

Assurance of Student Learning Report 2022-2023

College of Health and Human Services

School of Kinesiology, Recreation & Sport

Athletic Coaching Certificate 1770

Dr. Brian Myers

Is this an online program? Yes No

Please make sure the Program Learning Outcomes listed match those in CourseLeaf . Indicate verification here
 Yes, they match! (If they don't match, explain on this page under **Assessment Cycle**)

Use this page to list learning outcomes, measurements, and summarize results for your program. Detailed information must be completed in the subsequent pages. Add more Outcomes as needed.

Program Student Learning Outcome 1: Demonstrate an understanding of state/national athletic rules/regulations.

Instrument 1 **Direct Measure:** PE 290 - CAP 1-2 Exam. 21 of 24 students achieved a score of 80% or higher on the exam during the spring 2023 semester.

Instrument 2 **Indirect Measure:** PE 497 – NFHS Learning Module – Fundamentals of Coaching. 12 of 13 students completed this assignment during the fall 2022 semester.

Instrument 3

Based on your results, check whether the program met the goal Student Learning Outcome 1.

Met

Not Met

Program Student Learning Outcome 2: Develop Strength and Conditioning programming for student-athletes.

Instrument 1 **Direct Measure:** PE 497 - Sport Off-Season Strength & Conditioning Assignment. 12 of 13 students earned a grade of 80% or higher on this assignment during the fall 2022 semester.

Instrument 2 **Indirect Measure:** PE 290 - NFHS Learning Module – First Aid, Health & Safety Module. 20 of 24 students completed this assignment.

Instrument 3

Based on your results, check whether the program met the goal Student Learning Outcome 2.

Met

Not Met

Program Student Learning Outcome 3: Develop an athlete-centered coaching philosophy

Instrument 1 **Direct Measure:** PE 290 – Athletic Coaching Philosophy Assignment. 22 of 24 students earned a grade of 80% or higher on this assignment during the spring 2023 semester.

Instrument 2 **Indirect Measure:** PE 290 - CAP 1 coaching workbook completion. 21 of 24 students completed all CAP 1 workbook assignments

Instrument 3

Based on your results, check whether the program met the goal Student Learning Outcome 3.

Met

Not Met

Assessment Cycle Plan:

This was the second year of the Athletic Coaching Certificate program. We were successful in establishing two distinct levels of coaching courses that focused on both a foundational approach (PE 290) as well as advanced topics within sport coaching and athlete development (PE 497). We will continue to monitor and adjust the content to ensure a balance of material between the two courses. We have found that it is necessary to pull back on some of the content in PE 290 to allow for more time in the critical areas of coaching preparation (rules/regulations, core philosophy activities, etc...).

Program Student Learning Outcome 1

Program Student Learning Outcome	Demonstrate an understanding of state/national athletic rules/regulations.		
Measurement Instrument 1	CAP 1-2 Exam covers multiple learning modules, one of which covers the basic guidelines, rules and regulations for participating in school-sponsored sports at the state and national level.		
Criteria for Student Success	Students should achieve an 80% or higher on this exam to demonstrate minimum competencies for athletic coaches. The CAP 1-2 exam is 100 multiple choice questions covering 6 learning modules of content.		
Program Success Target for this Measurement	90% of students will achieve an 80% or higher on the CAP 1-2 exam.	Percent of Program Achieving Target	88% 21/24 students
Methods	The Coach Advancement Program (CAP) curriculum is presented in power point lecture, followed along with the CAP workbook, and contains multiple small/large group and individual activities to reinforce concepts. The CAP exam is distributed following the learning modules and is comprehensive of all materials covered in each CAP section. All students were given the CAP 1-2 exam, 21 of 24 students achieved the target score or better.		
Measurement Instrument 2			
Criteria for Student Success			
Program Success Target for this Measurement		Percent of Program Achieving Target	
Methods			
Measurement Instrument 3			
Criteria for Student Success			
Program Success Target for this Measurement		Percent of Program Achieving Target	
Methods			

Based on your results, highlight whether the program met the goal Student Learning Outcome 1.		<input type="checkbox"/> Met	<input checked="" type="checkbox"/> Not Met
Results, Conclusion, and Plans for Next Assessment Cycle (Describe what worked, what didn't, and plan going forward)			
<p>This was our second year of the Athletic Coaching Certificate program. We didn't meet our goal and therefore improvements can be made for better delivery and administration of content. We have decided to cut back on some of the CAP 3 content in PE 290 so that we can focus more on the content associated with SLO 1. We believe that delivering smaller chunks of information followed by shorter exams could be more impactful for the students. For example, instead of one CAP 1-2 Exam (6 modules and 100 question exam) it could be condensed into two exams (CAP 1- 50 questions, and CAP 2- 50 questions). This allows for more a more focused approach on each topic, and allows students to better retain all the information with smaller bouts of learning/activities. We will re-evaluate this change after each semester of delivery (fall 2023).</p>			

Program Student Learning Outcome 2			
Program Student Learning Outcome	Develop Strength and Conditioning programming for student-athletes.		
Measurement Instrument 1	Direct Measure: Sport Off-Season Strength & Conditioning Assignment.		
Criteria for Student Success	Students should receive an 80% or higher on this assignment (40/50).		
Program Success Target for this Measurement	90% of all students will receive an 80% or higher on this assignment.	Percent of Program Achieving Target	92% 12/13 students
Methods	<p>Sport Off-Season Conditioning Program Assignment 50 points</p> <p>The objective of this assignment is to have the student research, plan, structure, and be able to eventually implement a quality off-season athlete development training program. This program should be sport-specific, and encompass a whole-body training program to prepare student-athletes for the upcoming sport season, and develop life-long physical literacy habits.</p> <p>The program assignment must include the following:</p> <p>Introduction 5 points</p> <p>In the introduction, you are describing why it's important to train physically for your sport. Research why/how overall training helps the athlete prepare for the upcoming season. Reference literature in the field and/or professional research articles that demonstrate a scientific/educational basis for the program you are designing.</p> <p>Program Goals 5 points</p> <p>Describe and illustrate the goals of your program and how this training program is vital to the success of your team and individual athletes. How will this program help you achieve your goals? In what ways?</p> <p>Strength? Power? Endurance? Agility? Flexibility? Injury Prevention? What are the outcomes you want and how does it apply to success in your sport/program?</p> <p>The Program 40 points</p> <p>Sport Specific – appropriate for your sport?</p> <p>Periodized: 12 week off-season program</p>		

	Phase I Weeks 1-4 Phase II Weeks 5-8 Phase III Weeks 9-12 Apply the FITT Principles MWF? TRS? Upper Body, Lower Body, Full Body? % of IRM? Prescribed Intensity levels? Order of exercises, large and small muscle groups		
	Points	Category	Earned
	5	Introduction	
	5	Goals	
	40	The Program	
	50 point assignment, students must achieve a minimum score of 80% or higher (40/50).		
	All students will be examined and included in the sample for this measurement.		
Measurement Instrument 2			
Criteria for Student Success			
Program Success Target for this Measurement			Percent of Program Achieving Target
Methods			
Measurement Instrument 3			
Criteria for Student Success			
Program Success Target for this Measurement			Percent of Program Achieving Target
Methods			
Based on your results, circle or highlight whether the program met the goal Student Learning Outcome 2.			<input checked="" type="checkbox"/> Met <input type="checkbox"/> Not Met
Results, Conclusion, and Plans for Next Assessment Cycle (Describe what worked, what didn't, and plan going forward)			

Results indicate that we achieved our desired goal (90% success rate). Some adjustments are planned to be made on this assignment so that students can individualize their strength/conditioning program better for their desired sport or anticipated coaching position. We have initially taken more of a “generalized” approach to program design, but in the future we would like to expand on the information to help students better understand the differences in training needs by sport, level, age-group, and skill needs. We will seek to evaluate how that impacts the overall knowledge of our students at the end of the spring 2024 semester.

Program Student Learning Outcome 3			
Program Student Learning Outcome	Develop an athlete-centered coaching philosophy.		
Measurement Instrument 1	Direct Measure: Personal Coaching Philosophy Assignment.		
Criteria for Student Success	Students should receive an 80% or higher on this assignment.		
Program Success Target for this Measurement	90% of students should receive an 80% or higher on this assignment.	Percent of Program Achieving Target	92% 22/24 students
Methods	Completion of CAP 1 lecture and workbook activities that help students develop a working coaching philosophy based on educational athletics principles. Multiple small exercises are designed to help students focus on a clear core value system, and culminates with the writing of a 1-2 page personal coaching philosophy that expresses their mission and vision for educational athletics.		
Measurement Instrument 2			
Criteria for Student Success			
Program Success Target for this Measurement		Percent of Program Achieving Target	
Methods			
Measurement Instrument 3			
Criteria for Student Success			
Program Success Target for this Measurement		Percent of Program Achieving Target	
Methods			
Based on your results, circle or highlight whether the program met the goal Student Learning Outcome 3.			<input checked="" type="checkbox"/> Met <input type="checkbox"/> Not Met
Results, Conclusion, and Plans for Next Assessment Cycle (Describe what worked, what didn't, and plan going forward)			

Data demonstrates that our goal of 90% or better was achieved (22/24). However, we can continue to improve this metric by developing additional activities that help students reflect on their core value system, prior teachers/coaches that had great impact on their sport experience, and provide opportunities for students to share their experiences in athletics that helped to spark an interest in coaching others. Additional discussion and small group/partner activities can assist with further developing their own personal coaching philosophy. We will continue to monitor this after each semester of teaching PE 290.

***** Please include Curriculum Map (below/next page) as part of this document**

Attached/Included Documents:

- 1) Assurance of Learning Report 2021-2022
- 2) Athletic Coaching Certificate Program
- 3) Curriculum Map

Athletic Coaching, Certificate (1770)

The Athletic Coaching certificate is designed to develop positive teaching/coaching skills in athletics and to meet the need for qualified coaches in public/private schools, business settings or community agencies.

Program Requirements (12 hours)

Code	Title	Hours
PE 290	Foundations of Coaching Principles	3
PE 291	Scientific Base/Conditioning	3
PE 497	Advanced Principles of Coaching	3
Select 1 Coaching Elective course from the list below:		3
PE 333	Coaching of Volleyball	
PE 340	Football Coaching	
PE 341	Basketball Coaching	
PE 342	Track and Field Coaching	
PE 343	Baseball Coaching	
Total Hours		12

Code	Title	Hours
Course List		

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**CURRICULUM MAP
TEMPLATE**

Program name:	Athletic Coaching Certificate
Department:	KRS
College:	CHHS
Contact person:	Dr. Brian Myers
Email:	brian.myers@wku.edu

KEY:

I = Introduced

R = Reinforced/Developed

M = Mastered

A = Assessed

			Learning Outcomes		
			LO1:	LO2:	LO3:
			Demonstrate an understanding of state/national athletic rules/regulations.	Develop Strength and Conditioning programming for student-athletes.	Develop an athlete-centered coaching philosophy.

Course Subject	Number	Course Title			
PE	290	Foundations of Coaching Principles	I/A	I	I/A
PE	291	Scientific Based/Conditioning		R	
PE	497	Advanced Principles of Coaching	R	M/A	R
PE	340-343	Sport-Specific Coaching Courses	R	R	R