

# ALPs U Course Curriculum

COURSE CURRICULUM FOR ALPs UNIVERSITY				
101: Introduction to Athlete Leadership				
<i>Communication Major</i>	<i>Governance Major</i>	<i>Health &amp; Fitness Major</i>	<i>Sports Major *Coming in 2020*</i>	<i>Technology Major *Coming in 2021*</i>
201C: Ambassador	201G: Boards & AICs	201H: Intro to Health & Fitness	201S: Athletes as Coaches	201T, 202T, 203T, 204T: Any Three Technology classes
202C: Global Messenger	202G: Government Relations	202H: Health Messenger Certificate	202S: Athletes as Officials	
Any Elective	Any Elective	Any Elective	Any Elective	
301: Leadership Capstone				
Each class is a 6-hour course. <i>Introduction to Athlete Leadership</i> is the required first course; <i>Leadership Capstone</i> is the final course. Courses in the athlete's area of concentration require participation in the class and completion of a practicum within five months. Exceptions to the five-month rule will be granted if an athlete chooses to coach or officiate a sport that does not take place within that timeframe.				

## Sample Communication Major Track

1. **Spring 2019:** 101: Intro to Athlete Leadership
2. **Fall 2019:** 201C: Ambassador
3. **Spring 2020:** 202C: Global Messenger
4. **Fall 2020:** 103: Lifeskills (Or any chosen elective)
5. **Spring 2021:** 301: Leadership Capstone  
(Complete Capstone Practicum)  
**Fall 2021:** Graduation from Leadership Capstone, Communication Major Diploma Presented

## Sample Governance Major Track

1. **Spring 2019:** 101: Intro to Athlete Leadership
2. **Fall 2019:** 201G: Boards & Athlete Input Councils
3. **Spring 2020:** 202G: Government Relations
4. **Fall 2020:** 102: Art Leadership (Or any chosen elective)
5. **Spring 2021:** 301: Leadership Capstone  
(Complete Capstone Practicum)  
**Fall 2021:** Graduation from Leadership Capstone, Governance Major Diploma Presented

## Sample Health & Fitness Major Track

1. **Spring 2019:** 101: Intro to Athlete Leadership
2. **Fall 2019:** 201H: Intro to Health & Fitness
3. **Spring 2020:** 202H: Health Messenger Certificate
4. **Fall 2020:** 201C: Ambassador (Or any chosen elective)
5. **Spring 2021:** 301: Leadership Capstone  
(Complete Capstone Practicum)  
**Fall 2021:** Graduation from Leadership Capstone, Health & Fitness Major Diploma Presented