater intrinsic value/individual uniqueness, greater extrinsic value through numerous accomplishments, and greater systemic value through fairness and honesty. Because he has maintained balance within the dimensions, his influence continues. An upward spiral in the attainment of character is gained through this process."

Imagine your retirement dinner where during an opening address your director of athletics compares you to John Wooden. For this assignment, you will write what your director says about you. You must engage in imagining yourself as someone who would be recognized as a powerful coach who has successfully inculcated good character and behavior into your student athletes. As you know, **present imaging can be the first step to future reality.**

10. Create the content of your director's address!! (do not be modest – lay it on thick).

### Session Three – Anti-Bullying

Read and Study this Website Resource

<http://www.stopbullying.gov/what-is-bullying/roles-kids-play/index.html> Not in Our School is a non-profit organization whose goal is to bring tolerance and acceptance in our schools in such a way as to stamp out school bullying. Look over NIOS's website (the above resource) and tell what aspect of their mission is most appealing to you (does not have to relate to athletes).

1. How can your program promote the concept of the student-athlete as a supporter of anti-bullying?

Read this Website Resource

<http://www.binghamton.edu/inside/index.php/inside/story/student-athletes-teach-anti-bullying-in-grade-schools>  
Movies have traditionally stereotyped athletes as jocks who bully those who are different. Let's change this image. The athletes in the above resource are doing that. Remember assignment 10 in Session Two (Present imaging can be the first step in future reality) so let's dream by describing how a program of yours is changing the stereotype of a jock from a bullying jerk to a tolerant and caring competitor.

2. Describe your program (be bold, imaginary and convincing)

Read this Website Resource

<http://radioafilmreview.blogspot.com/2007/02/scene-2.html>

In the movie, the coach punished the players for bullying Radio by having them run wind sprints. List three actions that you would have taken to discipline the players rather than punishing them.

3.
  - a.
  - b.
  - c.
4. How does using discipline rather than punishment have a greater potential to create a positive path.

Read these two Website Resource

<http://radioafilmreview.blogspot.com/2007/03/issues-in-story-line-acceptance.html>

[http://radioafilmreview.blogspot.com/2007/03/ethical-dilemmas\\_18.html](http://radioafilmreview.blogspot.com/2007/03/ethical-dilemmas_18.html)

A movie was made of your stereotype changing program in Assignment 3 of this session.

5. Write a review of your mythical movie like the two resources above that would highlight the issues of tolerance, acceptance and ethical dilemmas that the movie encompassed.

## Final Assessment for this Course

Read this Website Resource

<http://chronicle.com/article/Do-Sports-Build-Character-or/130286/>

A language arts teacher with a PhD in world literature has challenged you regarding the negative influence of school athletics. Competition rather than cooperation leads to cheating, lying and aggressive war like behavior.

Referring to the above resource, what you have learned in this class and your own experience, give an answer that shows that you are not reluctant to play in the academic's arena. Your answer (be creative, smart and most important – have fun!)

## Instructions for coursework submission:

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the bottom of the course page. You are allowed 9 months to complete the course. If you have questions about the course, you can reach your graders by email or phone.

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For questions involving your registration, contact us at [info@dominicanCAonline.com](mailto:info@dominicanCAonline.com) or see <http://dominicancaonline.com/faq.htm> for more information.

**This course is one of five Athletic Coaching courses developed by George Pickett for Dominican University of California.**

- **Coaching is More Than Xs and Os - EDUO 9703**
- **Athletics - A Positive Path Through the Journey of Life - EDUO 9704**
- **Let's Look At This Another Way - EDUO 9705**
- **Creating a Healthy Lifestyle - EDUO 9706**
- **Look Before you Leap - EDUO 9707**