

Athlete Sexual Health and Wellness

SPM 5936 | Sections 17605, 17043 | Summer A 2023

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SPM 5936 introduces students to key concepts of sexual health within athletics as it relates to the holistic wellness of athletes across all ages and levels of sport. *Athlete Sexual Health and Wellness* addresses critical topics such as sexual agency, sexual misconduct, healthcare services, and education for athletes, coaches, sporting organizations, and Athlete Development Specialists. Students will explore the ways in which these topics directly impact athlete wellness and their role in ensuring sexual health is made a priority alongside physical, psychological, and financial health. Assignments are designed to allow for open discussion with peers, and students are expected to critically apply knowledge to practical situations which are presented to them. This is an introductory course to sexual wellness as a new sub-field of Athlete Development, and successful completion will require students to be engaged with the material throughout the duration of the course.

Course Objectives

Upon completion of this course students are expected to successfully:

- Analyze basic principles of sexual health and wellness
- Evaluate key concepts to use in athlete development educational programs
- Assess the impact of sexual wellness on physical, mental, and lifestyle health
- Examine the key curriculum criteria for differing age groups
- Analyze the differences in key curriculum criteria between athletes, coaches, and healthcare providers
- Differentiate and categorize the types of sexual healthcare resources organizations should make available to athletes

Instructor

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Instructor

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Course Requirements

14% - Discussion Boards (50 Points)

14% - Quizzes (50 Points)

11% - Free Response Assignments (40 Points)

14% - Presentation (50 Points)

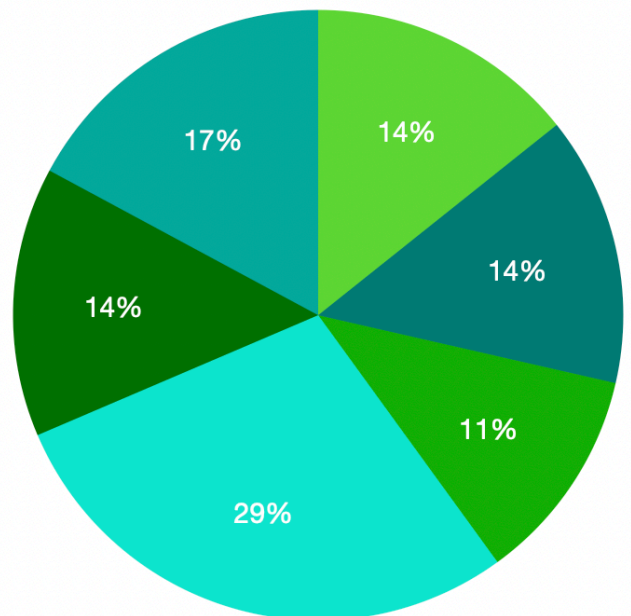
29% - Collaborative Case Study (100 Points)

17% - YellowDig (60 Points)

Grading Standards

A	= 100-93	C(S)	= 76.99-73
A-	= 92.99-90	C-(U)	= 72.99-70
B+	= 89.99-87	D+	= 69.99-67
B	= 86.99-83	D	= 66.99-63
B-	= 82.99-80	D-	= 62.99-60
C+	= 79.99-77	E	= 59.99-0

- Discussion Boards
- Quizzes & Surveys
- Free Responses
- Collaborative Case Study
- Presentation
- YellowDig



See current UF Grading Policies for further details: <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Course Schedule

Week	Dates	Module & Topic	Assignments	Due Dates
1	15 May - 21 May	Module 1: Introduction to Athlete Sexual Health and Wellness	<ul style="list-style-type: none"> Syllabus Quiz Student Introduction Video Peer Responses Welcome Survey YellowDig Setup 	<ul style="list-style-type: none"> Sun, 21 May Fri, 19 May Sun, 21 May Sun, 21 May Sun, 21 May
		Module 2: Consent	<ul style="list-style-type: none"> Quiz Discussion Board Peer Responses 	<ul style="list-style-type: none"> Sun, 21 May Fri, 19 May Sun, 21 May
2	22 May - 28 May	Module 3: Sexual Agency	<ul style="list-style-type: none"> Quiz YellowDig Activity Peer Responses 	<ul style="list-style-type: none"> Sun, 28 May Fri, 26 May Sun, 28 May
		Module 4: Sexuality and Gender in Sport	<ul style="list-style-type: none"> Quiz Discussion Board Peer Responses 	<ul style="list-style-type: none"> Sun, 28 May Fri, 26 May Sun, 28 May
Projects / Larger Assignments in Week 2:			<ul style="list-style-type: none"> Case Study Part #1 	<ul style="list-style-type: none"> Wed, 21 June
3	29 May - 4 June	Module 5: Coach-Athlete Sexual Relationships	<ul style="list-style-type: none"> Quiz Discussion Board Peer Responses 	<ul style="list-style-type: none"> Sun, 4 June Fri, 2 June Sun, 4 June
		Module 6: Sexual Misconduct	<ul style="list-style-type: none"> Quiz YellowDig Activity Peer Responses 	<ul style="list-style-type: none"> Sun, 4 June Fri, 2 June Sun, 4 June
Projects / Larger Assignments in Week 3:			<ul style="list-style-type: none"> Case Study Part #2 Free Response #1 Presentation Topic Selection 	<ul style="list-style-type: none"> Wed, 21 June Sun, 4 June Sun, 4 June
4	5 June - 11 June	Module 7: Prevention and Response	<ul style="list-style-type: none"> Quiz YellowDig Activity Peer Responses 	<ul style="list-style-type: none"> Sun, 11 June Fri, 9 June Sun, 11 June
		Module 8: Essential Healthcare Services	<ul style="list-style-type: none"> Quiz Discussion Board Peer Responses 	<ul style="list-style-type: none"> Sun, 11 June Fri, 9 June Sun, 11 June
Projects / Larger Assignments in Week 4:			<ul style="list-style-type: none"> Case Study Part #3 	<ul style="list-style-type: none"> Wed, 21 June
5	12 June - 18 June	Module 9: Organizational Policy Development	<ul style="list-style-type: none"> Quiz Discussion Board Peer Responses 	<ul style="list-style-type: none"> Sun, 18 June Fri, 16 June Sun, 18 June
		Module 10: Sexual Health Education	<ul style="list-style-type: none"> Quiz YellowDig Activity Peer Responses 	<ul style="list-style-type: none"> Sun, 18 June Fri, 16 June Sun, 18 June
Projects / Larger Assignments in Week 5:			<ul style="list-style-type: none"> Case Study Part #4 Free Response #2 	<ul style="list-style-type: none"> Wed, 21 June Sun, 18 June
6	19 June - 23 June	Student Presentations & Collaborative Case Study	<ul style="list-style-type: none"> Individual Presentation Discussion Board & Q's to Peers Response to Peer Questions Case Study Final Submission Case Study Peer Review 	<ul style="list-style-type: none"> Wed, 21 June Thur, 22 June Fri, 23 June Wed, 21 June Fri, 23 June

Course Requirements

The assignments will be used to assess the student's academic standing in this course. **Late assignments will not be accepted for credit unless arrangements have been made with the instructor prior to the due date for that particular assignment.** Failure to make prior arrangements may result in rejection of work submitted late as rescheduling/accepting assignments is at the discretion of the instructor.

Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

14% - Discussion Boards

5 Course Discussion Boards X 10 points each = 50 points in total

Overview: Discussion Boards for each module provide the students an opportunity to reflect on a couple of key topics discussed in the readings and lectures, as well as allow for communication between students. The goal of Discussion Boards is to allow for the exchange of ideas and encourage open, honest discussions about potentially sensitive topics.

- Initial post due on Fridays
- Peer responses due on Sundays

14% - Quizzes

9 Course Assignments (lowest quiz score is dropped) X 5 points each + 2 5-point Surveys = 50 points in total

Overview: Students will be assessed with a quiz on their understanding of topics discussed during lectures and readings. The goal of this assignment is to test a student's knowledge of key concepts.

- Quizzes due on Sundays

11% - Free Response Assignments

2 Free Response Assignments X 20 points each = 40 points in total

Overview: Throughout the course there will be four Free Response Topic write-ups, where students will be asked to select and discuss a topic from previous modules. These assignments are designed to give students more freedom in how they structure their responses while critically addressing sexual health and wellness topics. The goal of these assignments are for students to assess and discuss topics from their own perspective, while also addressing the role an Athlete Development Specialist may have in educating athletes, coaches, and institutions on these fundamentals.

- Free Response Assignments due on Sundays of the week they are assigned

14% - Sexual Health and Wellness Presentation

50 points in total

Overview: Students will be asked to create a video presentation on a selected topic as it relates to sexual health and wellness within sport. Students will be asked to define basic terminology and key concepts related to this topic, as well as identify how this topic relates to key concepts discussed throughout this course. Students will also be expected to provide practical examples and implications as this topic pertains to sexual health and wellness education for athletes and the use of this material as an Athlete Development Specialist. Lastly, students will be expected to include some discussion on the importance of this topic's impact on sexual health and wellness.

In addition to the presentation, students will be asked to share their presentation in a Discussion Board format. Students will have the opportunity to view their peers' presentations and ask questions.

Students must respond to the questions posed to their presentation.

- Presentation due Wednesday, 21 June
- Initial Discussion Board Post and Peer Questions due Thursday, 22 June
- Response to Peer Questions due Friday, 23 June

29% - Collaborative Case Study

100 points in total

Overview: Students will put into groups of 4 - 5 and asked to participate in a collaborative case study that addresses a member of the athletic community who is struggling with an issue relating to sexual health and wellness. Groups will put together an "action plan" which addresses the overarching topic the case subject is struggling with, an overview of key stakeholders who are involved in the issue, and the role of the Athlete Development Specialist in addressing the case. Individual components of the case study will be assigned throughout the semester to provide groups with ample time to work on their case study.

- All components of the Collaborative Case Study are due on Wednesday, 21 June

17% - YellowDig

Weekly assignments with a variety of prompts and opportunities to earn points for a total of 60 points towards the final course grade

Overview: Students will be asked to participate in a variety of YellowDig activities, ranging from participating in polls, commenting on videos, answering prompts, and creating their own content.

- YellowDig assignments for the applicable week are due on Sundays

Course Policies & Information

Course Information and Policies

Students should be aware that online learning is different than a traditional classroom experience and can present unique challenges, particularly to individuals who do not possess good time management skills. The online classroom is available to you 24 hours a day. Unlike traditional instructional settings in which each student gets the same class at a set time and day, the online setting gives students the opportunity to tailor class to their particular learning style. You should note, however, that this course is not completely self-paced. As listed on the class calendar, there are select times during which units and course materials will be available and are due. You can view each unit's lectures at any time during the dates in which that specific unit is open. Please note that all quizzes, exams, assignments, discussion posts, etc. must be completed and submitted by the due date listed on the syllabus. Quizzes and exams will only be available to you on the date(s) and time(s) listed on the syllabus. Since we will not have in-class meeting times for me to remind you of critical dates, it is essential to familiarize yourself with the course schedule, deadlines, and due dates.

Make Up Policy:

Assignments/Quizzes/Discussion posts/etc. will not be accepted late, and on some days more than one of these tasks may be due. If personal circumstances arise that may interfere with your ability to meet a deadline, **please let me know as soon as possible before the due date.** Please keep in mind only university authorized excuses will be accepted, and documentation must be provided. Requirements for make-up exams, assignments, and other work are consistent with university policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Communication and Questions:

Students are responsible for getting a University of Florida email account (e.g., john.doe@ufl.edu) and should use this email for all university related correspondence - The instructor may not read emails from or send emails to any non-UF email addresses (e.g., john.doe@hotmail.com). Email subject should start with "SPM 4723 - First name, Last name - ..." Email use does not relieve students from the responsibility of confirming the communication with the instructor. Always sign your email - don't make the instructor guess from whom the email was sent. The instructor will answer your email within two business days, when possible.

You may email me through the course site with any questions or concerns you have, and I will attempt to respond to your emails within 48 hours (typically sooner). If you have an urgent issue, please call my office and/or email my personal UF email, saga.shermis@ufl.edu.

For general course questions, I encourage you to check the **Course Questions Discussion Board** since other students may have the same question. If you do not find an answer, post your question using a descriptive subject line. All students are expected to follow rules of common courtesy in email messages, discussions, chats, etc. Please review the [Netiquette Guide](#) (also on course website) for further important information.

University Policy on Accommodating Students with Disabilities:

Students with disabilities requesting accommodations should first register with the Disability Resource (DSR) Center (352-392-8565; www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. You must submit this documentation to your instructor prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the DSR office as soon as possible in the term for which they are seeking accommodations

Honor Code Policy:

"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."

The following pledge will be either required or implied on all work:

"On my honor, I have neither given nor received unauthorized aid in doing this assignment."

It is the duty of the student to abide by all rules set forth in the UF Undergraduate Catalog. Students are responsible for reporting any circumstances, which may facilitate academic dishonesty. University Policy on Academic Misconduct: Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>

Honorlock Quiz and Exam Proctoring Information:

Honorlock will proctor your quizzes and examinations this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webcam, and a stable internet connection.

To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at www.honorlock.com/extension/install

When you are ready to test, log into Canvas/E-Learning, go to your course, and click on your exam. Clicking launch Proctoring will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact Honorlock by live chat, phone (844-243-2500), and/or email (support@honorlock.com)

Academic Integrity:

All students must adhere to university regulations regarding academic integrity. Any form of academic dishonesty (including but not limited to any form of cheating, plagiarism, misrepresentation, etc.) will not be tolerated. Any student guilty of academic dishonesty will receive a failing grade (E) for the course, and the matter will be forwarded to the UF Office Student Affairs and the Dean of Students.

Grade Appeal Policy:

Should you want to contest a grade, you will have up to three (3) days after a grade has been posted to contact me and discuss your issue; after which the grade is final. Grades are based on a point scale and will not be rounded.

Getting Help:

The University of Florida recognizes that pursuit of an online degree requires just as much student support as pursuit of a traditional on-campus degree and, therefore, each online program is responsible for providing the same student support services to both students who are in residence on the main campus and those who are seeking an online degree through distance learning. The following links provide support services for students:

[Online Computing Help Desk- e-Learning Support Services](#)

The UF Computing Help Desk is available to assist students with technical issues. If you have any issues accessing the online course material you must contact the UF Computing Help Desk immediately for assistance and obtain a case number. I will not accept late assignments, or change any course dates, due to technology difficulties if you do not have a case number prior to the due date for the assignment.

For issues with technical difficulties in E-learning, please contact the UF Help Desk:

helpdesk@ufl.edu

(352) 392-4357

<https://elearning.ufl.edu/student-help-faqs/>

Other resources are available at: <https://distance.ufl.edu/getting-help/>

[Online Library Help Desk](#)

The help desk is available to assist students with access to all of the UF Libraries resources.

[Disabilities Resource Center](#)

Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. If you have a physical, learning, sensory or psychological disability, please visit our Disabilities Resource Center.

U Matter, We Care - Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

Copyright Statement:

The materials used in this course are copyrighted. The content presented is the property of UF and may not be duplicated in any format without permission from the College of Health and Human Performance and UF, and may not be used for any commercial purposes.

Content includes but is not limited to syllabi, videos, slides, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy or distribute the course materials, unless permission is expressly granted. Students violating this policy may be subject to disciplinary action under the UF Conduct Code.

Disclaimer: This syllabus represents the objectives and tentative plans for the course. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, will be communicated clearly, are not unusual, and should be expected.