



Sample Unit Login Instructions for Student Athlete Program App



1. From your phone or tablet search the app store and install the **Student Athlete Program app**.
2. Log in with the following credentials:
Username: **demo**
Password: **demo**
3. You are now logged in as an athlete and will see the program from that perspective.
4. Select **my courses** and then choose **student athlete program sample**
5. Please select the following sample unit: **Season 1: Week 1 (Positive Attitude)**
6. From this sample unit, you will see 5 exercises that look like this.
 - **Monday Life Lesson** – Powerful pre-recorded life lessons delivered by nationally recognized coaches and athletes.
 - **Tuesday Sports Blog** – Dr. Hoedel will author a sports-based blog about current events related to character and leadership.
 - **Wednesday Role Model** – Students will read about a group of diversified sports-oriented role models that exemplify the traits covered in the program.
 - **Thursday Dilemma** – Students will respond to sports-oriented ethical dilemmas to teach decision-making skills and ethics.
 - **Friday Movie Clip** – Segments from character-based popular sports movies will be viewed and discussed.
7. Each exercise has a reflective question(s) at the end. Give it a test run. Imagine that you are an athlete at a school and receive these exercises on a daily basis. Is it cool? Is it meaningful? Is it easy? Does it ultimately teach character, leadership and sportsmanship? Each lesson takes 2-4 minutes to complete, but the life-changes to the athletes are real and meaningful.