

**Texas Tech University  
Interdisciplinary Studies  
Fall Semester, 2004**

IS 1200                      Life Skills for Student-Athletes

Instructor:                      James Henderson, M.S.

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Class Meeting:                      Section 001:    MW 9:00 – 9:50 am    MSC 105

    Section 002:    TR 9:30 – 10:20 am    MSC 105

    Section 003:    TR 11:00 – 11:50 am    MSC 105

Corequisite:                      IS 1100

**Required Texts/Materials:**

- Petrie, T.A., & Denson, E. (2003). A Student-Athlete's Guide to College Success, 2nd ed. Belmont, CA: Wadsworth Publishing Co.
- Texas Tech Student-Athlete Handbook/Planner.
- An e-mail account, eRaider account.

**PURPOSE:** This course will provide the building blocks for the NCAA CHAMPS/Life Skills Program, "Red Raider Life Skills". It will assist first year student-athletes with a variety of Life Skills components, including personal, career, and academic development.

**COURSE FORMAT:** Format of the course will consist of a diverse array of activities, including: lectures, discussions, field trips, community service projects, videos, guest presentations, campus activities, reading and writing assignments.

**COURSE OBJECTIVES:** When the course is completed, the student-athlete should be able to:

- Effectively manage time within the constraints of a busy athletic and academic schedule
- Make informed and educated choices and decisions regarding health issues, many of which relate to the intercollegiate athlete
- Identify and use coping mechanisms and campus resources for personal/emotional issues
- Successfully navigate academically through the University, with regards to Tech, Big 12, and NCAA rules, regulations, and standards
- Make an informed and educated decision on a major, leading to career exploration
- Understand the concepts and importance of diversity, community, and campus culture, and the place of the intercollegiate athlete within that community
- Better manage finances, stress, and anxiety
- Understand the importance of giving back to the community
- Understand that being a student-athlete and the benefits it brings is a privilege, not a right
- Write clearly and at a level appropriate for college work
- Develop effective study skills
- Identify core values and expand self-responsibility