

## **Athletic Department Student Learning Outcomes**

*As a result of participating as an athlete at PVCC, the student-athlete will learn:*

- To set and accomplish individual and team athletic performance goals.
- To set and accomplish realistic educational and life goals.
- To make decisions that support stated athletic, educational and life goals.
- To communicate effectively with teammates, peers, coaches, officials, and instructors.
- To express positive and negative emotions appropriately and constructively during athletic competitions.
- To exhibit the following guiding values during athletic practices, competitions, and in daily behavior: respect; integrity; courage; vision; excellence.
- To manage time so that academic, athletic, family and work commitments can be met.
- To resolve conflicts effectively with teammates and coaches.
- To demonstrate responsible academic behavior (attend class consistently, complete assignments and homework, prepare for exams, request tutoring when necessary).
- To demonstrate responsible health behavior relative to drug/alcohol/tobacco usage, diet, exercise and stress.
- To develop lasting friendships with teammates and peers.
- To contribute positively as a team member to team/group success.
- To express gratitude for the opportunities received as a member of a PVCC athletic team.