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### Sports and Activities in Cortland

Joseph Martin

*SUNY Cortland*, [joseph.martin03@cortland.edu](mailto:joseph.martin03@cortland.edu)

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# Sports and Activities in Cortland

By Joe Martin  
Instructor: Professor Birren

# Goals

The topic I chose to teach was about the many different opportunities to be involved in SUNY Cortland athletics, and activities around Cortland, NY. There is a broad range of opportunities coming from intramural, to Club, and then Varsity sports. I teach a COR 101 class in the Sport Management major- and I asked them the first day of class how many of them played a sport in high school. As expected, everyone raised their hand, prompting me the idea to lecture them about the variety Cortland offers. Students may find these “Explorations”-as author Strayhorn explains as an idea of a community of students with common goal (in their case science) to give a sense of belonging in a new stage of their life. (Strayhorn, 2019). Sports can be their own exploration, and to find unity with their classmates. First year students tend to struggle more than other grades, so finding a right fit is important (Ebert, 2019).

# Method

## Materials and Activities

- Powerpoint slide show
- Short quiz at the end to test content and retention

## Teaching Methods

- Constantly ask questions to see if applies to students
- Quiz at end- tell them there will be to engage more
- Made sure that this information will apply to all- asked before lesson
- Shown information videos about sports in cortland- visual learners



# How Methods Were Applied

- Gave useful information to all students, not just competing varsity athletes.
- Provide links for following up
- Went through the links
- Pleasing slides
- Gave personal examples
- Outdoor pursuit activities
- Club sport opportunities/ tryouts



## SUNY Cortland Outdoor Pursuits

- Bike/ Gear Rentals
- Rock Climbing Wall
- 2016 Cortland Students went to Zion National Park (Utah)
- Medium for allowing Cortland students to enjoy nature of New York



# Student Feedback

A student asked me about the accessibility of the training room to non varsity athletes.

- This question was actually so good I did not know the answer to it, he wanted to know if club athletes had access to it. I later found out they were not allowed to, but it was a thought provoking remark.

They wanted to know more about tryouts pertaining to the information I gave about varsity sports.

- As a varsity football player I knew information about most sports, tryouts are typically the off season at the start of the semester

# TA Feedback

I was very happy about how my lesson worked. I didn't feel like I was presenting, I felt like I was having a chat with my friends and they all were paying attention to everything I was saying. I was given feedback from the Chair of my major saying that my COR101 class enjoyed my section and that felt gratifying knowing they retained and enjoyed the content I gave to them.



# Image Citations

[https://media.istockphoto.com/id/1280694925/vector/emoticon-doing-thumb-up.jpg?s=612x612&w=0&k=20&c=\\_JG9Mx3lO9f-isQlliojVEX3J\\_QkH8iWknuR5VW1pY](https://media.istockphoto.com/id/1280694925/vector/emoticon-doing-thumb-up.jpg?s=612x612&w=0&k=20&c=_JG9Mx3lO9f-isQlliojVEX3J_QkH8iWknuR5VW1pY)

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<https://s35691.pcdn.co/wp-content/uploads/2021/11/day-picture-id1163588010.jpg>



# Research

Strayhorn, T. (2019). *College Students Sense of Belonging* . Routledge .

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