

FRA 120.001  
US – Varsity Sport  
Spring  
2015

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**Course Description:**

VARSITY ATHLETES ONLY – This course is designed for student-athletes who are participating in a varsity sport that is recognized by the A&M-Commerce Athletic Department (i.e. Men's/Women's Basketball, Cheerleading, Cross Country, Football, Men's/Women's Golf, Women's Soccer, Men's/Women's Track and Field, and Volleyball).

**Goal:**

It is the goal of the FRA 120 to enhance the physical, motor, mental and social development of all participating student-athletes.

**Course Objectives:** The student-athlete will.....

1. Demonstrate competency in many movement forms.
2. Apply movement concepts and principles to the learning and development of motor skills.
3. Exhibit a physically active lifestyle.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Demonstrate responsible personal and social behavior during practice and other competitive settings.
6. Demonstrate understanding and respect for differences among people during practice and other competitive settings.
7. Understand that participation in varsity athletics provides opportunities for enjoyment, challenge, self-expressions, and social interaction.

**Grading:**

In order to receive a completed grade for the course, a student-athlete must remain a member of his/her respective sports team throughout the entire semester of enrollment.

Please use the internet link below to access information concerning Intercollegiate Athletics at Texas A&M University-Commerce

<http://www.lionathletics.com/>