



# Creating Safe Sport and Physical Activity Experiences, Part I

## Course Syllabus

### Course Description

Part one of a three-part professional development program on creating safe sporting experiences. In part one, participants will first learn research supported strategies to develop a moral community in physical activity/sport settings. Next, participants will gain awareness of bullying and abuse common in sport settings, and learn tools to create a positive and safe sport culture. Finally, participants will comprehend and apply the laws and legal responsibilities required of those working in physical activity/sport settings.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in research-supported strategies for building moral communities in sport, recognizing and addressing bullying and abuse, fostering safe and inclusive environments, and understanding the legal responsibilities essential to protecting student-athletes in physical activity and sport settings.

### Course Objectives

At the end of this course you should be able to:

1. Describe why sport is valuable beyond objective outcomes.
2. Identify effective strategies for building a moral community.
3. Describe how biases can influence how we treat others, and how perspective taking can promote a safe environment.
4. Describe how bullying can be harmful to student-athletes.
5. Identify signs and symptoms of a mental health emergency and know where to refer an athlete who needs help.
6. Describe the continuum of sexual misconduct and know how to advocate for an athlete who shows signs and symptoms of such.
7. Identify laws directed toward and legal responsibility of those who work in physical activity/sport settings.
8. Apply best practices for avoiding negligence.

### Modules

- Module 1: The Value and Purpose of Sport and Physical Activity, Quiz 1
- Module 2: Building a Moral Community, Quiz 2
- Module 3: Perspective Taking, Quiz 3
- Module 4: Child Abuse in Sport, Quiz 4
- Module 5: Mental Health Concerns, Quiz 5
- Module 6: Sexual Misconduct, Quiz 6
- Module 7: Legal Liability and Moral Responsibility, Quiz 7



- Module 8: Preventing Negligence, Quiz 8

### **Grading**

Each quiz must be passed at an 80% or higher (three attempts allowed).

### **Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find readings that will help you to answer quiz questions. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.