



COURSE OUTLINE: GEN300 - VARSITY SSGE

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Approved: Karen Hudson - Dean

Course Code: Title	GEN300: VARSITY STUDENT SELECTED GEN. EDUCATION
Program Number: Name	
Department:	SOCIAL SCIENCES
Academic Year:	2025-2026
Course Description:	<p>Students participating on a varsity athletic team may earn course credit for their work. Student-athletes who participate in varsity athletics often spend immeasurable hours working towards excellence in sport and the classroom. Participation in varsity athletics allows student-athletes to gain a great number of experiences that help equip them for life-long understanding and development of themselves. Through participation in varsity athletics and successful completion of this course, student-athletes will become aware of the need to be fully functioning persons: mentally, physically, emotionally, socially, and vocationally. Student athletes will reflect on their evolution, situation, relationship with others, performing a team role, challenges and achievements.</p> <p>This course is asynchronous. 3 hours weekly is completed independently through teamwork and completion of assignments as assigned.</p>
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
General Education Themes:	Personal Understanding
Course Evaluation:	Satisfactory/Unsatisfactory & A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.



Other Course Evaluation & Assessment Requirements:

**Important All Varsity players enrolled in GEN300 must respond to a Checklist and Reflection questions presented in order to earn this course credit. The course will be assessed on a pass or fail basis.

Players who quit or are removed from the team for ANY code of ethics or team rule violations are subsequently removed from GEN300 and will not earn the associated credits.

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Demonstrate conduct required of a varsity student-athlete at Sault College.	1.1) Exhibit regular attendance and punctuality for practices, games, matches, tournaments and all other required athletic events. 1.2) Exemplify a full effort and positive attitude throughout the season 1.3) Demonstrate conduct required by the Code of Conduct as laid out in the Varsity Handbook. 1.4) Practice proper use, maintenance and return of all College issued equipment and facilities. 1.5) Schedule and make use of at least one student services session or guidance counsellor appointment.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Recognize and discuss experiences that prepare one for life-long understanding and development of themselves, as they become fully functioning people: mentally, physically, emotionally, socially, and vocationally.	2.1) Discuss important, significant or memorable emotional experiences as a varsity athlete 2.2) Discuss how one has evolved or changed, personally, and/or psychologically as a result of your varsity experiences. 2.3) Explain lessons learned about oneself by participating as a varsity athlete at Sault College. 2.4) Discuss how will one might use newly gained self-knowledge in the future 2.5) Explain how experiences as a varsity Sault College athlete may be used in the future to overcome personal and professional challenges.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Review and discuss one's evolution, relationship with others, performing a team role, challenges and achievements as a varsity athlete.	3.1) Describe one's personal evolution as a result of their varsity experiences. 3.2) Describe an important relationship that began as a result of being a Sault College varsity athlete. 3.3) Discuss lessons learned from important relationships and how that can be used in the future 3.4) Describe one's role on the team or in the athletic program. 3.5) Discuss athletic challenges and goals achieved as a varsity athlete at Sault College. 3.6) Explain how athletic challenges faced as a varsity Sault College athlete were overcome.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Checklist Completion	50%
Reflection Questions	50%



Date: June 17, 2025

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.

