

Sport Career Management

SPM 2182 (WEIL 234)

3 Credits | Spring 2026

UF Syllabus Policy: <https://syllabus.ufl.edu/syllabus-policy>

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Course Information

INSTRUCTOR

Dr. Jessica Francis

Office: FLG 306

Office Phone: 352-294-1660

Preferred Method of Contact: Jessica.francis@ufl.edu

Expect a response within 48 hours

OFFICE HOURS

Fridays 10:00 AM – 12:00 PM, by appointment only

Use this link to schedule: <https://calendly.com/drjfrancis/30min>

MEETING

TIME/LOCATION

Mondays 10:40 AM – 11:30 AM, in WEIL 234

Access course through Canvas on UF e-Learning (<https://elearning.ufl.edu/>) & the Canvas mobile app by Instructure.

COURSE DESCRIPTION

- This course is designed to support first-year students, particularly student-athletes, in successfully transitioning to college while laying the groundwork for leadership in sport and health. Students will develop foundational skills in academic success, financial literacy, personal development, and professional preparation. In alignment with the *Sport and Health Leaders Certificate*, this course emphasizes holistic wellness and introduces students to strategies and campus resources that promote the mental, physical, and social well-being of athletes and sport participants. Through guided reflection and applied learning, students will explore how to thrive as individuals and contribute positively to the sport community.

REQUIRED AND RECOMMENDED MATERIALS

- **No Textbook Required:** Text materials for this course will be provided by the instructor.

MATERIALS AND SUPPLY FEES

There are no supply or material fees for this course.

COURSE FORMAT

- **Instructional Methods:** This course consists of synchronous lectures, readings, and in-class discussions to provide students with a variety of learning methods. You are responsible for observing all posted due

dates and are encouraged to be self-directed and take responsibility for your learning.

- **Minimum Technology Requirements:** The University of Florida expects students to acquire computer hardware and software appropriate to his or her degree program. Most computers can meet the following general requirements. A student's computer configuration should include Broadband connection to the Internet and related equipment (Cable/DSL modem) and Microsoft Office Suite installed (provided by the university).
- **Minimum Technical Skills:** To complete your tasks in this course, you will need a basic understanding of how to operate a computer, and how to use word processing software.
- **Zoom:** Zoom is an easy-to-use video conferencing service available to all UF students, faculty, and staff that allows for meetings of up to 100 participants. You can find resources and help using Zoom at <https://ufl.zoom.us>.

COURSE LEARNING OBJECTIVES:

By the end of this course, students should be able to:

1. Identify campus resources that support academic, personal, and athletic success.
2. Describe the foundational principles of holistic wellness for student-athletes, including mental, physical, and social well-being.
3. Apply time management, study skills, and academic planning strategies to balance athletic and academic responsibilities.
4. Demonstrate basic financial literacy skills such as budgeting, goal setting, and responsible spending.
5. Reflect on personal values, identity, and goals as they relate to college life and athletic participation.
6. Explore development pathways in sport and health, including activities that promote athlete wellness.
7. Explain how leadership, ethics, and communication contribute to well-being in sport environments.

Grading

The table below provides an outline of the assessments for this course.

Evaluation Components	Points Per Component	% of Total Grade
End of Course Survey (1)	5 pts	0.5%
Orientation Quiz (1)	10 pts	1%
PlayPosit Assignments (10)	100 pts	10%
Discussion Boards (5)	40 pts each (200 pts total)	20%
Journal Entries (5)	40 pts each (200 pts total)	20%
Sport & Wellness Leader Profile (3)	50 pts each (150 pts total)	15%
Meditation Assignment (1)	35 pts	3.5%
Final Group Project (1)	300 pts	30%
	1000 points possible	100%

- **LATE ASSIGNMENTS ARE NOT ACCEPTED** unless in accordance with UF's Attendance Policy.

End of Course Survey – At the end of the semester, you will be asked to complete the University of Florida's GatorEval course evaluation. This survey provides you with an opportunity to share feedback about the course and your experience this semester. Your feedback is valuable and helps improve this course for future students.

To receive credit for this assignment, you will submit a screenshot confirming that you completed the GatorEval survey. Your responses are confidential and are not visible to the instructor.

PlayPosit - Throughout select lecture videos, you will complete short embedded quiz questions designed to reinforce key concepts and keep you actively engaged with the material. Each PlayPosit interaction is worth 10 points and helps ensure consistent comprehension and engagement as you move through the course.

Orientation Quiz – The Orientation Quiz is designed to help you become familiar with the structure, expectations, and resources for this course. The questions are based on the course syllabus and the orientation video, so be sure to review both before starting the quiz. This quiz is not meant to be tricky, its purpose is to ensure you understand key course policies, deadlines, and expectations so you can start the semester prepared and confident.

Discussion Boards or Journal Entries – Some interactions for this course will emerge through online discussions with other students and build on weekly course content. Discussion boards will involve students posting one response to a prompt (#1) on specified days and times and two additional responses (#2 & #3) to two other students' posts on specified days and times, totaling **three** posts per discussion board. Ensure you post to students who have NOT received responses from other students. This way every student will have a response from another student.

- The initial post should be at least **150 words** if typed or at least **2 minutes** if recorded in video format. Each of the two replies per discussion board must be at least **100 words** if typed and at least **1 minute** if recorded in video format.
- Points are deducted from discussion boards if you do not meet the word or video time requirement.
- Include a Word Count and/or time for the video in every discussion post.
- Refer to the grading rubric below.

Discussion Board Grading Rubric

Initial Post – Content & Completion	Exemplary 30–21 points	Proficient 20–11 points	Unsatisfactory 10–0 points	Score
	<p>Clearly addresses the discussion prompt</p> <p>Demonstrates understanding of the week's lecture/content</p> <p>Includes reflection or application</p> <p>Meets minimum requirement: 250+ words OR 2+ minute video</p>	<p>Addresses the prompt but with limited depth</p> <p>General or surface-level connection to lecture</p> <p>Meets or is close to minimum requirement</p>	<p>Does not adequately address the prompt</p> <p>Little to no connection to lecture</p> <p>Does not meet length requirement or is missing</p>	_____/30 pts
Peer Replies (2) – Completion & Engagement	10–8 points	7–4 points	3–0 points	
	<p>Two replies submitted</p> <p>Engages meaningfully with peers</p>	<p>Two replies submitted but brief or surface-level</p> <p>Limited engagement with peer ideas</p>	<p>One or both replies missing</p> <p>Replies are minimal or do not meet length requirements</p>	_____/10 pts

	Meets minimum requirement: 150+ words OR 1+ minute video per reply			
				Total ____/40 pts

Journal entries will be required on the weeks there are no discussion board posts. These entries are designed to help you think introspectively about the course content; therefore, your instructor is the only person who will read them. You will respond to a prompt provided by the instructor and all entries must be between 300-500 words. You can also record your responses to the prompts. If you choose the video option, videos must be 2-5 minutes long.

Sport and Wellness Leader Profiles – The purpose of this assignment is to connect with and learn from professionals and role models who contribute to the mental, physical, or social well-being of athletes and sport participants. This assignment will help you explore different career paths, strengthen networking skills, and apply leadership and wellness principles to your own life. Students will submit their written profile (400–500 words) or as a recorded video (3–4 minutes). See the assignment for further details.

Final Project (300 points)– There is no final exam for this course. Instead, students will complete a final group project that will be presented in person during the final four class meetings of the semester.

For this assignment, student groups will deliver a 6–8 minute creative presentation designed for a future first-year teammate or classmate. The goal of the presentation is to apply what you have learned throughout the course by offering advice, insight, and guidance to help a new student-athlete successfully navigate their transition to the University of Florida in a creative way.

Each presentation should intentionally address the following course themes:

- Academics/Athletics
- Financial Literacy
- Personal Development
- Professional Development

Because this is a hybrid course, the final four class sessions will be reserved for these required, in-person group presentations in order to meet university attendance and instructional requirements. All group members are expected to actively contribute to both the preparation and presentation of the project. **Students who do not show up for the presentations will automatically receive a 0 on this assignment.**

This assignment serves as a culminating reflection on your learning and an opportunity to translate course concepts into practical, real-world guidance for future students.

LATE PROJECTS ARE NOT ACCEPTED unless in accordance with UF's Attendance Policy.

GRADING SCALE

- Grades will be posted in the CANVAS gradebook. Grades are dependent on the student's performance measured by assignments, discussion boards, and quizzes. Final grades are based on the accumulation of points the student earns throughout the semester.
- Total points are converted to letter grades using the grading scale below.
- The grading scale is strictly enforced and unchangeable. **The instructor will NOT change grades** because the student is unhappy with their academic performance. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	93.45-100%	4.0
A-	89.45-93.44%	3.67
B+	86.45-89.44%	3.33
B	83.45-86.44%	3.0
B-	79.45-83.44%	2.67
C+	76.45-79.44%	2.33
C	73.45-76.44%	2.0
C-	69.45-73.44%	1.67
D+	66.45-69.44%	1.33
D	63.45-66.44%	1.0
D-	59.45-63.44	0.67
E	0-59.44%	0

GRADING RUBRIC

- **A & A- Outstanding:** The work far surpasses the assignment requirements, it is well organized, analytical rather than descriptive, and includes excellent grammar.
- **B+, B, & B- Very Good:** The work exceeds the minimal requirements of the assignment, it is organized, descriptive rather than analytical, and includes good grammar.
- **C+, C, & C- Average:** The work may not meet all criteria of the assignment, organization is below average, the work is far too descriptive, and includes poor grammar.
- **D+, D, & D- Below Average:** The work barely meets minimum criteria.
- **E Fail:** The work does not meet the minimum criteria.

Course & University Policies

ATTENDANCE POLICY

- The attendance policy is in accordance with the University of Florida's Attendance Policy: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>.
- Attendance is taken through In-Class Assignments.
- For planned absences, a student in a situation that allows an excused absence from a class, or any required class activity must inform the instructor as early as possible prior to the class.
- For unplanned absences because of accidents or emergency situations, students should contact their instructor as soon as conditions permit. The university recognizes the right of the instructor to make attendance mandatory and require **documentation for absences** (except for religious holidays), missed work, or inability to fully engage in class. After due warning, an instructor can prohibit further attendance and subsequently assign a failing grade for excessive absences.

PERSONAL CONDUCT POLICY

Professional behavior is expected from all students. This includes respect and consideration for the ideas and beliefs expressed by all students. It is important for students to practice civil discourse as uncomfortable or challenging topics might unfold in the classroom.

- **Adherence to the UF Student Honor Code**
 - Students are expected to exhibit behaviors that reflect highly upon themselves and the University of Florida.
 - UF students are bound by The Honor Pledge, which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions.
 - **The Dean of Students Office will receive alleged violations of the Honor Code regardless of the severity.**

Please use respectful language in person and through email correspondence.

- **Email should include:**
 - To: jessica.francis@ufl.edu
 - From: name@ufl.edu
 - Subject: First and last name, course prefix and number, and course section and number.
Example: Alberta Gator, SPM 2182, section XXXX, and class number XXXXX
 - Dear Dr. Francis,
My name is Alberta Gator, and I am a student in your SPM 2182 course. I have read the syllabus, referred to the CANVAS website, reviewed class notes, and asked another student about _____, but I am unable to find the information. My question is....
Thank you,
Alberta Gator

ASSIGNMENTS

- Assignments must be typed, double-spaced, use 12-point font, Times New Roman, and 1-inch margins.
- Upload only **WORD documents** to CANVAS.
- Follow APA guidelines:
(https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html). (No cover pages)
- Points are deducted for inappropriate grammar, spelling, punctuation, sentence structure, and lack of citations.
- **Technology problems are not acceptable excuses for late assignments or missed exams.**
- **LATE ASSIGNMENTS ARE NOT ACCEPTED** unless in accordance with UF’s Attendance Policy.
- Refer to the Course Schedule in the syllabus or Canvas for assignment due dates.

MAKE-UP POLICY

- **LATE ASSIGNMENTS ARE NOT ACCEPTED** unless in accordance with UF’s Attendance Policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.
- Acceptable reasons for an absence or failure to engage in class include:

- Documented illness, Title IX-related situations, serious accidents or emergencies affecting the student, their roommates, or their family, special curricular requirements (e.g., judging trips, field trips, professional conferences), military obligation, severe weather conditions that prevent class participation, religious holidays, participation in official university activities (e.g., music performances, athletic competition, debate), and court-imposed legal obligations (e.g., jury duty or subpoena). Other reasons (e.g., job interview or club activity) might be deemed acceptable if approved by the instructor.
- For all planned absences, a student in a situation that allows an excused absence from a class, or any required class activity must inform the instructor as early as possible prior to the class.
- For all unplanned absences because of accidents or emergencies, students should contact their instructor as soon as conditions permit.
- **The university recognizes the right of the instructor to make attendance mandatory and require documentation for absences (except for religious holidays), missed work, or inability to fully engage in class.** After due warning, an instructor can prohibit further attendance and subsequently assign a failing grade for excessive absences.

TECHNOLOGY PROBLEMS

- **Technology is not an acceptable excuse for late work including assignments and quizzes.**
- If technology becomes an issue in submitting assignments or other work to eLearning, please contact the UF Help Desk 352-392-HELP (4357).
- After contacting the Help Desk, ensure you receive a ticket number with the time, date, and explanation of the problem for your records.
- You must email the instructor within 24 hours of the technical difficulty.

ACCOMMODATING STUDENTS WITH DISABILITIES

- Accommodating students with disabilities is especially important to me. If you are aware of your disability or might be concerned you have a disability, please register with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>, call them at 352-392-8565, online <https://accessibility.ufl.edu/>, or visit the Dean of Students Office. Once registered, please contact me via email or in person during the first two weeks of class to provide me with a copy of your accommodation letter to ensure I fully understand your needs. It is my goal to provide you with the tools necessary to ensure you are successful in this course.

ZOOM

- Zoom is an easy-to-use video conferencing service available to all UF students, faculty, and staff that allows for meetings of up to 100 participants. You can find resources and help using Zoom at <https://ufl.zoom.us>.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online. Students can complete evaluations in three ways:

1. The email they receive from GatorEvals,
2. Their Canvas course menu under GatorEvals,
3. The central portal at <https://my-ufl.bluer.com>
 - a. Guidance on how to provide constructive feedback is available at <https://gatorevals.ua.ufl.edu/students/>. Students will be notified when the evaluation period

opens. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

CHANGING NAME DISPLAY IN CANVAS

- It is important to the learning environment that you feel welcome and safe in this class and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official UF roll, please let me know as soon as possible by e-mail or otherwise. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your UF-rostered name. I welcome you to the class and look forward to a rewarding learning adventure together.
- You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

IN-CLASS RECORDINGS

- Students are allowed to record video or audio of class lectures but NOT other students in the course. Recordings are strictly controlled and must be (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited.
- Students may NOT publish recorded lectures without the written consent of the instructor.
- A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course.
- A class lecture does not include lab sessions, student presentations, and clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, and exams), field trips, and private conversations between students in the class or between a student and the faculty or lecturer during a class session.
- **Publication without the permission of the instructor is prohibited.** To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code."

Getting Help

STUDENT SUPPORT

- **U Matter, We Care:** If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575.
- **Counseling and Wellness Center:** <https://counseling.ufl.edu/>, 352-392-1575.
- **Crisis Lifeline:** 988
- **Sexual Assault Recovery Services (SARS):** Student Health Care Center, 392-1161.

- **University Police Department:** 392-1111 (or 911 for emergencies) <http://www.police.ufl.edu/> .
- **Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need or visit shcc.ufl.edu.
- **UF Health Shands Emergency Room/Trauma Center:** For immediate medical care in Gainesville, call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; ufhealth.org/emergency-room-trauma-center.

ACADEMIC SUPPORT

- **E-learning Technical Support:** UF HELP Desk - 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- **Career Connections Center, Reitz Union:** 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- **Library Support:** <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using libraries or finding resources.
- **Teaching Center, Broward Hall:** 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- **Writing Studio, 302 Tigert Hall:** 846-1138. Help with brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- **Student Complaints On-Campus:** <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
- **On-Line Students Complaints:** <http://distance.ufl.edu/student-complaint-process/>

Tips For Success

- It is important to complete coursework on time each week.
- Read the syllabus and CANVAS site. There is helpful information that can save you time and help you meet the objectives of the course.
- Print the Course Schedule located in the Course Syllabus and check off things as you go.
- Ask for help or clarification of the material if you need it.
- Do not wait to ask questions because this might cause you to miss a due date.
- Do your work well before the due dates. Sometimes things happen. If your computer goes down when you are trying to submit an assignment, you will need time to troubleshoot the problem.
- To be extra safe, back up your work to an external hard drive, thumb drive, or through a cloud service.

Weekly Tentative Course Schedule

This course schedule below is tentative and might change based on the pace of the lectures and student needs; however, changes will be announced through CANVAS. The instructor bears no responsibility for announcing the changes to each individual student. All times are in Eastern Standard Time (EST).

CRITICAL DATES & UF OBSERVED HOLIDAYS

- Labor Day: Monday, September 1st
- Homecoming: Friday and Saturday, October 17-18th
- Veterans Day: Tuesday, November 11th
- Thanksgiving Break: Monday-Friday, November 24-29th
- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2025-2026/>

The course schedule is tentative and might change based on the pace of the lectures and students' needs. Changes to the syllabus will be announced through Canvas. The instructor bears no responsibility for announcing the changes to each individual student.

Copyright Statement: The materials used in this course are copyrighted. The content presented is the property of UF, 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, quizzes, exams, in-class materials, and review sheets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless permission is expressly granted. Students violating this policy may be subject to disciplinary action under the UF Conduct Code.

*Syllabus subject to change

Lecture/Class Topic – **Red**

Assignments - **Green**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8/21	22	23
24	25 1 st Class - Intro	26	27	28	29 Syllabus Quiz DB #1: Intros	30
31	9/1 No Class	2	3	4	5 Sport & Wellness Leader Profile #1	6
7	8 UF Jeopardy	9	10	11	12 Journal #1	13
14	15 Plagiarism, Citing, Study Skills	16	17 DB #2 Initial Post	18	19 DB Replies	20
21	22 Budgeting	23	24	25	26 Journal #2	27
28	29 NIL Case Study	30	10/1	2	3 Sport & Wellness Leader Profile #2	4
5	6 Meditation Mental Health	7	8	9	10 Meditation Assignment	11
12	13 Behavior Change (SDT)	14	15	16 Journal #3	17 No Class	18
19	20 Injury Setbacks	21	22 DB #3 Initial Post	23	24 DB replies	25
26	27 Ethics	28	29	30	31 Journal #4	11/1
2	3 Goal setting, values, time management	4	5 DB #4 Initial Post	6	7 DB Replies	8
9	10 Guest Speaker: Dr. Sanethia Thomas	11	12	13	14 Journal #5	15

16	17 Professional Development	18	19	20	21 Sport & Wellness Leader Profile #3	22
23	24	25 Thanks	26 giving	27 Break	28	29
30	12/1 Group project workday	2	3	4	5	6
7	8 Submit Final Projects	9	10	11	12	13

Instructional materials for this course consist of only those materials specifically reviewed, selected, and assigned by the instructor(s). The instructor(s) is only responsible for these instructional materials.