

Course: PE225XX O – Varsity Athletics (Specified Sport)
Credit: 2 credit hours
Semester: Spring 2026
Time: Practice times and game times
Instructor: Tressa Barnes: tressa.barnes@calvary.edu

This course is offered in one format: in-person.

This course is designed to provide students an integrated opportunity focusing on academic success while offering a competitive athletics environment (theNCCAA.org). The course is restricted to student-athletes only, in their sport of participation. One (1) semester hour credit will be earned for student participation per season, with a maximum of four (4) credit hours earned per sport.

Intercollegiate sports teams offered:

- Baseball (men)
- Basketball (men and women)
- Volleyball (women)
- Soccer (men)

I. DESCRIPTION

A course designed to develop fundamental skills and techniques in selected sports (basketball, baseball, soccer, and volleyball). Admission is by permission of the professor. Up to two semesters of the general education physical education activity requirement may be satisfied through this course. (May be repeated for credit to satisfy PE Activity requirements)

II. OBJECTIVES

A. General competencies to be achieved. You will:

1. Students will be able to perceive and realize some level of skill of improvement and health within their specific sport. (Program Learning Outcomes: 1,2).
2. Students will be able to display characteristics of sportsmanship and Christ-like character by gaining and displaying respect for themselves,

teammates, coaches, opponents, and officials. (Program Learning Outcomes: (Program Learning Outcomes: 1,3,4).

3. Students will be able to demonstrate the ability to be a responsible and an inclusive teammate through resiliency and hardwork with a passion for excellence. (Program Learning Outcomes: 1,2,4)

B. Specific competencies to be achieved. You will:

1. The student will be able to assess and analyze strategy in both practices and games.
(Program Learning Outcomes: 2,4,5)
2. The student will be able to communicate effectively with their team and with their coach. This would include injuries and conflicts.
(Program Learning Outcomes: 1, 2, 3)
3. The student will be able to recognize their own improvement, strengths and weaknesses from sessions with the coach.
(Program Learning Outcomes: 1, 4, 5)
4. The student will be able to describe or recognize risk management with injury prevention and injury care.
(Program Learning Outcome: 1,2,3,4,5)

III. MATERIALS

- A. BIBLE** - The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

B. Textbooks

None

C. Game Film (Potentially)

IV. REQUIREMENTS

Course Requirements: The students are evaluated on their participation, effort, attitude, and willingness to learn.

Each of the four criteria is weighted at 25%. The students will participate in daily practice sessions, strength training, and a full season of participation including post season play.

Expectations for team participation:

- Attendance for each practice/contest/meeting and participation in community service projects and fundraising events is mandatory unless approved by the coach. Excessive absences can deny a student credit for the course.
- Student-athletes must adhere to the guidelines set forth by the respective coach.
- If an athlete is injured yet remains active with the team (attends practices/contests/meetings, and participates in community service projects and fundraising events), the student may remain enrolled in and receive credit for the sport. However, if the athlete does not stay active with the team, the student should be dropped or withdrawn from the course.

Athlete Conduct:

Athletes will conduct themselves in the appropriate manner that supports good character. They will follow both the athletic and student handbook of Calvary University. Additionally, any outbursts of anger involving physical or verbal harm/harassment of any kind toward anyone in or out of practice, games, away trips, preseason, and post season classroom, dorms ect... will be a minimum of a grade reduction or a complete suspension and removal of the athlete from the course.

Tentative Course Outline: Each season will begin at some point during the academic school year. This will include pre-season, during season, and post season practices, games, and strength training in which athletes are expected to attend unless an exception from the coach.

V. METHODS

A. Practices, games, strength training, preseason, post season.

C. Grading:

Teamwork – 25%

Attendance/Participation – 25%

Follow Team Rules and Responsibilities – 25%

Practice and Training – 25% (Unless injured)

Registration Policy:

Student-athletes may earn one (1) hour of academic credit per season, per sport, for his or her participation on a varsity athletic team.

To earn this credit, student-athletes must meet NCCAA II eligibility requirements and remain an active member of the team for the season.

The course, Varsity Sports, will not appear in the class schedule, but rather registration of the course is applied for students submitted on the eligibility list for each athletic team.

The Registrar's Office will register athletes for Varsity Sports at the time the eligibility list is confirmed for the NCCAA II, normally soon before the time of first competition or at the beginning of the semester in which the credit is to be applied.

If an athlete is injured yet remains active with the team (attends practices/contests/meetings, and participates in community service projects and fundraising events), the student may remain enrolled in and receive credit for the sport. However, if the athlete does not stay active with the team, the student should be dropped or withdrawn from the course.

[Note: Students enrolled in a master's program cannot be registered for Varsity Sports.]

IX. Academic Statements:

PERSONAL DEVICES: The use of cell phones, laptops, tablets, and related devices is permissible for educational purposes only (i.e note-taking or researching information pertinent to discussion), with prior approval from the instructor. **Use of electronic devices outside of educational purposes is expressly prohibited.** When not being used according to the guidelines established, electronic devices should be stored in students' belongings and out of sight. If a student has an emergency and are awaiting for an urgent phone call, they should inform the instructor ahead of time.

Failure to adhere to these policies may result in the student being asked to leave class, and marked as absent for the first offense. A second offense may result in withdrawal from the course.

- The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.
- Students with disabilities have the responsibility of informing the Accommodations Support Coordinator (aso@calvary.edu) of any disabling condition that may require support.
- Plagiarism is defined as copying any content without identifying the source. This also includes taking another person's or AI entity's ideas or constructs and presenting them as your own. Plagiarism of any kind will not be tolerated. Most assignments at Calvary require the student to produce original work. Therefore, unless specifically permitted by the instructor, the use of AI-generated content is prohibited (even if cited) as it does not represent original work created by the student and is an unreliable aggregate of ideas from other sources. AI, however, may be utilized in cases where the instructor has explicitly permitted its use to accomplish specific tasks. It is only in these cases that AI-generated (or modified) content may be submitted by the student. If there are any questions as to the permissibility of AI use for an assignment, please ask your instructor for clarification.
- The Clark Academic Center (cac@calvary.edu) is dedicated to providing free academic assistance for Calvary University students.

Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.