Program Outcomes Assessment

MA/MS in Physical Education (Coaching)

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General Information (Program Outcomes Assessment)
Standing Requirements

Mission Statement

The general mission of the Department of Kinesiology, Recreation and Sport is to achieve distinction in undergraduate and graduate education by promoting excellence in teaching, advancing and disseminating knowledge in research creative activities, and providing leadership for institutional, professional, and public service.

The mission of the coaching program is to provide an opportunity for graduate students to further develop their knowledge and understanding in the area of coaching. The program blends field experiences with classroom courses that present cutting edge knowledge in coaching education. The objectives of the curriculum are aligned with those identified in the National Standards for Sport Coaches (NASPE 2006) and NCACE Accreditation Level 5.

Outcomes Library

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Mapping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outcome 1.1 Apply</td>
<td>No Mapping</td>
</tr>
<tr>
<td>Apply knowledge of basic research design.</td>
<td></td>
</tr>
<tr>
<td>Outcome 1.2 Articulate Understanding through Oral Presentation</td>
<td>No Mapping</td>
</tr>
<tr>
<td>Articulate understanding of research in the health/fitness setting through an Oral presentation</td>
<td></td>
</tr>
</tbody>
</table>

Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Mapping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outcome 2.1 Apply theory and principles</td>
<td>No Mapping</td>
</tr>
<tr>
<td>Apply sport and exercise psychology theory and principles through writing.</td>
<td></td>
</tr>
<tr>
<td>Outcome 2.2 Appropriate Mental Skills Techniques</td>
<td>No Mapping</td>
</tr>
<tr>
<td>Identify appropriate mental skills, including goal setting strategies, motivation, leadership, team cohesion, and development techniques in a coaching setting.</td>
<td></td>
</tr>
<tr>
<td>Outcome 2.3 Apply Stress Management Theory</td>
<td>No Mapping</td>
</tr>
<tr>
<td>Apply the concept of Stress management for a individual athlete through the development of a relaxation tape.</td>
<td></td>
</tr>
</tbody>
</table>

Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Mapping</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outcome 3.1 Physiological Responses to Aerobic Exercise</strong></td>
<td>No Mapping</td>
</tr>
<tr>
<td>Explain physiological responses to aerobic exercise testing and training.</td>
<td></td>
</tr>
<tr>
<td><strong>Outcome 3.2 Neuromuscular Responses to Resistance Exercise</strong></td>
<td>No Mapping</td>
</tr>
<tr>
<td>Explain neuromuscular responses to resistance exercise testing and training.</td>
<td></td>
</tr>
</tbody>
</table>

**Objective 4. Effective Learning Environment**
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Mapping</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outcome 4.1 Understand Growth and Maturation</strong></td>
<td>No Mapping</td>
</tr>
<tr>
<td>Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.</td>
<td></td>
</tr>
<tr>
<td><strong>Outcome 4.2 Practice Sport Specific Strategies</strong></td>
<td>No Mapping</td>
</tr>
<tr>
<td>Practice sport specific strategies in an experiential learning environment.</td>
<td></td>
</tr>
</tbody>
</table>

**Objective 5. Professional Coaching Attributes and Behaviors**
Demonstrate professional coaching attributes and behaviors.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Mapping</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outcome 5.1 Athlete Centered Philosophy</strong></td>
<td>No Mapping</td>
</tr>
<tr>
<td>Develop an athlete-centered philosophy.</td>
<td></td>
</tr>
<tr>
<td><strong>Outcome 5.2 Understand ethical behaviors</strong></td>
<td>No Mapping</td>
</tr>
<tr>
<td>Understand responsible personal, social, ethical behaviors.</td>
<td></td>
</tr>
</tbody>
</table>

**Objective 6. Demonstrate Understanding of Administration**
Demonstrate understanding of the organization and administration systems in sport settings.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Mapping</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outcome 6.1 Disseminate ethical administrative practices</strong></td>
<td>No Mapping</td>
</tr>
<tr>
<td>Understand and disseminate ethical business administrative practices</td>
<td></td>
</tr>
</tbody>
</table>

**Objective 7. Demonstrate Motion Analysis Techniques**
Demonstrate motion analysis techniques to produce effective human movement patterns in sport

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Mapping</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis</strong></td>
<td>No Mapping</td>
</tr>
<tr>
<td>Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency.</td>
<td></td>
</tr>
</tbody>
</table>
Communication of Outcomes

The program outcomes were posted on the department web site.
Archive (This area is to be used for archiving pre-TaskStream assessment data and for current documents.)
## Assessment Plan

### Outcomes and Measures

**MA/MS in Physical Education (Coaching) Outcome Set**

**Objective 2. Integrate Sport & Exercise Psych Principles**
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

<table>
<thead>
<tr>
<th>Outcome 2.1 Apply theory and principles</th>
<th>Measure: Manual Evaluation Rubric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apply sport and exercise psychology theory and principles through writing.</td>
<td>Direct - Student Artifact</td>
</tr>
</tbody>
</table>

**Details/Description:**
- **Target:** Aggregate class mean score of 75% or higher on rubric
- **Implementation Plan (timeline):** Each spring term
- **Responsible Individual(s):** Instructor of record (Zakrajsek)
- **Supporting Attachments:**
  - Description of Assignment (Microsoft Word) (See appendix)
  - Manual Rubric (Microsoft Word) (See appendix)

**Objective 3. Physical Conditioning**
Apply advanced physical conditioning theory, principles and testing modalities in sport and exercise settings.

<table>
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<tr>
<th>Outcome 3.1 Physiological Responses to Aerobic Exercise</th>
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<tbody>
<tr>
<td>Explain physiological responses to aerobic exercise testing and training.</td>
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</tbody>
</table>

**Measure:** PE 675 Final Exam question #6

**Details/Description:** Student will explain the benefits and contraindications of hypoxic training.
- **Target:** 85% of students will score 7/10 points.
- **Implementation Plan (timeline):** Spring 2011 and every three years thereafter.
- **Responsible Individual(s):** Dr. Thomas Nesser

<table>
<thead>
<tr>
<th>Outcome 3.2 Physiological Responses to Resistance Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Explain physiological responses to resistance exercise testing and training.</td>
</tr>
</tbody>
</table>

**Measure:** PE 675 Final Exam question #2, #3, & #4

**Details/Description:** Student will explain the relationship between joint ROM and functional movement, spine stability and force transfer, and the elastic properties of the connective tissue.
- **Target:** 85% of students will score 7/10 points for each of the three questions.
- **Implementation Plan (timeline):** 2011 and every three years thereafter.
- **Responsible Individual(s):** Dr. Thomas Nesser

### Assessment Findings

**Finding per Measure**
MA/MS in Physical Education (Coaching) Outcome Set

Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

**Outcome 2.1 Apply theory and principles**
Apply sport and exercise psychology theory and principles through writing.

**Measure:** Manual Evaluation Rubric
Direct - Student Artifact

- **Details/Description:**
  - **Target:** Aggregate class mean score of 75% or higher on rubric
  - **Implementation Plan (timeline):** Each spring term
  - **Responsible Individual(s):** Instructor of record (Zakrajsek)
  - **Supporting Attachments:**
    - Description of Assignment (Microsoft Word) (See appendix)
    - Manual Rubric (Microsoft Word) (See appendix)

**Findings** for Manual Evaluation Rubric

- **Summary of Findings:** Class mean was 85% (38.35 out of 45 possible points).
- **Results:** Target Achievement: Exceeded
- **Recommendations:** Continue to collect data.
- **Reflections/Notes:** Exceeded expectation
- **Substantiating Evidence:**
  - Manual Evaluation_Sample 1 (Adobe Acrobat Document) (See appendix)
  - Manual Evaluation_Sample 2 (Adobe Acrobat Document) (See appendix)

These Findings are associated with the following Actions:
- Revise Measure
  (Action Plan; 2011-2012 Assessment Cycle)

Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in sport and exercise settings.

**Outcome 3.1 Physiological Responses to Aerobic Exercise**
Explain physiological responses to aerobic exercise testing and training.

**Measure:** PE 675 Final Exam question #6
Direct - Exam

- **Details/Description:** Student will explain the benefits and contraindications of hypoxic training.
  - **Target:** 85% of students will score 7/10 points.
  - **Implementation Plan (timeline):** Spring 2011 and every three years thereafter.
  - **Responsible Individual(s):** Dr. Thomas Nesser

**Findings** for PE 675 Final Exam question #6

- No Findings Added

**Outcome 3.2 Physiological Responses to Resistance Exercise**

**Measure:** PE 675 Final Exam question #2, #3, & #4

Explain physiological responses to resistance exercise testing and training.

**Details/Description:** Student will explain the relationship between joint ROM and functional movement, spine stability and force transfer, and the elastic properties of the connective tissue.

**Target:** 85% of students will score 7/10 points for each of the three questions.

**Implementation Plan (timeline):** 2011 and every three years thereafter.

**Responsible Individual(s):** Dr. Thomas Nesser

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**Findings** for PE 675 Final Exam question #2, #3, & #4

*No Findings Added*

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**Overall Recommendations**

*No text specified*

**Overall Reflection**

*No text specified*
MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply Apply knowledge of basic research design.

- **Measure:** Research Proposal
  Direct - Student Artifact

  **Details/Description:** Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures.

  **Target:** 90% of students will earn 80/100 points for the development of a research proposal

  **Implementation Plan (timeline):** Each Spring semester

  **Responsible Individual(s):** Alfred Finch

Outcome 1.2 Articulate Understanding through Writing Articulate understanding of research in the health/fitness setting through writing.

- **Measure:** Research Project Evaluation Rubric
  Direct - Student Artifact

  **Details/Description:** Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in a written document.

  **Target:** 85% of students will earn 34/40 points

  **Implementation Plan (timeline):** Every other Fall

  **Responsible Individual(s):** Jolynn Kuhlman

  **Supporting Attachments:**
  - Research Project Rubric (Word Document (Open XML)) (See appendix)

Outcome 1.3 Articulate Understanding of Research Orally Articulate understanding of research in the health/fitness setting orally.

- **Measure:** Oral Presentation of Research Project
  Direct - Student Artifact

  **Details/Description:** Students will orally present their research project.

  **Target:** 85% of students will earn 16/20 points

  **Implementation Plan (timeline):** Every other Fall

  **Responsible Individual(s):** Jolynn Kuhlman

  **Supporting Attachments:**
  - Reasearch Project Rubric (Word Document (Open XML)) (See appendix)

Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.
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<td><strong>Measure:</strong> Manual Evaluation Rubric Direct - Student Artifact</td>
</tr>
</tbody>
</table>
| Details/Description: | **Target:** Aggregate class mean score of 75% or higher on rubric  
**Implementation Plan (timeline):** Each spring term  
**Responsible Individual(s):** Instructor of record (Zakrajsek) |
| Supporting Attachments: | - Description of Assignment (Microsoft Word) (See appendix)  
- Manual Rubric (Microsoft Word) (See appendix) |

<table>
<thead>
<tr>
<th>Outcome 2.2 Appropriate Motivational Techniques</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Identify appropriate motivational techniques in a health/fitness setting.</strong></td>
<td><strong>Measure:</strong> Physical Education 666 Exam Question Direct - Exam</td>
</tr>
</tbody>
</table>
| Details/Description: Students will describe in detail and provide equivocal sport related examples | **Target:** 90% of students will score 8/10 points  
**Implementation Plan (timeline):** Every spring term  
**Responsible Individual(s):** Jolynn Kuhlman |

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<tr>
<th>Objective 3. Physical Conditioning</th>
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| **Apply advanced physical conditioning theory, principles and testing modalities in sport and exercise settings.** | **Outcome 3.1 Physiological Responses to Aerobic Exercise**  
**Explain physiological responses to aerobic exercise testing and training.** | **Measure:** PE 675 Final Exam question #6 Direct - Exam |
| Details/Description: Student will explain the benefits and contraindications of hypoxic training. | **Target:** 85% of students will score 7/10 points.  
**Implementation Plan (timeline):** Spring 2011 and every three years thereafter.  
**Responsible Individual(s):** Dr. Thomas Nesser |

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<tr>
<th>Outcome 3.2 Physiological Responses to Resistance Exercise</th>
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<tr>
<td><strong>Explain physiological responses to resistance exercise testing and training.</strong></td>
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</tr>
</tbody>
</table>
| Details/Description: Student will explain the relationship between joint ROM and functional movement, spine stability and force transfer, and the elastic properties of the connective tissue. | **Target:** 85% of students will score 7/10 points for each of the three questions.  
**Implementation Plan (timeline):** 2011 and every three years thereafter.  
**Responsible Individual(s):** Dr. Thomas Nesser |

<table>
<thead>
<tr>
<th>Objective 4. Effective Learning Environment</th>
<th></th>
</tr>
</thead>
</table>
| **Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.** | **Outcome 4.1 Understand Growth and Maturation**  
**Understand growth (social, psychological, physical) and maturation and its relation to sport and** | **Measure:** Learning Principles Project Direct - Student Artifact |
| Details/Description: | **Target:** 85% of students will score 16/20 points |
**Outcome 4.2 Practice Sport Specific Strategies**
Practice sport specific strategies in an experiential learning environment.

**Measure:** Internship Performance Portfolio
Direct - Portfolio

**Details/Description:** The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 - Sports Safety and Prevention; Pre season conditioning plans represents Domain 3 - Physical Preparation and Conditioning; Daily practice plans represents Domain 5 Teaching and Communication).

The domains of the National Standards for Athletic Coaches are:
1. Philosophy and Ethics
2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
6. Organization & Administration
7. Skills & Tactics
8. Evaluation
A self evaluation and the supervisor's evaluation must be included in your portfolio.

**Target:** 85% of students will earn 80/100 points

**Implementation Plan (timeline):** Every Semester

**Responsible Individual(s):** Jolynn Kuhlman

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**Objective 5. Professional Coaching Attributes and Behaviors**
Demonstrate professional coaching attributes and behaviors.

**Outcome 5.1 Athlete Centered Philosophy**
Develop an athlete-centered philosophy.

**Measure:** Written Coaching Philosophy
Direct - Student Artifact

**Details/Description:** The student will write their coaching philosophy taking into consideration what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and games will be organized, team rules and consequences, and how they will communicate their philosophy.

**Target:** 85% of students will earn 8/10 points

**Implementation Plan (timeline):** Every other Spring beginning Spring 2013

**Responsible Individual(s):** Jolynn Kuhlman

**Outcome 5.2 Understand ethical behaviors**
Understand responsible personal, social, ethical behaviors.

**Measure:** Ethical Dilemma Assignment
Direct - Student Artifact

**Details/Description:** Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete the assignment.

**Target:** 85% of students will earn 12/15 points

**Implementation Plan (timeline):** Every other Spring (beginning 2013)

**Responsible Individual(s):** Jolynn Kuhlman
Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

Outcome 6.1
Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices

Measure: Athletic Program Plan
Direct - Student Artifact

Details/Description: Students will assemble an athletic program plan. The plan will contain the following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.

Target: 85% of students will earn 40/50 points
Implementation Plan (timeline): Every Fall

Responsible Individual(s): Jolynn Kuhlman

Assessment Findings

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply
Apply knowledge of basic research design.

Measure: Research Proposal
Direct - Student Artifact

Details/Description: Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures.

Target: 90% of students will earn 80/100 points for the development of a research proposal
Implementation Plan (timeline): Each Spring semester

Responsible Individual(s): Alfred Finch

Findings for Research Proposal

Summary of Findings: 14/15 of the students in PE 601 Research Methods class attained a grade of 80% or higher on their research proposal and oral presentation. See included sample artifacts.

Results: Target Achievement: Exceeded

Recommendations:

Reflections/Notes:

Substantiating Evidence:
- Research paper assessment (Word Document (Open XML)) (See appendix)
- Student 1 Research Proposal (Adobe Acrobat Document) (See appendix)
- Student 2 Research Proposal (Adobe Acrobat Document) (See appendix)
- Student 3 research proposal (Adobe Acrobat Document) (See appendix)
- Student 4 Research proposal (Adobe Acrobat Document) (See appendix)

These Findings are associated with the following Actions:

Monitor
(Action Plan; 2011-2012 Assessment Cycle)
**Outcome 1.2 Articulate Understanding through Writing**

**Measure:** Research Project Evaluation Rubric

Direct - Student Artifact

**Details/Description:** Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in a written document.

**Target:** 85% of students will earn 34/40 points

**Implementation Plan (timeline):** Every other Fall

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Research Project Rubric (Word Document (Open XML)) (See appendix)

---

**Findings for Research Project Evaluation Rubric**

**Summary of Findings:** 90.9% of students earned at least 34/40 points

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:**

**Substantiating Evidence:**
- Student 1 evaluation of research project (Word Document (Open XML)) (See appendix)

**These Findings are associated with the following Actions:**

Monitor

(Action Plan; 2011-2012 Assessment Cycle)

---

**Outcome 1.3 Articulate Understanding of Research Orally**

**Measure:** Oral Presentation of Research Project

Direct - Student Artifact

**Details/Description:** Students will orally present their research project

**Target:** 85% of students will earn 16/20 points

**Implementation Plan (timeline):** Every other Fall

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Research Project Rubric (Word Document (Open XML)) (See appendix)

---

**Findings for Oral Presentation of Research Project**

**Summary of Findings:** 90.9% of the students earned more than 16/20 points. Class average was 18.64/20.

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:**

**Substantiating Evidence:**
- Student 1 Research Presentation (Word Document (Open XML)) (See appendix)

**These Findings are associated with the following Actions:**
### Objective 2. Integrate Sport & Exercise Psych Principles

Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

#### Outcome 2.1 Apply theory and principles

Apply sport and exercise psychology theory and principles through writing.

**Measure:** Manual Evaluation Rubric  
Direct - Student Artifact

**Details/Description:**
- **Target:** Aggregate class mean score of 75% or higher on rubric
- **Implementation Plan (timeline):** Each spring term
- **Responsible Individual(s):** Instructor of record (Zakrajsek)

**Supporting Attachments:**
- Description of Assignment (Microsoft Word) (See appendix)
- Manual Rubric (Microsoft Word) (See appendix)

**Findings for Manual Evaluation Rubric**

**Summary of Findings:** Different Instructor - Project was not assigned this year.

**Recommendations:** Revise measure to reflect course requirements for new instructor

**Reflections/Notes:**

These Findings are associated with the following Actions:
- Revise Measure  
  (Action Plan; 2011-2012 Assessment Cycle)

#### Outcome 2.2 Appropriate Motivational Techniques

Identify appropriate motivational techniques in a health/fitness setting.

**Measure:** Physical Education 666 Exam Question  
Direct - Exam

**Details/Description:** Students will describe in detail and provide equivocal sport related examples

- **Target:** 90% of students will score 8/10 points
- **Implementation Plan (timeline):** Every spring term
- **Responsible Individual(s):** Jolynn Kuhlman

**Findings for Physical Education 666 Exam Question**

**Summary of Findings:** 92.59% of students earned more than 8/10 points. Class average was 9.45/10.

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:**

These Findings are associated with the following Actions:
- Revise Measure  
  (Action Plan; 2011-2012 Assessment Cycle)

### Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in sport and exercise settings.

### Outcome 3.1
**Physiological Responses to Aerobic Exercise**

Explain physiological responses to aerobic exercise testing and training.

#### Measure: PE 675 Final Exam question #6
**Direct - Exam**

**Details/Description:** Student will explain the benefits and contraindications of hypoxic training.

**Target:** 85% of students will score 7/10 points.

**Implementation Plan (timeline):** Spring 2011 and every three years thereafter.

**Responsible Individual(s):** Dr. Thomas Nesser

#### Findings for PE 675 Final Exam question #6

**Summary of Findings:** 100% of students achieved 80% or higher for exam question #6

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:**

These Findings are associated with the following Actions:

Revise Outcome
(Action Plan; 2011-2012 Assessment Cycle)

### Outcome 3.2
**Physiological Responses to Resistance Exercise**

Explain physiological responses to resistance exercise testing and training.

#### Measure: PE 675 Final Exam question #2, #3, & #4

**Direct - Student Artifact**

**Details/Description:** Student will explain the relationship between joint ROM and functional movement, spine stability and force transfer, and the elastic properties of the connective tissue.

**Target:** 85% of students will score 7/10 points for each of the three questions.

**Implementation Plan (timeline):** 2011 and every three years thereafter.

**Responsible Individual(s):** Dr. Thomas Nesser

#### Findings for PE 675 Final Exam question #2, #3, & #4

**Summary of Findings:** 100% of students score a 7 or higher on questions #2, #3, #4

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:**

These Findings are associated with the following Actions:

Revise Measure
(Action Plan; 2011-2012 Assessment Cycle)

### Objective 4. Effective Learning Environment

Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

### Outcome 4.1
**Understand Growth and Maturation**

Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise settings.

#### Measure: Learning Principles Project
**Direct - Student Artifact**

**Details/Description:**

**Target:** 85% of students will score 16/20 points
**Outcome 4.2 Practice Sport Specific Strategies**

Practice sport specific strategies in an experiential learning environment.

**Measure:** Internship Performance Portfolio

**Details/Description:** The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 – Sports Safety and Prevention; Pre season conditioning plans represents Domain 3 – Physical Preparation and Conditioning; Daily practice plans represents Domain 5 Teaching and Communication).

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2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
6. Organization & Administration
7. Skills & Tactics
8. Evaluation

A self evaluation and the supervisor's evaluation must be included in your portfolio.

**Target:** 85% of students will earn 80/100 points

**Implementation Plan (timeline):** Every Semester

**Responsible Individual(s):** Jolynn Kuhlman

**Findings for Internship Performance Portfolio**

**Summary of Findings:** 100% of students earned more than 80/100 points. Class average is 93.6/100.

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:**

These Findings are associated with the following Actions:

Monitor
(Action Plan; 2011-2012 Assessment Cycle)
### Objective 5. Professional Coaching Attributes and Behaviors

**Demonstrate professional coaching attributes and behaviors.**

#### Outcome 5.1 Athlete Centered Philosophy

**Develop an athlete-centered philosophy.**

<table>
<thead>
<tr>
<th>Measure: Written Coaching Philosophy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct - Student Artifact</td>
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</tbody>
</table>

**Details/Description:** The student will write their coaching philosophy taking into consideration what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and games will be organized, team rules and consequences, and how they will communicate their philosophy.

**Target:** 85% of students will earn 8/10 points

**Implementation Plan (timeline):** Every other Spring beginning Spring 2013

**Responsible Individual(s):** Jolynn Kuhlman

---

**Findings for Written Coaching Philosophy**

**Summary of Findings:** Not measured this year

**Recommendations:**

**Reflections/Notes:**

**These Findings are associated with the following Actions:**

**Assess during current year**

(2011-2012 Assessment Cycle)

#### Outcome 5.2 Understand Ethical Behaviors

**Understand responsible personal, social, ethical behaviors.**

<table>
<thead>
<tr>
<th>Measure: Ethical Dilemma Assignment</th>
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</thead>
<tbody>
<tr>
<td>Direct - Student Artifact</td>
</tr>
</tbody>
</table>

**Details/Description:** Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete the assignment.

**Target:** 85% of students will earn 12/15 points

**Implementation Plan (timeline):** Every other Spring (beginning 2013)

**Responsible Individual(s):** Jolynn Kuhlman

---

**Findings for Ethical Dilemma Assignment**

**Summary of Findings:** Not measured this year

**Recommendations:**

**Reflections/Notes:**

**These Findings are associated with the following Actions:**

**Assess in Current year**

(2011-2012 Assessment Cycle)

---

### Objective 6. Demonstrate Understanding of Administration

**Demonstrate understanding of the organization and administration systems in sport settings.**

#### Outcome 6.1 Disseminate Ethical Administrative

<table>
<thead>
<tr>
<th>Measure: Athletic Program Plan</th>
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<tbody>
<tr>
<td>Direct - Student Artifact</td>
</tr>
</tbody>
</table>

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practices
Understand and disseminate ethical business administrative practices

Details/Description: Students will assemble an athletic program plan. The plan will contain the following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.
Target: 85% of students will earn 40/50 points
Implementation Plan (timeline): Every Fall
Responsible Individual(s): Jolynn Kuhlman

Findings for Athletic Program Plan

Summary of Findings: 92.5% of students more than 40/50 points. Class average was 48.6/50.
Results: Target Achievement: Exceeded
Recommendations:
Reflections/Notes:
Substantiating Evidence:
- Athletic Program Plan (Microsoft Word) (See appendix)

These Findings are associated with the following Actions:
Monitor
(Action Plan; 2011-2012 Assessment Cycle)

Overall Recommendations
No text specified

Overall Reflection
No text specified

Action Plan
Actions

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply
Apply knowledge of basic research design.

Action: Monitor

This Action is associated with the following Findings
Findings for Research Proposal
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)
Summary of Findings: 14/15 of the students in PE 601 Research Methods class attained a grade of 80% or higher on their research proposal and oral presentation. See included sample artifacts.

Action Details: Continue to monitor for maintaining current level
Implementation Plan (timeline): Annually
Key/Responsible Personnel: Alfred Finch
Measures: Research proposal
Resource Allocations:
Priority: Medium

Outcome 1.2 Articulate Understanding through Writing
Articulate understanding of research in the health/fitness setting through writing.

Action: Monitor
This Action is associated with the following Findings
Findings for Research Project Evaluation Rubric
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)
Summary of Findings: 90.9% of students earned at least more than 34/40 points
Action Details: Course not taught in the 2012-2013 academic year
Implementation Plan (timeline): evaluated every other year. Will be evaluate in the Fall of 2013
Key/Responsible Personnel: Jolynn Kuhlman
Measures: Conduct research project and present in a written document
Resource Allocations:
Priority: Medium

Outcome 1.3 Articulate Understanding of Research Orally
Articulate understanding of research in the health/fitness setting orally.
Marked obsolete by Jolynn Kuhlman on 08/27/2013 4:31:19 pm CST

Action: Monitor
This Action is associated with the following Findings
Findings for Oral Presentation of Research Project
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)
Summary of Findings: 90.9% of the students earned more than 16/20 points. Class average was 18.64/20.
Action Details: Course not taught in the 2012-2013 academic year
Implementation Plan (timeline): evaluated every other year. Will be evaluate in the Fall of 2013
Key/Responsible Personnel: Jolynn Kuhlman
Measures: Oral Presentations of Research Findings
Resource Allocations:
Priority: Medium

Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

Outcome 2.1 Apply theory and principles

Action: Revise Measure
Apply sport and exercise psychology theory and principles through writing.

**Outcome 2.2**
**Appropriate Motivational Techniques**
Identify appropriate motivational techniques in a health/fitness setting.

**Action**: Revise Measure

This Action is associated with the following Findings

**Findings for Physical Education 666 Exam Question**
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)

**Summary of Findings**: 92.59% of students earned more than 8/10 points. Class average was 9.45/10.

**Action Details**: Revise measure to meet the course requirements of a new instructor

**Implementation Plan (timeline)**: every spring

**Key/Responsible Personnel**: Kathy Ginter

**Measures**: Describe motivational techniques and provide equivocal sport related examples

**Resource Allocations**:

**Priority**: Medium

---

**Objective 3. Physical Conditioning**
Apply advanced physical conditioning theory, principles and testing modalities in sport and exercise settings.

**Outcome 3.1**
**Physiological Responses to Aerobic Exercise**
Explain physiological responses to aerobic exercise testing and training.

**Action**: Revise Outcome

This Action is associated with the following Findings

**Findings for PE 675 Final Exam question #6**
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)

**Summary of Findings**: 100% of students achieved 80% or higher for exam question #6

**Action Details**: Outcome will be revised due to changes in the Coaching Program Curriculum

**Implementation Plan (timeline)**: Program changes completed in Spring 2013.
**Outcome 3.2 Physiological Reponses to Resistance Exercise**

Explain physiological responses to resistance exercise testing and training.

**Action:** Revise Measure

This Action is associated with the following Findings

Findings for PE 675 Final Exam question #2, #3, & #4 (Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)

**Summary of Findings:** 100% of students score a 7 or higher on questions #2, #3, #4

**Action Details:** Outcome will be revised due to changes in the Coaching Program Curriculum

**Implementation Plan (timeline):** Program changes completed in Spring 2013

**Key/Responsible Personnel:** Neil Fleming

**Measures:** To be determined when new curriculum is in place

**Resource Allocations:**

**Priority:** Medium

---

**Objective 4. Effective Learning Environment**

Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

**Outcome 4.1 Understand Growth and Maturation**

Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Action:** Monitor

This Action is associated with the following Findings

Findings for Learning Principles Project (Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)

**Summary of Findings:** 95.45% of students earned at least 16/20 points. Class average was 18.65/20.

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Every other fall

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Learning principle project

**Resource Allocations:**

**Priority:** Medium

---

**Outcome 4.2 Practice Sport Specific Strategies**

**Action:** Monitor

This Action is associated with the following Findings

---
### Findings for Internship Performance Portfolio
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)

**Summary of Findings:** 100% of students earned more than 80/100 points. Class average is 93.6/100.

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Every semester

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Internship portfolio

**Resource Allocations:**

**Priority:** Medium

### Objective 5. Professional Coaching Attributes and Behaviors
Demonstrate professional coaching attributes and behaviors.

#### Outcome 5.1 Athlete Centered Philosophy
Develop an athlete-centered philosophy.

**Action:** Assess during current year

**This Action is associated with the following Findings**

**Findings for Written Coaching Philosophy**
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)

**Summary of Findings:** Not measured this year

**Action Details:** Course only offered in the Spring of the odd numbered years

**Implementation Plan (timeline):** Assess in Spring 2013

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Personal coaching philosophy

**Resource Allocations:**

**Priority:** Medium

#### Outcome 5.2 Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

**Action:** Assess in Current year

**This Action is associated with the following Findings**

**Findings for Ethical Dilemma Assignment**
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)

**Summary of Findings:** Not measured this year

**Action Details:** Course offered only in Spring of odd numbered years

**Implementation Plan (timeline):** Assess in Spring 2013

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Analysis of current ethical dilemma
Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

Outcome 6.1 Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices

Action: Monitor
This Action is associated with the following Findings
Findings for Athletic Program Plan
(Assessment Plan and Assessment Findings; 2011-2012 Assessment Cycle)
Summary of Findings: 92.5% of students more than 40/50 points. Class average was 48.6/50.

Action Details: Continue to monitor for maintaining current level

Implementation Plan (timeline): every Fall

Key/Responsible Personnel: Jolynn Kuhlman

Measures: Athletic program plan

Resource Allocations:
Priority: Medium

Status Report
Action Statuses

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply
Apply knowledge of basic research design.

Action: Monitor
Action Details: Continue to monitor for maintaining current level

Implementation Plan (timeline): Annually

Key/Responsible Personnel: Alfred Finch

Measures: Research proposal

Resource Allocations:
Priority: Medium

Status for Monitor

Current Status: Completed
Outcome 1.2 Articulate Understanding through Writing

Action: Monitor

Action Details: Course not taught in the 2012-2013 academic year

Implementation Plan (timeline): evaluated every other year. Will be evaluate in the Fall of 2013

Key/Responsible Personnel: Jolynn Kuhlman

Measures: Conduct research project and present in a written document

Resource Allocations:

Priority: Medium

Status for Monitor

Current Status: Completed

Outcome 1.3 Articulate Understanding of Research Orally

Action: Monitor

Action Details: Course not taught in the 2012-2013 academic year

Implementation Plan (timeline): evaluated every other year. Will be evaluate in the Fall of 2013

Key/Responsible Personnel: Jolynn Kuhlman

Marked obsolete by Jolynn Kuhlman on 08/27/2013 4:31:19 pm CST

Measures: Oral Presentations of Research Findings

Resource Allocations:

Priority: Medium

Status for Monitor

Current Status: Completed

Objective 2. Integrate Sport & Exercise Psych Principles

Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.
### Outcome 2.1 Apply theory and principles

**Apply sport and exercise psychology theory and principles through writing.**

**Action:** Revise Measure

**Action Details:** Measure will be revised to meet the course requirements of the new instructor.

**Implementation Plan (timeline):** Every Spring

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** Conduct a observational research and write results in proper form.

**Resource Allocations:**

**Priority:** Medium

**Status for Revise Measure**

**Current Status:** Completed

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:**

### Outcome 2.2 Appropriate Motivational Techniques

**Identify appropriate motivational techniques in a health/fitness setting.**

**Action:** Revise Measure

**Action Details:** Revise measure to meet the course requirements of a new instructor

**Implementation Plan (timeline):** every spring

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** Describe motivational techniques and provide equivocal sport related examples

**Resource Allocations:**

**Priority:** Medium

**Status for Revise Measure**

**Current Status:** Completed

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:**

### Objective 3. Physical Conditioning

**Apply advanced physical conditioning theory, principles and testing modalities in sport and exercise settings.**

### Outcome 3.1 Physiological Responses to Aerobic Exercise

**Explain physiological responses to aerobic exercise testing and**

**Action:** Revise Outcome

**Action Details:** Outcome will be revised due to changes in the Coaching Program Curriculum

**Implementation Plan (timeline):** Program changes completed in Spring 2013.
Objective 4. Effective Learning Environment
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

Outcome 4.1 Understand Growth and Maturation
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

Action: Monitor
Action Details: Continue to monitor for maintaining current level.
Implementation Plan (timeline): Every other fall
Key/Responsible Personnel: Jolynn Kuhlman
Measures: Learning principle project
Resource Allocations:

Outcome 3.2 Physiological Responses to Resistance Exercise
Explain physiological responses to resistance exercise testing and training.

Action: Revise Measure
Action Details: Outcome will be revised due to changes in the Coaching Program Curriculum
Implementation Plan (timeline): Program changes completed in Spring 2013
Key/Responsible Personnel: Neil Fleming
Measures: To be determined when new curriculum is in place
Resource Allocations:
Priority: Medium
Status for Revise Measure
Current Status: Completed
Resource Allocation(s) Status:
Next Steps/Additional Information:

Key/Responsible Personnel: Neil Fleming
Measures: To be determined when new curriculum is in place
Resource Allocations:
Priority: Medium
Status for Revise Outcome
Current Status: Completed
Resource Allocation(s) Status:
Next Steps/Additional Information:
**Outcome 4.2 Practice Sport Specific Strategies**
Practice sport specific strategies in an experiential learning environment.

**Action:** Monitor

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Every semester

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Internship portfolio

**Resource Allocation(s):**

**Priority:** Medium

**Status for Monitor**

**Current Status:** Completed

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:**

**Objective 5. Professional Coaching Attributes and Behaviors**
Demonstrate professional coaching attributes and behaviors.

**Outcome 5.1 Athlete Centered Philosophy**
Develop an athlete-centered philosophy.

**Action:** Assess during current year

**Action Details:** Course only offered in the Spring of the odd numbered years

**Implementation Plan (timeline):** Assess in Spring 2013

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Personal coaching philosophy

**Resource Allocation(s):**

**Priority:** Medium

**Status for Assess during current year**

**Current Status:**

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:**
**Outcome 5.2**
**Understand ethical behaviors**
Understand responsible personal, social, ethical behaviors.

**Objective 6. Demonstrate Understanding of Administration**
Demonstrate understanding of the organization and administration systems in sport settings.

**Action: Assess in Current year**

**Action Details:** Course offered only in Spring of odd numbered years

**Implementation Plan (timeline):** Assess in Spring 2013

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Analysis of current ethical dilemma

**Resource Allocations:**

**Priority:**

---

**Current Status:** Completed

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:**

---

**Objective 6.1**
**Disseminate ethical administrative practices**
Understand and disseminate ethical business administrative practices

**Action: Monitor**

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** every Fall

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Athletic program plan

**Resource Allocations:**

**Priority:** Medium

---

**Current Status:** Completed

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:**
## Status Summary

Monitoring was continued and the revisions to the specific course was made to reflect the change in the curriculum.

## Summary of Next Steps

*No text specified*
## Assessment Plan

### Outcomes and Measures

<table>
<thead>
<tr>
<th>MA/MS in Physical Education (Coaching) Outcome Set</th>
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</table>

### Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

#### Outcome 1.1 Apply
Apply knowledge of basic research design.

- **Measure:** Research Proposal
  - Direct - Student Artifact

  **Details/Description:** Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures.
  **Target:** 90% of students will earn 80/100 points for the development of a research proposal.
  **Implementation Plan (timeline):** Each Spring semester
  **Responsible Individual(s):** Alfred Finch

#### Outcome 1.2 Articulate Understanding through Writing
Articulate understanding of research in the health/fitness setting through writing.

- **Measure:** Research Project Evaluation Rubric
  - Direct - Student Artifact

  **Details/Description:** Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in a written document and oral format.
  **Target:** 85% of students will earn 34/40 points
  **Implementation Plan (timeline):** Every other Fall
  **Responsible Individual(s):** Jolynn Kuhlman

### Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

#### Outcome 2.1 Apply theory and principles
Apply sport and exercise psychology theory and principles through writing.

- **Measure:** PE 666 - Team Scenario Exercise
  - Direct - Portfolio

  **Details/Description:** Students will analyze two team scenarios and using research findings and textbook information to support their analysis.
  **Target:** Aggregate class mean score of 80% on higher on responses
  **Implementation Plan (timeline):** Each spring term
  **Responsible Individual(s):** Instructor of record (Kuhlman)

**Supporting Attachments:**
- Description of Assignment (Microsoft Word) (See appendix)
- Manual Rubric (Microsoft Word) (See appendix)
<table>
<thead>
<tr>
<th>Objective 2.2</th>
<th>Appropriate Motivational Techniques</th>
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</thead>
<tbody>
<tr>
<td><strong>Outcome 2.2</strong></td>
<td>Identify appropriate motivational techniques in a health/fitness setting.</td>
</tr>
<tr>
<td><strong>Measure</strong>: Physical Education 666 Exam Question</td>
<td>Direct - Student Artifact</td>
</tr>
<tr>
<td>Details/Description:</td>
<td>Students will describe in detail and provide equivocal sport related examples</td>
</tr>
<tr>
<td><strong>Target</strong>:</td>
<td>90% of students will score 8/10 points</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline)</strong>:</td>
<td>Every spring term</td>
</tr>
<tr>
<td><strong>Responsible Individual(s)</strong>:</td>
<td>Jolynn Kuhlman</td>
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<tr>
<th>Objective 3. Physical Conditioning</th>
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<tbody>
<tr>
<td><strong>Outcome 3.1</strong></td>
</tr>
<tr>
<td><strong>Details/Description</strong>:</td>
</tr>
<tr>
<td><strong>Measure</strong>: Exam Essay Question</td>
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<tr>
<td><strong>Target</strong>:</td>
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<td><strong>Implementation Plan (timeline)</strong>:</td>
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<td><strong>Responsible Individual(s)</strong>:</td>
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<tr>
<th>Objective 3.2</th>
<th>Neuromuscular Responses to Resistance Exercise</th>
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<tbody>
<tr>
<td><strong>Outcome 3.2</strong></td>
<td>Explain neuromuscular responses to resistance exercise testing and training.</td>
</tr>
<tr>
<td><strong>Measure</strong>: Season Long Training Program</td>
<td>Direct - Student Artifact</td>
</tr>
<tr>
<td><strong>Details/Description</strong>:</td>
<td>Choose a sport and position with that sport. Identify specific task in that sport. Provide an introduction to the sport and specific task. Develop a strength and conditioning program for the competitive season and justify the program using scientific rationale</td>
</tr>
<tr>
<td><strong>Target</strong>:</td>
<td>85% of students will score at least 85/100 points</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline)</strong>:</td>
<td>Measured every other fall starting in Fall 2013</td>
</tr>
<tr>
<td><strong>Responsible Individual(s)</strong>:</td>
<td>Neil Fleming</td>
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<tr>
<th>Objective 4. Effective Learning Environment</th>
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<tr>
<td><strong>Outcome 4.1</strong></td>
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<tr>
<td><strong>Details/Description</strong>:</td>
</tr>
<tr>
<td><strong>Measure</strong>: Learning Principles Project</td>
</tr>
<tr>
<td><strong>Details/Description</strong>:</td>
</tr>
<tr>
<td><strong>Target</strong>:</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline)</strong>:</td>
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<td><strong>Responsible Individual(s)</strong>:</td>
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<tr>
<td><strong>Supporting Attachments</strong>:</td>
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<thead>
<tr>
<th>Outcome 4.2</th>
<th>Practice Sport Specific Strategies</th>
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<tbody>
<tr>
<td><strong>Outcome 4.2</strong></td>
<td>Practice sport specific</td>
</tr>
<tr>
<td><strong>Measure</strong>: Internship Performance Portfolio</td>
<td>Direct - Portfolio</td>
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strategies in an experiential learning environment.

**Details/Description:** The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 – Sports Safety and Prevention; Pre season conditioning plans represents Domain 3- Physical Preparation and Conditioning; Daily practice plans represents Domain 5 Teaching and Communication).

The domains of the National Standards for Athletic Coaches are:
1. Philosophy and Ethics
2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
6. Organization & Administration
7. Skills & Tactics
8. Evaluation
A self evaluation and the supervisor's evaluation must be included in your portfolio

**Target:** 85% of students will earn 80/100 points

**Implementation Plan (timeline):** Every Semester

**Responsible Individual(s):** Jolynn Kuhlman

### Objective 5. Professional Coaching Attributes and Behaviors
Demonstrate professional coaching attributes and behaviors.

#### Outcome 5.1 Athlete Centered Philosophy
Develop an athlete-centered philosophy.

**Measure:** Written Coaching Philosophy  
Direct - Student Artifact

**Details/Description:** The student will write their coaching philosophy taking into consideration what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and and games will be organized, team rules and consequences, and how they will communicate their philosophy.

**Target:** 85% of students will earn 8/10 points

**Implementation Plan (timeline):** Every other Spring beginning Spring 2013

**Responsible Individual(s):** Jolynn Kuhlman

#### Outcome 5.2 Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

**Measure:** Ethical Dilemma Assignment  
Direct - Student Artifact

**Details/Description:** Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete the assignment

**Target:** 85% of students will earn 12/15 points

**Implementation Plan (timeline):** Every other Spring (beginning 2013)

**Responsible Individual(s):** Jolynn Kuhlman

### Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

#### Outcome 6.1 Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices.

**Measure:** Athletic Program Plan  
Direct - Student Artifact

**Details/Description:** Students will assemble an athletic program plan. The plan will contain the following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.

**Target:** 85% of students will earn 40/50 points
Objective 7. Demonstrate Motion Analysis Techniques

Demonstrate motion analysis techniques to produce effective human movement patterns in sport

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis

Measure: Effective Motion Analysis Techniques

Details/Description: Students will demonstrate proper quantitative and qualitative motion analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency.

Target: 90% of students will earn 80/100 points for a biomechanical motion analysis written project and oral presentation that includes video analysis.

Implementation Plan (timeline): Fall semester.

Responsible Individual(s): Dr. Alfred Finch.

Assessment Findings

Finding per Measure

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science

Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply

Apply knowledge of basic research design.

Measure: Research Proposal

Details/Description: Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures.

Target: 90% of students will earn 80/100 points for the development of a research proposal.

Implementation Plan (timeline): Each Spring semester.

Responsible Individual(s): Alfred Finch.

Findings for Research Proposal

Summary of Findings: 67% of students scored above 80 out of 100 points on the research proposal. The average score was 85% for the class.

Results: Target Achievement: Not Met

Recommendations: More time must be spent on the specific aspects of a proposal and the proper formatting and structure.

Reflections/Notes:

Outcome 1.2 Articulate Understanding through Writing

Measure: Research Project Evaluation Rubric

Details/Description: Articulate understanding of...
**Details/Description:** Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in a written document and oral format.

**Target:** 85% of students will earn 34/40 points

**Implementation Plan (timeline):** Every other Fall

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Research Project Rubric (Word Document (Open XML)) (See appendix)

---

**Findings for Research Project Evaluation Rubric**

**Summary of Findings:** Not collected this year course not taught

**Recommendations:**

**Reflections/Notes:**

---

**Objective 2. Integrate Sport & Exercise Psych Principles**

Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

---

**Outcome 2.1 Apply theory and principles**

Apply sport and exercise psychology theory and principles through writing.

- **Measure:** PE 666 - Team Scenario Exercise
  - Direct - Portfolio

**Details/Description:** Students will analyze two team scenarios and using research findings and textbook information to support their analysis.

**Target:** Aggregate class mean score of 80% on higher on responses

**Implementation Plan (timeline):** Each spring term

**Responsible Individual(s):** Instructor of record (Kuhlman)

**Supporting Attachments:**
- Description of Assignment (Microsoft Word) (See appendix)
- Manual Rubric (Microsoft Word) (See appendix)

**Findings for PE 666 - Team Scenario Exercise**

**Summary of Findings:** Aggregate class mean score was 93%

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:**

**Substantiating Evidence:**
- CBAS Observational Analysis (Microsoft Word) (See appendix)

---

**Outcome 2.2 Appropriate Motivational Techniques**

Identify appropriate motivational techniques in a health/fitness setting.

- **Measure:** Physical Education 666 Exam Question
  - Direct - Student Artifact

**Details/Description:** Students will describe in detail and provide equivocal sport related examples

**Target:** 90% of students will score 8/10 points

**Implementation Plan (timeline):** Every spring term
Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

Outcome 3.1 Physiological Responses to Aerobic Exercise
Explain physiological responses to aerobic exercise testing and training.

Measure: Exam Essay Question
Direct - Exam

Details/Description:
Target: 85% of students will score at least 8/10
Implementation Plan (timeline): every other Fall semester beginning in Fall 2013
Responsible Individual(s): Neil Fleming

Findings for Exam Essay Question

Summary of Findings: Course not taught this year
Recommendations :
Reflections/Notes :

Outcome 3.2 Neuromuscular Responses to Resistance Exercise
Explain neuromuscular responses to resistance exercise testing and training.

Measure: Season Long Training Program
Direct - Student Artifact

Details/Description: Choose a sport and position with that sport. Identify specific task in that sport. Provide an introduction to the sport and specific task. Develop a strength and conditioning program for the competitive season and justify the program using scientific rationale
Target: 85% of students will score at least 85/100 points
Implementation Plan (timeline): Measured every other fall starting in Fall 2013
Responsible Individual(s): Neil Fleming

Findings for Season Long Training Program

Summary of Findings: Not taught this year
Recommendations :
Reflections/Notes :
Objective 4. Effective Learning Environment
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

### Outcome 4.1 Understand Growth and Maturation
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Measure:** Learning Principles Project
Direct - Student Artifact

**Details/Description:** Students will create a learning environment, apply various learning concepts and provide the theoretical rationale behind the application for each concept.

**Target:** 85% of students will score 16/20 points

**Implementation Plan (timeline):** Every other Fall

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- [Learning Principles Guidelines (Microsoft Word)](See appendix)

**Findings for Learning Principles Project**

**Summary of Findings:** Course not taught this year

**Recommendations:**

**Reflections/Notes:**

### Outcome 4.2 Practice Sport Specific Strategies
Practice sport specific strategies in an experiential learning environment.

**Measure:** Internship Performance Portfolio
Direct - Portfolio

**Details/Description:** The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 – Sports Safety and Prevention; Pre season conditioning plans represents Domain 3 – Physical Preparation and Conditioning; Daily practice plans represents Domain 5 Teaching and Communication).

The domains of the National Standards for Athletic Coaches are:
1. Philosophy and Ethics
2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
6. Organization & Administration
7. Skills & Tactics
8. Evaluation

A self evaluation and the supervisor's evaluation must be included in your portfolio

**Target:** 85% of students will earn 80/100 points

**Implementation Plan (timeline):** Every Semester

**Responsible Individual(s):** Jolynn Kuhlman

**Findings for Internship Performance Portfolio**

**Summary of Findings:** 100% of students scored above 80 out of 100 points for the portfolio. Class average was 96.5

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:** Manual available in Dr. Kuhlman’s Office
Objective 5. Professional Coaching Attributes and Behaviors

Demonstrate professional coaching attributes and behaviors.

Outcome 5.1 Athlete Centered Philosophy
Develop an athlete-centered philosophy.

Measure: Written Coaching Philosophy
Direct - Student Artifact

Details/Description: The student will write their coaching philosophy taking into consideration what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and and games will be organized, team rules and consequences, and how they will communicate their philosophy.

Target: 85% of students will earn 8/10 points
Implementation Plan (timeline): Every other Spring beginning Spring 2013
Responsible Individual(s): Jolynn Kuhlman

Findings for Written Coaching Philosophy

Summary of Findings: 100% of the students scored above 8 out of 10 points for the written philosophy. The average score was 96.3%
Results: Target Achievement: Exceeded
Recommendations:
Reflections/Notes:
Substantiating Evidence:
• Coaching Philosophy 1 (Word Document (Open XML)) (See appendix)
• Coaching Philosophy 2 (Word Document (Open XML)) (See appendix)
• Coaching Philosophy 3 (Word Document (Open XML)) (See appendix)

Outcome 5.2 Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

Measure: Ethical Dilemma Assignment
Direct - Student Artifact

Details/Description: Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete the assignment.

Target: 85% of students will earn 12/15 points
Implementation Plan (timeline): Every other Spring (beginning 2013)
Responsible Individual(s): Jolynn Kuhlman

Findings for Ethical Dilemma Assignment

Summary of Findings: 100% of the students scored above 12 out 15 points on the crisis paper. The average score was 13.77
Results: Target Achievement: Exceeded
Recommendations:
Reflections/Notes:
Substantiating Evidence:
• Ethical Dilemma (Word Document (Open XML)) (See appendix)
• Crisis paper
Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

Outcome 6.1 Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices

Measure: Athletic Program Plan
Direct - Student Artifact

Details/Description: Students will assemble an athletic program plan. The plan will contain the following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.

Target: 85% of students will earn 40/50 points
Implementation Plan (timeline): Every Fall
Responsible Individual(s): Jolynn Kuhlman

Findings for Athletic Program Plan

Summary of Findings: 100% of the students earned above 40 out of 50 points for program plan. The average score was 44.77.
Results: Target Achievement: Exceeded
Recommendations :
Reflections/Notes :
Substantiating Evidence:
Athletic Program Plan (Word Document (Open XML)) (See appendix)

Objective 7. Demonstrate Motion Analysis Techniques
Demonstrate motion analysis techniques to produce effective human movement patterns in sport

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency

Measure: Effective Motion Analysis Techniques
Direct - Student Artifact

Details/Description: Students will demonstrate proper quantitative and qualitative motion analysis in an individual research project
Target: 90% of students will earn 80/100 points for a biomechanical motion analysis written project and oral presentation that includes video analysis
Implementation Plan (timeline): Fall semester
Responsible Individual(s): Dr. Alfred Finch

Findings for Effective Motion Analysis Techniques

Summary of Findings: 80% of students earned a score of 80 out of 100 points. Class average was 86.3.
Results: Target Achievement: Not Met
Recommendations: Evaluate the timing of assignments and length given to preparation of analysis.
Reflections/Notes:
### Action Plan

#### Actions

**MA/MS in Physical Education (Coaching) Outcome Set**

#### Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

<table>
<thead>
<tr>
<th>Outcome 1.1 Apply</th>
<th>Action: Revise presentation of material</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Apply</strong></td>
<td><strong>This Action is associated with the following Findings</strong> No supporting Findings have been linked to this Action.</td>
</tr>
<tr>
<td></td>
<td><strong>Action Details</strong>: More time must be spent on the specific aspects of a proposal and the proper formatting and structure of the proposal</td>
</tr>
<tr>
<td></td>
<td><strong>Implementation Plan (timeline)</strong>: Spring 2014 semester</td>
</tr>
<tr>
<td></td>
<td><strong>Key/Responsible Personnel</strong>: Alfred Finch</td>
</tr>
<tr>
<td></td>
<td><strong>Measures</strong>: Research Proposal</td>
</tr>
<tr>
<td></td>
<td><strong>Resource Allocations</strong>:</td>
</tr>
<tr>
<td></td>
<td><strong>Priority</strong>: High</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Outcome 1.2 Articulate Understanding through Writing</th>
<th>Action: Collect data Fall 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Articulate</strong></td>
<td><strong>This Action is associated with the following Findings</strong> No supporting Findings have been linked to this Action.</td>
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<tr>
<td><strong>Understanding</strong></td>
<td><strong>Action Details</strong>:</td>
</tr>
<tr>
<td><strong>through</strong></td>
<td><strong>Implementation Plan (timeline)</strong>: Data only collected biannually</td>
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<tr>
<td><strong>Writing</strong></td>
<td><strong>Key/Responsible Personnel</strong>: Jolynn Kuhlman</td>
</tr>
<tr>
<td></td>
<td><strong>Measures</strong>: Research project</td>
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<td></td>
<td><strong>Resource Allocations</strong>:</td>
</tr>
<tr>
<td></td>
<td><strong>Priority</strong>: Medium</td>
</tr>
</tbody>
</table>

#### Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.
Outcome 2.1 Apply theory and principles
Apply sport and exercise psychology theory and principles through writing.

**Action:** Monitor

This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Annually

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** Team Scenario Exercise

**Resource Allocations:**

**Priority:** Medium

Outcome 2.2 Appropriate Motivational Techniques
Identify appropriate motivational techniques in a health/fitness setting.

**Action:** Monitor

This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** annually

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** PE 666 Exam Question

**Resource Allocations:**

**Priority:** Medium

Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

Outcome 3.1 Physiological Responses to Aerobic Exercise
Explain physiological responses to aerobic exercise testing and training.

**Action:** Collect data

This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

**Action Details:**

**Implementation Plan (timeline):** Collect dat in Fall 2013 - data collected bi-annually

**Key/Responsible Personnel:** Neil Fleming

**Measures:** Exam Essay Question

**Resource Allocations:**

**Priority:** Medium
This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

**Action Details:**

**Implementation Plan (timeline):** Collect data in Fall 2013 - data collected bi-annually

**Key/Responsible Personnel:** Neil Flemming

**Measures:** essay exam question

**Resource Allocations:**

**Priority:** Medium
Objective 5. Professional Coaching Attributes and Behaviors
Demonstrate professional coaching attributes and behaviors.

Outcome 5.1 Athlete Centered Philosophy
Develop an athlete-centered philosophy.

Action: Monitor
This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

Action Details: Continue to monitor for maintaining current level

Implementation Plan (timeline): Annually

Key/Responsible Personnel: Jolynn Kuhlman

Measures: Internship Performance Portfolio

Resource Allocations:

Priority: Medium

Outcome 5.2 Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

Action: Monitor
This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

Action Details: Continue to monitor for maintaining current level

Implementation Plan (timeline): Collect data Bi-annually (next Spring 2015)

Key/Responsible Personnel: Jolynn Kuhlman

Measures: Written Coaching Philosophy

Resource Allocations:

Priority: Medium

Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

Outcome 6.1 Disseminate ethical

Action: Monitor
Objective 7. Demonstrate Motion Analysis Techniques

Objectives:
Demonstrate motion analysis techniques to produce effective human movement patterns in sport.

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency.

Action: Adjust timing of assignments

This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

Action Details: Evaluate the timing of the assignments and length given to the preparation of analysis.

Implementation Plan (timeline): Fall 2015

Key/Responsible Personnel: Al Finch

Measures: Effective Motion Analysis Techniques

Resource Allocations:
Priority: High

Status Report

Action Statuses

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply
Apply knowledge of basic research design.

Action: Revise presentation of material

Action Details: More time must be spent on the specific aspects of a proposal and the proper formatting and structure of the proposal.

Implementation Plan (timeline): Spring 2014 semester

Key/Responsible Personnel: Alfred Finch

Measures: Research Proposal
Outcomes Summary

Outcome 1.2 Articulate Understanding through Writing
Articulate understanding of research in the health/fitness setting through writing.

<table>
<thead>
<tr>
<th>Action</th>
<th>Collect data Fall 2013</th>
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<tbody>
<tr>
<td>Action Details:</td>
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</tr>
<tr>
<td>Implementation Plan (timeline):</td>
<td>Data only collected biannually</td>
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<td>Key/Responsible Personnel:</td>
<td>Jolynn Kuhlman</td>
</tr>
<tr>
<td>Measures:</td>
<td>Research project</td>
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Status for Collect data Fall 2013

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<tr>
<th>Current Status:</th>
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</thead>
<tbody>
<tr>
<td>Resource Allocation(s) Status:</td>
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Next Steps/Additional Information:

Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

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<thead>
<tr>
<th>Action</th>
<th>Monitor</th>
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<tbody>
<tr>
<td>Action Details:</td>
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</tr>
<tr>
<td>Implementation Plan (timeline):</td>
<td>Annually</td>
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<tr>
<td>Key/Responsible Personnel:</td>
<td>Kathy Ginter</td>
</tr>
<tr>
<td>Measures:</td>
<td>Team Scenario Exercise</td>
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<td>Resource Allocations:</td>
<td>Priority: Medium</td>
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</table>

Status for Monitor

Next Steps/Additional Information:
Outcome 2.2
Appropriate Motivational Techniques
Identify appropriate motivational techniques in a health/fitness setting.

Action: Monitor
Action Details: Continue to monitor for maintaining current level
Implementation Plan (timeline): annually
Key/Responsible Personnel: Kathy Ginter
Measures: PE 666 Exam Question
Resource Allocations:
Priority: Medium

Status for Monitor
Current Status: Completed
Resource Allocation(s) Status:
Next Steps/Additional Information:

Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

Outcome 3.1
Physiological Responses to Aerobic Exercise
Explain physiological responses to aerobic exercise testing and training.

Action: Collect data
Action Details:
Implementation Plan (timeline): Collect data in Fall 2013 - data collected bi-annually
Key/Responsible Personnel: Neil Fleming
Measures: Exam Essay Question
Resource Allocations:
Priority: Medium

Status for Collect data
Current Status: Completed
Resource Allocation(s) Status: data collected
Next Steps/Additional Information:
<table>
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<th>Action: Collect Data</th>
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<tbody>
<tr>
<td>Action Details:</td>
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<tr>
<td>Implementation Plan (timeline): Collect data in Fall 2013 - data collected bi-annually</td>
</tr>
<tr>
<td>Key/Responsible Personnel: Neil Fleming</td>
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<tr>
<td>Measures: essay exam question</td>
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<tr>
<td>Resource Allocations:</td>
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Next Steps/Additional Information:

**Outcome 3.2**

**Neuromuscular Responses to Resistance Exercise**

Explain neuromuscular responses to resistance exercise testing and training.

<table>
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<tr>
<th>Action: Collect Data</th>
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<tbody>
<tr>
<td>Action Details:</td>
</tr>
<tr>
<td>Implementation Plan (timeline): Data Collected in Fall 2013</td>
</tr>
<tr>
<td>Key/Responsible Personnel: Neil Fleming</td>
</tr>
<tr>
<td>Measures: Season Long Training Program</td>
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<td>Resource Allocations:</td>
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<tr>
<td>Priority: Medium</td>
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<tr>
<td>Resource Allocation(s) Status: data collected</td>
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Next Steps/Additional Information:

**Objective 4. Effective Learning Environment**

Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

**Outcome 4.1**

**Understand Growth and Maturation**

Understand growth (social, psychological, physical) and maturation and its

<table>
<thead>
<tr>
<th>Action: Collect Data</th>
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</thead>
<tbody>
<tr>
<td>Action Details: Collect Data in Fall 2013</td>
</tr>
</tbody>
</table>

<p>| Implementation Plan (timeline): Data Collected bi-annually |</p>
<table>
<thead>
<tr>
<th><strong>Outcome 4.2 Practice Sport Specific Strategies</strong></th>
<th><strong>Action</strong>: Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice sport specific strategies in an experiential learning environment.</td>
<td><strong>Action Details</strong>: Continue to monitor for maintaining current level</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline)</strong>: Annually</td>
<td><strong>Key/Responsible Personnel</strong>: Jolynn Kuhlman</td>
</tr>
<tr>
<td><strong>Measures</strong>: Internship Performance Portfolio</td>
<td><strong>Priority</strong>: Medium</td>
</tr>
<tr>
<td><strong>Resource Allocations</strong>:</td>
<td><strong>Current Status</strong>: Completed</td>
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<td><strong>Status for Monitor</strong></td>
<td><strong>Resource Allocation(s) Status</strong>: data collected</td>
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<tr>
<td><strong>Next Steps/Additional Information</strong>:</td>
<td><strong>Next Steps/Additional Information</strong>:</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Objective 5. Professional Coaching Attributes and Behaviors</strong></th>
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<tbody>
<tr>
<td>Demonstrate professional coaching attributes and behaviors.</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Outcome 5.1 Athlete Centered Philosophy</strong></th>
<th><strong>Action</strong>: Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop an athlete-centered philosophy.</td>
<td><strong>Action Details</strong>: Continue to monitor for maintaining current level</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline)</strong>: Collect data Bi-annually (next Spring 2015)</td>
<td><strong>Key/Responsible Personnel</strong>: Jolynn Kuhlman</td>
</tr>
<tr>
<td><strong>Measures</strong>: Written Coaching Philosophy</td>
<td><strong>Resource Allocations</strong>:</td>
</tr>
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<td><strong>Status for Collect Data</strong></td>
<td><strong>Status for Collect Data</strong>:</td>
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<td><strong>Current Status</strong>: Completed</td>
<td><strong>Next Steps/Additional Information</strong>:</td>
</tr>
<tr>
<td><strong>Resource Allocation(s) Status</strong>: data collected</td>
<td><strong>Next Steps/Additional Information</strong>:</td>
</tr>
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</table>
**Outcome 5.2**
Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

**Action:** Monitor

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Collect data bi-annually (next time Spring 2015)

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Ethical Dilemma assignment

**Resource Allocations:**

**Priority:** Medium

---

**Status for Monitor**

**Current Status:** In Progress

**Resource Allocation(s) Status:** Data will not be collected until Spring 2015 since course was not taught this year.

**Next Steps/Additional Information:**

---

**Objective 6. Demonstrate Understanding of Administration**
Demonstrate understanding of the organization and administration systems in sport settings.

**Outcome 6.1**
Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices

**Action:** Monitor

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Annually

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Athletic Program Plan

**Resource Allocations:**

**Priority:** Medium

---

**Status for Monitor**

**Current Status:** In Progress

**Resource Allocation(s) Status:** Data will not be collected until Spring 2015 since course was not taught this year.

**Next Steps/Additional Information:**
Objective 7. Demonstrate Motion Analysis Techniques

Demonstrate motion analysis techniques to produce effective human movement patterns in sport

| Objective 7.1 Perform a qualitative and quantitative biomechanical analysis |
| Action: Adjust timing of assignments |
| Action Details: Evaluate the timing of the assignments and length given to the preparation of analysis |
| Implementation Plan (timeline): Fall 2015 |
| Key/Responsible Personnel: Al Finch |
| Measures: Effective Motion Analysis Techniques |
| Resource Allocations: |
| Priority: High |

Status for Adjust timing of assignments

Current Status: In Progress

Resource Allocation(s) Status: Data will be collected Fall 2015 since course was not taken by any students in the coaching program this fall.

Next Steps/Additional Information:

Status Summary

We have finished data analysis and will keep monitoring assessment. Changes have been made for 2013-2014 to reflect changes made to the program.

Summary of Next Steps

No text specified
### Assessment Plan

#### Outcomes and Measures

**MA/MS in Physical Education (Coaching) Outcome Set**

**Objective 1. Research in Sport and Exercise Science**
Implement knowledge application of research in sport and exercise science.

<table>
<thead>
<tr>
<th>Outcome 1.1 Apply</th>
<th>Measure: Research Proposal</th>
<th>Direct - Student Artifact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Details/Description:</strong> Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures.</td>
<td><strong>Target:</strong> 90% of students will earn 80/100 points for the development of a research proposal.</td>
<td><strong>Implementation Plan (timeline):</strong> Each Spring semester.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Outcome 1.2 Articulate Understanding through Writing</th>
<th>Measure: Research Project Evaluation Rubric</th>
<th>Direct - Student Artifact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Details/Description:</strong> Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in a written document.</td>
<td><strong>Target:</strong> 85% of students will earn 34/40 points.</td>
<td><strong>Implementation Plan (timeline):</strong> Every other Fall.</td>
</tr>
</tbody>
</table>

**Outcome 1.2 Supporting Attachments:**
- Research Project Rubrics (Word Document (Open XML)) (See appendix)

**Objective 2. Integrate Sport & Exercise Psych Principles**
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

<table>
<thead>
<tr>
<th>Outcome 2.1 Apply theory and principles</th>
<th>Measure: PE 666 - Team Scenario Exercise</th>
<th>Direct - Portfolio</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Details/Description:</strong> Students will analyze two team scenarios and using research findings and textbook information to support their analysis.</td>
<td><strong>Target:</strong> Aggregate class mean score of 80% on higher on responses.</td>
<td><strong>Implementation Plan (timeline):</strong> Each spring term.</td>
</tr>
</tbody>
</table>

**Outcome 2.1 Supporting Attachments:**
- Description of Assignment (Microsoft Word) (See appendix)
- Manual Rubric (Microsoft Word) (See appendix)
### Outcome 2.2
**Appropriate Motivational Techniques**
Identify appropriate motivational techniques in a health/fitness setting.

**Measure:** Physical Education 666 Exam Question  
Direct - Exam

**Details/Description:** Students will describe in detail and provide equivocal sport related examples  
**Target:** 90% of students will score 8/10 points  
**Implementation Plan (timeline):** Every spring term  
**Responsible Individual(s):** Dr. Kathy Ginter  
**Supporting Attachments:**  
Exam Question (Word Document (Open XML)) (See appendix)

### Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

### Outcome 3.1
**Physiological Responses to Aerobic Exercise**
Explain physiological responses to aerobic exercise testing and training.

**Measure:** Exam Essay Question  
Direct - Exam

**Details/Description:** Explain physiological responses to aerobic exercise and training  
**Target:** 85% of students will score 8/10 points.  
**Implementation Plan (timeline):** Fall 2013 and bi-annually thereafter.  
**Responsible Individual(s):** Dr. Neil Fleming

### Outcome 3.2
**Neuromuscular Responses to Resistance Exercise**
Explain neuromuscular responses to resistance exercise testing and training.

**Measure:** Season Long Training Program  
Direct - Student Artifact

**Details/Description:** Choose a sport and position with that sport. Identify specific task in that sport. Provide an introduction to the sport and specific task. Develop a strength and conditioning program for the competitive season and justify the program using scientific rationale.  
**Target:** 85% of students will score 85/100 points  
**Implementation Plan (timeline):** Fall 2013 and bi-annually thereafter.  
**Responsible Individual(s):** Dr. Neil Fleming

### Objective 4. Effective Learning Environment
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

### Outcome 4.1
**Understand Growth and Maturation**
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Measure:** Learning Principles Project  
Direct - Student Artifact

**Details/Description:** The students will create a learning environment, apply various learning concepts and provide the theoretical rationale behind the application for each concept  
**Target:** 85% of students will score 16/20 points  
**Implementation Plan (timeline):** Every other Fall  
**Responsible Individual(s):** Jolynn Kuhlman  
**Supporting Attachments:**  
Learning Principles Guidelines (Microsoft Word) (See appendix)
Outcome 4.2  Practice  
Sport Specific  
Strategies
Practice sport specific strategies in an experiential learning environment.
following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.

**Target:** 85% of students will earn 40/50 points

**Implementation Plan (timeline):** Every Fall

**Responsible Individual(s):** Jolynn Kuhlman

---

**Objective 7. Demonstrate Motion Analysis Techniques**

Demonstrate motion analysis techniques to produce effective human movement patterns in sport

**Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis**

Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency

**Measure:** Effective Motion Analysis Techniques

**Details/Description:** Students will demonstrate proper quantitative and qualitative motion analysis in an individual research project

**Target:** 90% of students will earn 80/100 points for a biomechanical motion analysis written project and oral presentation that includes video analysis

**Implementation Plan (timeline):** Fall semester

**Responsible Individual(s):** Dr. Alfred Finch

---

**Assessment Findings**

**Finding per Measure**

**MA/MS in Physical Education (Coaching) Outcome Set**

**Objective 1. Research in Sport and Exercise Science**

Implement knowledge application of research in sport and exercise science.

**Outcome 1.1 Apply**

Apply knowledge of basic research design.

**Measure:** Research Proposal

**Details/Description:** Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures

**Target:** 90% of students will earn 80/100 points for the development of a research proposal

**Implementation Plan (timeline):** Each Spring semester

**Responsible Individual(s):** Alfred Finch

---

**Findings for Research Proposal**

**Summary of Findings:** 91.67% of students earned better than 80/100 points for the assignment. The average score was 88.

**Results:** Target Achievement: Met

**Recommendations:** Course content was revised for this year and student performance was improved. The instructor as also changed for this year. The current instructor should be retained.

**Reflections/Notes:**

**Substantiating Evidence:**

Research Proposal (Word Document (Open XML)) (See appendix)
Outcome 1.2 Articulate Understanding through Writing

Articulate understanding of research in the health/fitness setting through writing.

**Measure:** Research Project Evaluation Rubric
- Direct - Student Artifact

**Details/Description:** Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in a written document.

**Target:** 85% of students will earn 34/40 points

**Implementation Plan (timeline):** Every other Fall

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Research Project Rubris (Word Document (Open XML)) (See appendix)

---

**Findings for Research Project Evaluation Rubric**

**Summary of Findings:** 79% of students earned better that 34/40 points for the assignment. The average score was 35.

**Results:** Target Achievement: Not Met

**Recommendations:** More time must be spent in their research course on using APA style and the process of writing a literature review.

**Reflections/Notes:**

---

**Objective 2. Integrate Sport & Exercise Psych Principles**

Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

Outcome 2.1 Apply theory and principles

Apply sport and exercise psychology theory and principles through writing.

**Measure:** PE 666 - Team Scenario Exercise
- Direct - Portfolio

**Details/Description:** Students will analyze two team scenarios and using research findings and textbook information to support their analysis.

**Target:** Aggregate class mean score of 80% on higher on responses

**Implementation Plan (timeline):** Each spring term

**Responsible Individual(s):** Dr. Kathy Ginter

**Supporting Attachments:**
- Description of Assignment (Microsoft Word) (See appendix)
- Manual Rubric (Microsoft Word) (See appendix)

---

**Findings for PE 666 - Team Scenario Exercise**

**Summary of Findings:** The aggregate class mean was was 95.7% and 100% of the students scored above 80%

**Results:** Target Achievement: Exceeded

**Recommendations:**

**Reflections/Notes:**

**Substantiating Evidence:**
- Mental Skills Portfolio (Adobe Acrobat Document) (See appendix)
### Outcome 2.2
**Appropriate Motivational Techniques**

Identify appropriate motivational techniques in a health/fitness setting.

<table>
<thead>
<tr>
<th><strong>Measure:</strong> Physical Education 666 Exam Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct - Exam</td>
</tr>
<tr>
<td><strong>Details/Description:</strong> Students will describe in detail and provide equivocal sport related examples</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline):</strong> Every spring term</td>
</tr>
<tr>
<td><strong>Responsible Individual(s):</strong> Dr. Kathy Ginter</td>
</tr>
<tr>
<td><strong>Supporting Attachments:</strong> Exam Question (Word Document (Open XML)) (See appendix)</td>
</tr>
</tbody>
</table>

#### Findings for Physical Education 666 Exam Question

- **Summary of Findings:** 100% of students earned better that .8/10 points for the assignment. The average score was 9.8.
- **Results:** Target Achievement: Exceeded
- **Recommendations:**
- **Reflections/Notes:**

### Objective 3. Physical Conditioning

**Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.**

### Outcome 3.1
**Physiological Responses to Aerobic Exercise**

Explain physiological responses to aerobic exercise testing and training.

<table>
<thead>
<tr>
<th><strong>Measure:</strong> Exam Essay Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct - Exam</td>
</tr>
<tr>
<td><strong>Details/Description:</strong> Explain physiological responses to aerobic exercise and training</td>
</tr>
<tr>
<td><strong>Target:</strong> 85% of students will score 8/10 points</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline):</strong> Fall 2013 and bi-annually thereafter.</td>
</tr>
<tr>
<td><strong>Responsible Individual(s):</strong> Dr. Neil Fleming</td>
</tr>
</tbody>
</table>

#### Findings for Exam Essay Question

- **Summary of Findings:** 67% of the students scored better than 8/10 points. Question was scored on an all or none method.
- **Results:** Target Achievement: Not Met
- **Recommendations:**
- **Reflections/Notes:**

### Outcome 3.2
**Neuromuscular Responses to Resistance Exercise**

Explain neuromuscular responses to resistance exercise testing and training.

<table>
<thead>
<tr>
<th><strong>Measure:</strong> Season Long Training Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct - Student Artifact</td>
</tr>
<tr>
<td><strong>Details/Description:</strong> Choose a sport and position with that sport. Identify specific task in that sport. Provide an introduction to the sport and specific task. Develop a strength and conditioning program for the competitive season and justify the program using scientific rationale.</td>
</tr>
<tr>
<td><strong>Target:</strong> 85% of students will score 85/100 points</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline):</strong> Fall 2013 and bi-annually thereafter.</td>
</tr>
</tbody>
</table>
Responsible Individual(s): Dr. Neil Fleming

Findings for Season Long Training Program

Summary of Findings: 83.3% of the students scored 85/100 points or better with an average score of 88.2/100.
Results: Target Achievement: Not Met
Recommendations:
Reflections/Notes:

Objective 4. Effective Learning Environment
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

Outcome 4.1
Understand Growth and Maturation
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

Measure: Learning Principles Project
Direct - Student Artifact

Details/Description: The students will create a learning environment, apply various learning concepts and provide the theoretical rationale behind the application for each concept
Target: 85% of students will score 16/20 points
Implementation Plan (timeline): Every other Fall
Responsible Individual(s): Jolynn Kuhlman
Supporting Attachments:
Learning Principles Guidelines (Microsoft Word) (See appendix)

Findings for Learning Principles Project

Summary of Findings: 95% of the students earned 16 or above out of 20 points for program plan. The average score was 17.55.
Results: Target Achievement: Exceeded
Recommendations: Continue to monitor for maintaining current level
Reflections/Notes:
Substantiating Evidence:
Learning principles Paper (Word Document (Open XML)) (See appendix)

Outcome 4.2 Practice Specific Strategies
Practice sport specific strategies in an experiential learning environment.

Measure: Internship Performance Portfolio
Direct - Portfolio

Details/Description: The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 - Sports Safety and Prevention; pre season conditioning plans represents Domain 3- Physical Preparation and Conditioning; daily practice plans represents Domain 5 Teaching and Communication). The domains of the National Standards for Athletic Coaches are:
1. Philosophy and Ethics
2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
Objective 5. Professional Coaching Attributes and Behaviors

Demonstrate professional coaching attributes and behaviors.

Outcome 5.1 Athlete Centered Philosophy

Develop an athlete-centered philosophy.

Measure: Written Coaching Philosophy
Direct - Student Artifact

Details/Description: The student will write their coaching philosophy taking into consideration what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and games will be organized, team rules and consequences, and how they will communicate their philosophy.

Target: 85% of students will earn 8/10 points
Implementation Plan (timeline): Every other Spring beginning Spring 2013
Responsible Individual(s): Jolynn Kuhlman

Findings for Written Coaching Philosophy

Summary of Findings: Course not offered this spring
Recommendations:
Reflections/Notes:

Outcome 5.2 Understand ethical behaviors

Understand responsible personal, social, ethical behaviors.

Measure: Ethical Dilemma Assignment
Direct - Student Artifact

Details/Description: Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete the assignment.

Target: 85% of students will earn 12/15 points
Implementation Plan (timeline): Every other Spring (beginning 2013)
Responsible Individual(s): Jolynn Kuhlman

Findings for Ethical Dilemma Assignment
Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

Outcome 6.1 Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices

Measure: Athletic Program Plan
Direct - Student Artifact

Details/Description: Students will assemble an athletic program plan. The plan will contain the following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.
Target: 85% of students will earn 40/50 points
Implementation Plan (timeline): Every Fall
Responsible Individual(s): Jolynn Kuhlman

Findings for Athletic Program Plan

Summary of Findings: 100% of the students earned above 40 out of 50 points for program plan. The average score was 44.1.
Results: Target Achievement: Exceeded
Recommendations: Continue to monitor for maintaining current level
Reflections/Notes:
Substantiating Evidence:
Fall 2013 Program Plan (Word Document (Open XML)) (See appendix)

Objective 7. Demonstrate Motion Analysis Techniques
Demonstrate motion analysis techniques to produce effective human movement patterns in sport

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency

Measure: Effective Motion Analysis Techniques
Direct - Student Artifact

Details/Description: Students will demonstrate proper quantitative and qualitative motion analysis in an individual research project
Target: 90% of students will earn 80/100 points for a biomechanical motion analysis written project and oral presentation that includes video analysis
Implementation Plan (timeline): Fall semester
Responsible Individual(s): Dr. Alfred Finch

Findings for Effective Motion Analysis Techniques

Summary of Findings: No students enrolled in PE 685 this fall, No assessment this fall.
Recommendations: Continue to monitor next fall.
Reflections/Notes:
## Action Plan

### MA/MS in Physical Education (Coaching) Outcome Set

#### Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

<table>
<thead>
<tr>
<th>Outcome 1.1 Apply</th>
<th>Action: Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Objective:</strong> Apply knowledge of basic research design.</td>
<td><strong>This Action is associated with the following Findings</strong>&lt;br&gt;No supporting Findings have been linked to this Action.</td>
</tr>
<tr>
<td></td>
<td><strong>Action Details:</strong> Continue to monitor to maintain current level. Maintain current instructor</td>
</tr>
<tr>
<td></td>
<td><strong>Implementation Plan (timeline):</strong> Spring 2015 semester</td>
</tr>
<tr>
<td></td>
<td><strong>Key/Responsible Personnel:</strong> Kathy Ginter</td>
</tr>
<tr>
<td></td>
<td><strong>Measures:</strong> Research Proposal</td>
</tr>
<tr>
<td></td>
<td><strong>Resource Allocations:</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Priority:</strong> High</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Outcome 1.2 Articulate Understanding through Oral Presentation</th>
<th>Action: Revise course material</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Objective:</strong> Articulate understanding of research in the health/fitness setting through an Oral presentation</td>
<td><strong>This Action is associated with the following Findings</strong>&lt;br&gt;No supporting Findings have been linked to this Action.</td>
</tr>
<tr>
<td></td>
<td><strong>Action Details:</strong> Revise course material in PE 601 to increase work on APA format and writing style. Reinforce APA format in directions for research paper in PE 660.</td>
</tr>
<tr>
<td></td>
<td><strong>Implementation Plan (timeline):</strong> Fall 2015</td>
</tr>
<tr>
<td></td>
<td><strong>Key/Responsible Personnel:</strong> Jolynn Kuhlman</td>
</tr>
<tr>
<td></td>
<td><strong>Measures:</strong> Research project</td>
</tr>
<tr>
<td></td>
<td><strong>Resource Allocations:</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Priority:</strong> Medium</td>
</tr>
</tbody>
</table>

#### Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

### Outcome 2.1 Apply theory and principles
Apply sport and exercise psychology theory and principles through writing.

**Action:** Monitor

**This Action is associated with the following Findings**
No supporting Findings have been linked to this Action.

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Annually

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** Team Scenario Exercise

**Resource Allocations:**

**Priority:** Medium

### Outcome 2.2 Appropriate Motivational Techniques
Identify appropriate motivational techniques in a health/fitness setting.

**Action:** Monitor

**This Action is associated with the following Findings**
No supporting Findings have been linked to this Action.

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Annually

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** PE 666 Exam Question

**Resource Allocations:**

**Priority:** Medium

### Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

### Outcome 3.1 Physiological Responses to Aerobic Exercise
Explain physiological responses to aerobic exercise testing and training.

**Action:** Redesign course

**This Action is associated with the following Findings**
No supporting Findings have been linked to this Action.

**Action Details:** Redesign and structure course to address the specific needs of the coaching education students and offer in alternating years.

**Implementation Plan (timeline):** Collect data in Fall 2015 - data collected bi-annually

**Key/Responsible Personnel:** Neil Fleming

**Measures:** Exam Essay Question

**Resource Allocations:**

**Priority:** Medium
### Outcome 3.2
**Neuromuscular Responses to Resistance Exercise**
Explain neuromuscular responses to resistance exercise testing and training.

**Action:** Redesign course

- **This Action is associated with the following Findings**
  No supporting Findings have been linked to this Action.

- **Action Details:** Redesign course to provide more detail on periodization and the development of training programs.

- **Implementation Plan (timeline):** Data Collected in Fall 2015

- **Key/Responsible Personnel:** Neil Fleming

- **Measures:** Season Long Training Program

- **Resource Allocations:**
  - **Priority:** Medium

### Objective 4. Effective Learning Environment
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

### Outcome 4.1
**Understand Growth and Maturation**
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Action:** Monitor

- **This Action is associated with the following Findings**
  No supporting Findings have been linked to this Action.

- **Action Details:** Monitor to maintain current level

- **Implementation Plan (timeline):** Data Collected bi-annually

- **Key/Responsible Personnel:** Jolynn Kuhlman

- **Measures:** Learning Principles Paper

- **Resource Allocations:**
  - **Priority:** Medium

### Outcome 4.2
**Practice Sport Specific Strategies**
Practice sport specific strategies in an experiential learning environment.

**Action:** Redesign Portfolio Directions

- **This Action is associated with the following Findings**
  No supporting Findings have been linked to this Action.

- **Action Details:** Provide more specific directions for the portfolio development. Institute an electronic program to collect portfolio materials throughout the student's master's program.

- **Implementation Plan (timeline):** Annually

- **Key/Responsible Personnel:** Jolynn Kuhlman

- **Measures:** Internship Performance Portfolio

- **Resource Allocations:**
  - **Priority:** Medium
### Objective 5. Professional Coaching Attributes and Behaviors

Demonstrate professional coaching attributes and behaviors.

<table>
<thead>
<tr>
<th>Outcome 5.1 Athlete Centered Philosophy</th>
<th>Action: Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop an athlete-centered philosophy.</td>
<td><strong>This Action is associated with the following Findings</strong> No supporting Findings have been linked to this Action. <strong>Action Details:</strong> Continue to monitor for maintaining current level <strong>Implementation Plan (timeline):</strong> Collect data bi-annually (next Spring 2015) <strong>Key/Responsible Personnel:</strong> Jolynn Kuhlman <strong>Measures:</strong> Written Coaching Philosophy <strong>Resource Allocations:</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Outcome 5.2 Understand ethical behaviors</th>
<th>Action: Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand responsible personal, social, ethical behaviors.</td>
<td><strong>This Action is associated with the following Findings</strong> No supporting Findings have been linked to this Action. <strong>Action Details:</strong> Monitor to maintain current level <strong>Implementation Plan (timeline):</strong> Collect data bi-annually (next time Spring 2015) <strong>Key/Responsible Personnel:</strong> Jolynn Kuhlman <strong>Measures:</strong> Ethical Dilemma assignment <strong>Resource Allocations:</strong></td>
</tr>
</tbody>
</table>

### Objective 6. Demonstrate Understanding of Administration

Demonstrate understanding of the organization and administration systems in sport settings.

<table>
<thead>
<tr>
<th>Outcome 6.1 Disseminate ethical administrative practices</th>
<th>Action: Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand and disseminate ethical business administrative practices</td>
<td><strong>This Action is associated with the following Findings</strong> No supporting Findings have been linked to this Action. <strong>Action Details:</strong> Continue to monitor for maintaining current level <strong>Implementation Plan (timeline):</strong> Annually <strong>Key/Responsible Personnel:</strong> Jolynn Kuhlman <strong>Measures:</strong> Athletic Program Plan <strong>Resource Allocations:</strong></td>
</tr>
</tbody>
</table>
Objective 7. Demonstrate Motion Analysis Techniques
Demonstrate motion analysis techniques to produce effective human movement patterns in sport.

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency.

Action: Adjust timing of assignments
This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

Action Details: Evaluate the timing of the assignments and length given to the preparation of analysis

Implementation Plan (timeline): Fall 2015

Key/Responsible Personnel: Al Finch

Measures: Effective Motion Analysis Techniques

Resource Allocations:

Priority: High

Status Report

Action Statuses

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply
Apply knowledge of basic research design.

Action: Monitor

Action Details: Continue to monitor to maintain current level. Maintain current instructor

Implementation Plan (timeline): Spring 2015 semester

Key/Responsible Personnel: Kathy Ginter

Measures: Research Proposal

Resource Allocations:

Priority: High

Status for Monitor

Current Status: Completed

Resource Allocation(s) Status:

Next Steps/Additional Information:
### Outcome 1.2 Articulate Understanding through Oral Presentation

Articulate understanding of research in the health/fitness setting through an Oral presentation

**Action:** Revise course material

**Action Details:** Revise course material in PE 601 to increase work on APA format and writing style. Reinforce APA format in directions for research paper in PE 660.

**Implementation Plan (timeline):** Fall 2015

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Research project

**Resource Allocations:**

**Priority:** Medium

**Status** for Revise course material

**Current Status:** Completed

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:** Continue to monitor to determine additional revisions.

---

### Objective 2. Integrate Sport & Exercise Psych Principles

Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

#### Outcome 2.1 Apply theory and principles

Apply sport and exercise psychology theory and principles through writing.

**Action:** Monitor

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Annually

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** Team Scenario Exercise

**Resource Allocations:**

**Priority:** Medium

**Status** for Monitor

**Current Status:** Completed

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:**

---

### Outcome 2.2 Appropriate Motivational Techniques

Identify appropriate motivational techniques in

**Action:** Monitor

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** annually
Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

Outcome 3.1 Physiological Responses to Aerobic Exercise
Explain physiological responses to aerobic exercise testing and training.

Action: Redesign course

Action Details: Redesign and structure course to address the specific needs of the coaching education students and offer in alternating years.

Implementation Plan (timeline): Collect data in Fall 2015 - data collected bi-annually

Key/Responsible Personnel: Neil Fleming
Measures: Exam Essay Question
Resource Allocations:
Priority: Medium

Status for Redesign course

Current Status: In Progress
Resource Allocation(s) Status:
Next Steps/Additional Information: Course not taught in Fall 2014 for coaching students. Redesign will be used for Fall 2015 course.

Outcome 3.2 Neuromuscular Responses to Resistance Exercise
Explain neuromuscular responses to resistance exercise testing and training.

Action: Redesign course

Action Details: Redesign course to provide more detail on periodization and the development of training programs.

Implementation Plan (timeline): Data Collected in Fall 2015

Key/Responsible Personnel: Neil Fleming
Measures: Season Long Training Program
### Resource Allocations:

**Priority:** Medium

---

**Status** for Redesign course

**Current Status:** In Progress

**Resource Allocation(s) Status:**

**Next Steps/Additional Information:** Course not taught in Fall 2014 for coaching students. Redesign will be used for Fall 2015 course.

---

### Objective 4. Effective Learning Environment

Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

#### Outcome 4.1 Understand Growth and Maturation

Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Action:** Monitor

**Action Details:** Monitor to maintain current level

**Implementation Plan (timeline):** Data Collected bi-annually

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Learning Principles Paper

**Resource Allocations:**

**Priority:** Medium

---

**Status** for Monitor

**Current Status:** Completed

**Resource Allocation(s) Status:**

---

### Outcome 4.2 Practice Sport Specific Strategies

Practice sport specific strategies in an experiential learning environment.

**Action:** Redesign Portfolio Directions

**Action Details:** Provide more specific directions for the portfolio development. Institute an electronic program to collect portfolio materials throughout the student's master's program.

**Implementation Plan (timeline):** Annually

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Internship Performance Portfolio

**Resource Allocations:**

**Priority:** Medium
Program Outcomes Assessment
MA/MS in Physical Education (Coaching)

Status for Redesign Portfolio Directions

Current Status: Completed
Resource Allocation(s) Status:
Next Steps/Additional Information: New portfolio directions completed and used by students during Spring 2015 semester.

Objective 5. Professional Coaching Attributes and Behaviors
Demonstrate professional coaching attributes and behaviors.

Outcome 5.1 Athlete Centered Philosophy
Develop an athlete-centered philosophy.

Action: Monitor
Action Details: Continue to monitor for maintaining current level
Implementation Plan (timeline): Collect data Bi-annually (next Spring 2015)
Key/Responsible Personnel: Jolynn Kuhlman
Measures: Written Coaching Philosophy
Resource Allocations:
Priority: Medium

Status for Monitor
Current Status: Not Implemented
Resource Allocation(s) Status:
Next Steps/Additional Information: Course not taught during the 2013-2014 academic year.

Outcome 5.2 Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

Action: Monitor
Action Details: Monitor to maintain current level
Implementation Plan (timeline): Collect data bi-annually (next time Spring 2015)
Key/Responsible Personnel: Jolynn Kuhlman
Measures: Ethical Dilemma assignment
Resource Allocations:
Priority: Medium

Status for Monitor
Current Status: Not Implemented
Resource Allocation(s) Status:
Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

Outcome 6.1 Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices

**Action:** Monitor

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Annually

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Athletic Program Plan

**Resource Allocation(s):**

**Priority:** Medium

**Status for Monitor**

**Current Status:** Completed

**Resource Allocation(s) Status:**

Next Steps/Additional Information:

Objective 7. Demonstrate Motion Analysis Techniques
Demonstrate motion analysis techniques to produce effective human movement patterns in sport

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency

**Action:** Adjust timing of assignments

**Action Details:** Evaluate the timing of the assignments and length given to the preparation of analysis

**Implementation Plan (timeline):** Fall 2015

**Key/Responsible Personnel:** Al Finch

**Measures:** Effective Motion Analysis Techniques

**Resource Allocation(s):**

**Priority:** High

**Status for Adjust timing of assignments**

**Current Status:** Not Implemented

**Resource Allocation(s) Status:**

Next Steps/Additional Information: Instructor made no changes in the course.
Status Summary

We have finished data analysis and will keep monitoring assessment. Changes have been made for 2014-2015 to reflect changes made to the program in most courses. Modifications are being made to one course original instructor did not teach course this academic year.

Summary of Next Steps

We will finish redesign of one course and encourage the instructor of another course to address timing of assignments. Additionally we will measure the biannual assessment components this year to determine if changes need to be made for the upcoming year.
## Assessment Plan

### Outcomes and Measures

**MA/MS in Physical Education (Coaching) Outcome Set**

### Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

#### Outcome 1.1 Apply
Apply knowledge of basic research design.

- **Measure:** PE 601 Research Proposal
  - Direct - Student Artifact

  **Details/Description:** Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures.

  **Target:** 85% of students will earn 80% of the specific points assigned for each element of the research project as outlined in the rubric.

  **Implementation Plan (timeline):** Each Spring semester

  **Responsible Individual(s):** Kathy Ginter

#### Outcome 1.2 Articulate Understanding through Oral Presentation
Articulate understanding of research in the health/fitness setting through an Oral presentation.

- **Measure:** PE 660 Research Project Evaluation Rubric
  - Direct - Student Artifact

  **Details/Description:** Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in oral presentation.

  **Target:** 85% of students will earn 80% of the specific points assigned for each element of the research project as outlined in the rubric.

  **Implementation Plan (timeline):** Fall 2015

  **Responsible Individual(s):** Jolynn Kuhlman

  **Supporting Attachments:**
  - CBASS Assignment Sheet (Word Document (Open XML)) (See appendix)

### Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

#### Outcome 2.1 Apply theory and principles
Apply sport and exercise psychology theory and principles through writing.

- **Measure:** PE 666 - Social Reinforcement Assessment
  - Direct - Student Artifact

  **Details/Description:** Employing the CBAS assessment system the student will observe and assess types of social reinforcement provided by a coach to a team. The student will provide a written report of the findings.

  **Target:** 85% of students will score 80% or higher for the report.

  **Implementation Plan (timeline):** Each spring term

  **Responsible Individual(s):** Dr. Kathy Ginter

  **Supporting Attachments:**
  - CBASS Assignment Sheet (Word Document (Open XML)) (See appendix)
Outcome 2.2 Appropriate Mental Skills Techniques

Identify appropriate mental skills, including goal setting strategies, motivation, leadership, team cohesion, and development techniques in a coaching setting.

Measure: Physical Education 666 Mental skills portfolio
Direct - Student Artifact

Details/Description: Students will develop a manual that will address the following mental skills and their application in the student's coaching situation: team cohesion, goal setting strategies, motivational techniques, leadership, and player development.

Target: 85% of students will score 80% or higher on each component of the manual

Implementation Plan (timeline): Every spring term

Responsible Individual(s): Dr. Kathy Ginter

Supporting Attachments:
- Manual Assignment Description (Microsoft Word) (See appendix)
- Manual Evaluation Rubric (Microsoft Word) (See appendix)

Outcome 2.3 Apply Stress Management Theory

Apply the concept of Stress management for an individual athlete through the development of a relaxation tape.

Measure: PE 666 Relaxation Training Tape
Direct - Student Artifact

Details/Description: The student will develop a audio relaxation tape which takes an athlete into a state of relaxation and develops an area of improvement.

Target: 85% of the students will score 80% or higher on the project.

Implementation Plan (timeline): every spring

Responsible Individual(s): Dr. Kathy Ginter

Objective 3. Physical Conditioning

Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

Outcome 3.1 Physiological Responses to Aerobic Exercise

Explain physiological responses to aerobic exercise testing and training.

Measure: PE 684 Exam Essay Question
Direct - Exam

Details/Description: Explain physiological responses to aerobic exercise and training

Target: 85% of students will score 8/10 points.

Implementation Plan (timeline): Fall 2013 and bi-annually thereafter.

Responsible Individual(s): Dr. Neil Fleming

Outcome 3.2 Neuromuscular Responses to Resistance Exercise

Explain neuromuscular responses to resistance exercise testing and training.

Measure: PE 684 Season Long Training Program
Direct - Student Artifact

Details/Description: Choose a sport and position with that sport. Identify specific task in that sport. Provide an introduction to the sport and specific task. Develop a strength and conditioning program for the competitive season and justify the program using scientific rationale.

Target: 85% of students will score 85/100 points

Implementation Plan (timeline): Fall 2013 and bi-annually thereafter.

Responsible Individual(s): Dr. Neil Fleming

Objective 4. Effective Learning Environment

Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.
**Outcome 4.1 Understand Growth and Maturation**
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Measure:** PE 660 Learning Principles Project
Direct - Student Artifact

**Details/Description:** The students will create a learning environment, apply various learning concepts and provide the theoretical rationale behind the application for each concept.

**Target:** 85% of students will score 16/20 points

**Implementation Plan (timeline):** Every other Fall

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Learning Principles Guidelines (Microsoft Word) (See appendix)
- Learning Principles Rubric (Word Document (Open XML)) (See appendix)

**Outcome 4.2 Practice Sport Specific Strategies**
Practice sport specific strategies in an experiential learning environment.

**Measure:** PE 629 Internship Performance Portfolio
Direct - Portfolio

**Details/Description:** The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 - Sports Safety and Prevention; Pre season conditioning plans represents Domain 3 - Physical Preparation and Conditioning; Daily practice plans represents Domain 5 Teaching and Communication).

The domains of the National Standards for Athletic Coaches are:
1. Philosophy and Ethics
2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
6. Organization & Administration
7. Skills & Tactics
8. Evaluation

A self evaluation and the supervisor’s evaluation must be included in your portfolio.

**Target:** 85% of students will earn 85/100 points

**Implementation Plan (timeline):** Every Semester

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Portfolio Guidelines (Word Document (Open XML)) (See appendix)

**Objective 5. Professional Coaching Attributes and Behaviors**
Demonstrate professional coaching attributes and behaviors.

**Outcome 5.1 Athlete Centered Philosophy**
Develop an athlete-centered philosophy.

**Measure:** PE 618 Written Coaching Philosophy
Direct - Student Artifact

**Details/Description:** The student will write their coaching philosophy taking into consideration what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and games will be organized, team rules and consequences, and how they will communicate their philosophy.

**Target:** 85% of students will earn 8/10 points

**Implementation Plan (timeline):** Every other Spring beginning Spring 2013

**Responsible Individual(s):** Jolynn Kuhlman
Outcome 5.2 Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

**Measure:** PE 618 Ethical Dilemma Assignment
Direct - Student Artifact

**Details/Description:** Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete a power point assignment

**Target:** 85% of students will earn 13/15 points

**Implementation Plan (timeline):** Every other Spring (beginning 2013)

**Responsible Individual(s):** Jolynn Kuhlman

Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

Outcome 6.1 Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices

**Measure:** PE 616 Athletic Program Plan
Direct - Student Artifact

**Details/Description:** Students will assemble an athletic program plan. The plan will contain the following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.

**Target:** 85% of students will earn 42/50 points

**Implementation Plan (timeline):** Every Fall

**Responsible Individual(s):** Jolynn Kuhlman

Objective 7. Demonstrate Motion Analysis Techniques
Demonstrate motion analysis techniques to produce effective human movement patterns in sport

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency

**Measure:** PE 685 Effective Motion Analysis Techniques
Direct - Student Artifact

**Details/Description:** Students will demonstrate proper quantitative and qualitative motion analysis in an individual research project

**Target:** 85% of students will earn 80/100 points for a biomechanical motion analysis written project and oral presentation that includes video analysis

**Implementation Plan (timeline):** Fall semester

**Responsible Individual(s):** Dr. Alfred Finch

Assessment Findings

Finding per Measure

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply
Apply knowledge of basic research design.

**Measure:** PE 601 Research Proposal
Direct - Student Artifact

**Details/Description:** Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis
Outcome 1.2 Articulate Understanding through Oral Presentation

Articulate understanding of research in the health/fitness setting through an Oral presentation

Measure: PE 660 Research Project Evaluation Rubric
Direct - Student Artifact

Details/Description: Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in oral presentation

Target: 85% of students will earn 80% of the specific points assigned for each element of the research project as outlined in the rubric.
Implementation Plan (timeline): Fall 2015
Responsible Individual(s): Jolynn Kuhlman
Supporting Attachments:
- Research Project Presentation Rubric (Word Document (Open XML)) (See appendix)

Findings for PE 660 Research Project Evaluation Rubric

Summary of Findings: Course not taught this academic year. Will measure in Fall of 2015.
Recommendations:
Reflections/Notes:

Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

Outcome 2.1 Apply theory and principles
Apply sport and exercise psychology theory and principles through writing.

Measure: PE 666 - Social Reinforcement Assessment
Direct - Student Artifact

Details/Description: Employing the CBAS assessment system the student will observe and assess types of social reinforcement provided by a coach to a team. The student will provide a written report of the findings.

Target: 85% of students will score 80% or higher for the report.
Implementation Plan (timeline): Each spring term
Responsible Individual(s): Dr. Kathy Ginter
Supporting Attachments:
- CBASS Assignment Sheet (Word Document (Open XML)) (See appendix)
### Findings for PE 666 - Social Reinforcement Assessment

**Summary of Findings:** 80% of students earned 85% or greater. Average score was an 88/100.

**Results:** Target Achievement: Not Met

**Recommendations:** Students need to have more detailed instructions for the methodology of the task.

**Reflections/Notes:**

### Outcome 2.2 Appropriate Mental Skills Techniques
Identify appropriate mental skills, including goal setting strategies, motivation, leadership, team cohesion, and development techniques in a coaching setting.

**Measure:** Physical Education 666 Mental skills portfolio  
Direct - Student Artifact

**Details/Description:** Students will develop a manual that will address the following mental skills and their application in the student’s coaching situation: team cohesion, goal setting strategies, motivational techniques, leadership, and player development.

**Target:** 85% of students will score 80% or higher on each component of the manual.

**Implementation Plan (timeline):** Every spring term

**Responsible Individual(s):** Dr. Kathy Ginter

**Supporting Attachments:**
- Manual Assignment Description (Microsoft Word) (See appendix)
- Manual Evaluation Rubric (Microsoft Word) (See appendix)

**Findings for Physical Education 666 Mental skills portfolio**

**Summary of Findings:** 100% of students earned 88% greater. Average grade was 97%.

**Results:** Target Achievement: Exceeded

**Recommendations:** Continue to monitor

**Reflections/Notes:**

### Outcome 2.3 Apply Stress Management Theory
Apply the concept of Stress management for an individual athlete through the development of a relaxation tape.

**Measure:** PE 666 Relaxation Training Tape  
Direct - Student Artifact

**Details/Description:** The student will develop a audio relaxation tape which takes an athlete into a state of relaxation and develops an area of improvement.

**Target:** 85% of the students will score 80% or higher on the project.

**Implementation Plan (timeline):** every spring

**Responsible Individual(s):** Dr. Kathy Ginter

**Findings for PE 666 Relaxation Training Tape**

**Summary of Findings:** 100% of students earned 80% greater. Average grade was 98%.

**Results:** Target Achievement: Exceeded

**Recommendations:** Continue to monitor

**Reflections/Notes:**
Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

Outcome 3.1 Physiological Responses to Aerobic Exercise
Explain physiological responses to aerobic exercise testing and training.

Measure: PE 684 Exam Essay Question
Direct - Exam

Details/Description: Explain physiological responses to aerobic exercise and training
Target: 85% of students will score 8/10 points.
Implementation Plan (timeline): Fall 2013 and bi-annually thereafter.
Responsible Individual(s): Dr. Neil Fleming

Findings for PE 684 Exam Essay Question

Summary of Findings: Not measured Fall 2014
Recommendations: Measure Fall 2015
Reflections/Notes:

Outcome 3.2 Neuromuscular Responses to Resistance Exercise
Explain neuromuscular responses to resistance exercise testing and training.

Measure: PE 684 Season Long Training Program
Direct - Student Artifact

Details/Description: Choose a sport and position with that sport. Identify specific task in that sport. Provide an introduction to the sport and specific task. Develop a strength and conditioning program for the competitive season and justify the program using scientific rationale.
Target: 85% of students will score 85/100 points
Implementation Plan (timeline): Fall 2013 and bi-annually thereafter.
Responsible Individual(s): Dr. Neil Fleming

Findings for PE 684 Season Long Training Program

Summary of Findings: Not measured Fall 2014
Recommendations: Measure Fall 2015
Reflections/Notes:

Objective 4. Effective Learning Environment
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

Outcome 4.1 Understand Growth and Maturation
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

Measure: PE 660 Learning Principles Project
Direct - Student Artifact

Details/Description: The students will create a learning environment, apply various learning concepts and provide the theoretical rationale behind the application for each concept
Target: 85% of students will score 16/20 points
Implementation Plan (timeline): Every other Fall
Responsible Individual(s): Jolynn Kuhlman
Supporting Attachments:
Findings for PE 660 Learning Principles Project

**Summary of Findings:** Not measured Fall 2014 - Class not taught this year

**Recommendations:** Measure Fall 2015

**Reflections/Notes:**

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**Outcome 4.2 Practice Strategies**
**Sport Specific Strategies**
Practice sport specific strategies in an experiential learning environment.

**Measure:** PE 629 Internship Performance Portfolio
**Direct - Portfolio**

**Details/Description:** The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 - Sports Safety and Prevention; Pre season conditioning plans represents Domain 3 - Physical Preparation and Conditioning; Daily practice plans represents Domain 5 Teaching and Communication).

The domains of the National Standards for Athletic Coaches are:
1. Philosophy and Ethics
2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
6. Organization & Administration
7. Skills & Tactics
8. Evaluation

A self evaluation and the supervisor's evaluation must be included in your portfolio

**Target:** 85% of students will earn 85/100 points

**Implementation Plan (timeline):** Every Semester

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Portfolio Guidelines (Word Document (Open XML)) (See appendix)

Findings for PE 629 Internship Performance Portfolio

**Summary of Findings:** 100% of students earned 85 points or greater out of 100. Average score was an 96/100.

**Results:** Target Achievement: Exceeded

**Recommendations:** Continue to monitor and work on moving to all online portfolios.

**Reflections/Notes:**

---

**Objective 5. Professional Coaching Attributes and Behaviors**

**Demonstrate professional coaching attributes and behaviors.**

**Outcome 5.1 Athlete Centered Philosophy**

**Measure:** PE 618 Written Coaching Philosophy
**Direct - Student Artifact**

**Details/Description:** The student will write their coaching philosophy taking into consideration...
what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and and games will be organized, team rules and consequences, and how they will communicate their philosophy.

**Target:** 85% of students will earn 8/10 points  
**Implementation Plan (timeline):** Every other Spring beginning Spring 2013  
**Responsible Individual(s):** Jolynn Kuhlman

---

**Findings** for PE 618 Written Coaching Philosophy

**Summary of Findings:** 100% of students earned 85 points or greater out of 100. Average score was an 98/100.  
**Results:** Target Achievement: Exceeded  
**Recommendations:** continue to monitor  
**Reflections/Notes:**

---

**Outcome 5.2**  
**Understand ethical behaviors**  
Understand responsible personal, social, ethical behaviors.

---

**Measure:** PE 618 Ethical Dilemma Assignment  
Direct - Student Artifact

**Details/Description:** Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete a power point assignment.  
**Target:** 85% of students will earn 13/15 points  
**Implementation Plan (timeline):** Every other Spring (beginning 2013)  
**Responsible Individual(s):** Jolynn Kuhlman

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**Findings** for PE 618 Ethical Dilemma Assignment

**Summary of Findings:** 100% of students earned 13 points or greater out of 15. Average score was an 14/15.  
**Results:** Target Achievement: Exceeded  
**Recommendations:** continue to monitor  
**Reflections/Notes:**

---

**Objective 6. Demonstrate Understanding of Administration**  
Demonstrate understanding of the organization and administration systems in sport settings.

---

**Outcome 6.1**  
**Disseminate ethical administrative practices**  
Understand and disseminate ethical business administrative practices

---

**Measure:** PE 616 Athletic Program Plan  
Direct - Student Artifact

**Details/Description:** Students will assemble an athletic program plan. The plan will contain the following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.  
**Target:** 85% of students will earn 42/50 points  
**Implementation Plan (timeline):** Every Fall  
**Responsible Individual(s):** Jolynn Kuhlman

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**Findings** for PE 616 Athletic Program Plan
Objective 7. Demonstrate Motion Analysis Techniques
Demonstrate motion analysis techniques to produce effective human movement patterns in sport

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency

Measure: PE 685 Effective Motion Analysis Techniques
Direct - Student Artifact

Details/Description: Students will demonstrate proper quantitative and qualitative motion analysis in an individual research project
Target: 85% of students will earn 80/100 points for a biomechanical motion analysis written project and oral presentation that includes video analysis
Implementation Plan (timeline): Fall semester
Responsible Individual(s): Dr. Alfred Finch

Findings for PE 685 Effective Motion Analysis Techniques

Summary of Findings: 100% of students earned 80 points or greater out of 100. Average score was an 89/100.
Results: Target Achievement: Exceeded
Recommendations: Continue to monitor on a yearly basis
Reflections/Notes:

Overall Recommendations
No text specified

Overall Reflection
No text specified

Action Plan

Actions

MA/MS in Physical Education (Coaching) Outcome Set

Objective 1. Research in Sport and Exercise Science
Implement knowledge application of research in sport and exercise science.

Outcome 1.1 Apply
Apply knowledge of basic research design.

Action: Monitor

This Action is associated with the following Findings
Program Outcomes Assessment  
MA/MS in Physical Education (Coaching)  

No supporting Findings have been linked to this Action.

**Action Details:** Continue to monitor to maintain current level. Maintain current instructor.

**Implementation Plan (timeline):** Spring 2016 semester

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** Research Proposal

**Resource Allocations:**

**Priority:** High

---

**Outcome 1.2 Articulate Understanding through Oral Presentation**  
Articulate understanding of research in the health/fitness setting through an Oral presentation

**Action:** Revise course material

**This Action is associated with the following Findings**
No supporting Findings have been linked to this Action.

**Action Details:** Monitor to maintain current level

**Implementation Plan (timeline):** Spring 2016

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Research project

**Resource Allocations:**

**Priority:** Medium

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**Objective 2. Integrate Sport & Exercise Psych Principles**  
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

**Outcome 2.1 Apply theory and principles**  
Apply sport and exercise psychology theory and principles through writing.

**Action:** Monitor

**This Action is associated with the following Findings**
No supporting Findings have been linked to this Action.

**Action Details:** Continue to monitor for maintaining current level

**Implementation Plan (timeline):** Annually

**Key/Responsible Personnel:** Kathy Ginter

**Measures:** Team Scenario Exercise

**Resource Allocations:**

**Priority:** Medium

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**Outcome 2.2 Appropriate Motivational Techniques**  
Identify appropriate

**Action:** Monitor

**This Action is associated with the following Findings**
No supporting Findings have been linked to this Action.
Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

Outcome 3.1 Physiological Responses to Aerobic Exercise
Explain physiological responses to aerobic exercise testing and training.

Action: Redesign course

This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

Action Details: Redesign and structure course to address the specific needs of the coaching education students and offer in alternating years.

Implementation Plan (timeline): Collect data in Fall 2015 - data collected bi-annually

Key/Responsible Personnel: Neil Fleming

Measures: Exam Essay Question

Resource Allocations:

Priority: Medium

Outcome 3.2 Neuromuscular Responses to Resistance Exercise
Explain neuromuscular responses to resistance exercise testing and training.

Action: Redesign course

This Action is associated with the following Findings
No supporting Findings have been linked to this Action.

Action Details: Redesign course to provide more detail on periodization and the development of training programs.

Implementation Plan (timeline): Data Collected in Fall 2015

Key/Responsible Personnel: Neil Fleming

Measures: Season Long Training Program

Resource Allocations:

Priority: Medium

Objective 4. Effective Learning Environment
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

Outcome 4.1 Understand Growth

Action: Monitor
and Maturation
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Outcome 4.2 Practice Sport Specific Strategies**
Practice sport specific strategies in an experiential learning environment.

**Action:** Redesign Portfolio Directions

- **This Action is associated with the following Findings**
  No supporting Findings have been linked to this Action.

- **Action Details:** Provide more specific directions for the portfolio development. Institute an electronic program to collect portfolio materials throughout the student’s master’s program.

- **Implementation Plan (timeline):** Annually

- **Key/Responsible Personnel:** Jolynn Kuhlman

- **Measures:** Internship Performance Portfolio

- **Resource Allocations:**

- **Priority:** Medium

**Objective 5. Professional Coaching Attributes and Behaviors**
Demonstrate professional coaching attributes and behaviors.

**Outcome 5.1 Athlete Centered Philosophy**
Develop an athlete-centered philosophy.

**Action:** Monitor

- **This Action is associated with the following Findings**
  No supporting Findings have been linked to this Action.

- **Action Details:** Continue to monitor for maintaining current level

- **Implementation Plan (timeline):** Collect data Bi-annually (next Spring 2015)

- **Key/Responsible Personnel:** Jolynn Kuhlman

- **Measures:** Written Coaching Philosophy

- **Resource Allocations:**

- **Priority:** Medium

**Outcome 5.2 Understand ethical behaviors**

**Action:** Monitor

- **This Action is associated with the following Findings**
Understand responsible personal, social, ethical behaviors.

No supporting Findings have been linked to this Action.

**Action Details:** Monitor to maintain current level

**Implementation Plan (timeline):** Collect data bi-annually (next time Spring 2017)

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Ethical Dilemma assignment

**Resource Allocations:**

**Priority:** Medium

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**Objective 6. Demonstrate Understanding of Administration**

Demonstrate understanding of the organization and administration systems in sport settings.

**Outcome 6.1 Disseminate ethical administrative practices**

- Understand and disseminate ethical business administrative practices

**Action:** Monitor

- **This Action is associated with the following Findings**
  No supporting Findings have been linked to this Action.

- **Action Details:** Continue to monitor for maintaining current level

- **Implementation Plan (timeline):** Annually

- **Key/Responsible Personnel:** Jolynn Kuhlman

- **Measures:** Athletic Program Plan

- **Resource Allocations:**

- **Priority:** Medium

---

**Objective 7. Demonstrate Motion Analysis Techniques**

Demonstrate motion analysis techniques to produce effective human movement patterns in sport

**Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis**

- Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency

**Action:** Adjust timing of assignments

- **This Action is associated with the following Findings**
  No supporting Findings have been linked to this Action.

- **Action Details:** Evaluate the timing of the assignments and length given to the preparation of analysis

- **Implementation Plan (timeline):** Fall 2015

- **Key/Responsible Personnel:** Al Finch

- **Measures:** Effective Motion Analysis Techniques

- **Resource Allocations:**

- **Priority:** High
**Status Report**

**Action Statuses**

**MA/MS in Physical Education (Coaching) Outcome Set**

**Objective 1. Research in Sport and Exercise Science**
Implement knowledge application of research in sport and exercise science.

<table>
<thead>
<tr>
<th>Outcome 1.1 Apply</th>
<th>Action: Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Action Details:</strong> Continue to monitor to maintain current level. Maintain current instructor</td>
<td></td>
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<tr>
<td><strong>Implementation Plan (timeline):</strong> Spring 2016 semester</td>
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<tr>
<td><strong>Key/Responsible Personnel:</strong> Kathy Ginter</td>
<td></td>
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<tr>
<td><strong>Measures:</strong> Research Proposal</td>
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<td><strong>Resource Allocations:</strong></td>
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<td><strong>Priority:</strong> High</td>
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**Status for Monitor**

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<th>Current Status:</th>
<th>Not started</th>
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<tbody>
<tr>
<td><strong>Resource Allocation(s) Status:</strong> Course will be taught Spring 2016 and a new action oriented research approach will be implemented</td>
<td></td>
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</table>

**Next Steps/Additional Information:**

| Outcome 1.2 Articulate Understanding through Oral Presentation |
|-----------------|-----------------|
| **Action:** Revise course material |
| **Action Details:** Monitor to maintain current level |
| **Implementation Plan (timeline):** Spring 2016 |
| **Key/Responsible Personnel:** Jolynn Kuhlman |
| **Measures:** Research project |
| **Resource Allocations:** |
| **Priority:** Medium |

**Status for Revise course material**

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<th>Current Status:</th>
<th>In Progress</th>
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</thead>
<tbody>
<tr>
<td><strong>Resource Allocation(s) Status:</strong> Material has been revised and will be implemented during Spring 2016 when course is offered.</td>
<td></td>
</tr>
</tbody>
</table>

**Next Steps/Additional Information:**
Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

**Outcome 2.1 Apply theory and principles**
Apply sport and exercise psychology theory and principles through writing.

- **Action**: Monitor
- **Action Details**: Continue to monitor for maintaining current level
- **Implementation Plan (timeline)**: Annually
- **Key/Responsible Personnel**: Kathy Ginter
- **Measures**: Team Scenario Exercise
- **Resource Allocations**:
- **Priority**: Medium

**Status** for Monitor

*No Status Added*

**Outcome 2.2 Appropriate Motivational Techniques**
Identify appropriate motivational techniques in a health/fitness setting.

- **Action**: Monitor
- **Action Details**: Continue to monitor for maintaining current level
- **Implementation Plan (timeline)**: annually
- **Key/Responsible Personnel**: Kathy Ginter
- **Measures**: PE 666 Exam Question
- **Resource Allocations**:
- **Priority**: Medium

**Status** for Monitor

*Current Status*: In Progress

**Resource Allocation(s) Status**: Data will be collected during Spring 2016 when course is taught

**Next Steps/Additional Information**:

Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

**Outcome 3.1 Physiological Responses to Aerobic Exercise**
Explain physiological responses to aerobic exercise testing and training.

- **Action**: Redesign course
- **Action Details**: Redesign and structure course to address the specific needs of the coaching education students and offer in alternating years.
- **Implementation Plan (timeline)**: Collect data in Fall 2015 - data collected bi-annually
Program Outcomes Assessment
MA/MS in Physical Education (Coaching)

**Key/Responsible Personnel:** Neil Fleming

**Measures:** Exam Essay Question

**Resource Allocations:**

**Priority:** Medium

**Status for Redesign course**

**Current Status:** In Progress

**Resource Allocation(s) Status:** Course was redesigned and taught during Fall 2015. Data will be collected at the end of Fall semester 2015.

**Next Steps/Additional Information:**

### Outcome 3.2
**Neuromuscular Responses to Resistance Exercise**

Explain neuromuscular responses to resistance exercise testing and training.

**Action:** Redesign course

**Action Details:** Redesign course to provide more detail on periodization and the development of training programs.

**Implementation Plan (timeline):** Data Collected in Fall 2015

**Key/Responsible Personnel:** Neil Fleming

**Measures:** Season Long Training Program

**Resource Allocations:**

**Priority:** Medium

**Status for Redesign course**

**Current Status:** In Progress

**Resource Allocation(s) Status:** Course was redesigned and taught during Fall 2015. Data will be collected at the end of Fall semester 2015.

**Next Steps/Additional Information:**

### Objective 4. Effective Learning Environment

Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

### Outcome 4.1
**Understand Growth and Maturation**

Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Action:** Monitor

**Action Details:** Monitor to maintain current level

**Implementation Plan (timeline):** Data Collected bi-annually

**Key/Responsible Personnel:** Jolynn Kuhlman

**Measures:** Learning Principles Paper
Resource Allocations:

Priority: Medium

Status for Monitor

Current Status: In Progress

Resource Allocation(s) Status: Data will be collected during Fall 2015

Next Steps/Additional Information:

Outcome 4.2 Practice Sport Specific Strategies
Practice sport specific strategies in an experiential learning environment.

Action: Redesign Portfolio Directions

Action Details: Provide more specific directions for the portfolio development. Institute an electronic program to collect portfolio materials throughout the student’s master’s program.

Implementation Plan (timeline): Annually

Key/Responsible Personnel: Jolynn Kuhlman

Measures: Internship Performance Portfolio

Resource Allocations:

Priority: Medium

Status for Redesign Portfolio Directions

Current Status: Completed

Resource Allocation(s) Status: More detail was provided and students exceeded expectations

Next Steps/Additional Information:

Objective 5. Professional Coaching Attributes and Behaviors
Demonstrate professional coaching attributes and behaviors.

Outcome 5.1 Athlete Centered Philosophy
Develop an athlete-centered philosophy.

Action: Monitor

Action Details: Continue to monitor for maintaining current level

Implementation Plan (timeline): Collect data Bi-annually (next Spring 2015)

Key/Responsible Personnel: Jolynn Kuhlman

Measures: Written Coaching Philosophy

Resource Allocations:

Priority: Medium

Status for Monitor
Current Status: Completed

Resource Allocation(s) Status: Monitored and continued to exceed expectations.

Next Steps/Additional Information:

Outcome 5.2
Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

Action: Monitor

Action Details: Monitor to maintain current level

Implementation Plan (timeline): Collect data bi-annually (next time Spring 2017)

Key/Responsible Personnel: Jolynn Kuhlman

Measures: Ethical Dilemma assignment

Resource Allocations:

Priority: Medium

Status for Monitor

Current Status: Not started

Resource Allocation(s) Status: Course not offered until Spring 2017

Next Steps/Additional Information:

Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

Outcome 6.1
Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices

Action: Monitor

Action Details: Continue to monitor for maintaining current level

Implementation Plan (timeline): Annually

Key/Responsible Personnel: Jolynn Kuhlman

Measures: Athletic Program Plan

Resource Allocations:

Priority: Medium

Status for Monitor

Current Status: Completed

Resource Allocation(s) Status: Monitored results and exceeded expectations

Next Steps/Additional Information:
**Objective 7. Demonstrate Motion Analysis Techniques**
Demonstrate motion analysis techniques to produce effective human movement patterns in sport

<table>
<thead>
<tr>
<th>Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Action:</strong> Adjust timing of assignments</td>
</tr>
<tr>
<td><strong>Action Details:</strong> Evaluate the timing of the assignments and length given to the preparation of analysis</td>
</tr>
<tr>
<td><strong>Implementation Plan (timeline):</strong> Fall 2015</td>
</tr>
<tr>
<td><strong>Key/Responsible Personnel:</strong> Al Finch</td>
</tr>
<tr>
<td><strong>Measures:</strong> Effective Motion Analysis Techniques</td>
</tr>
<tr>
<td><strong>Resource Allocations:</strong></td>
</tr>
<tr>
<td><strong>Priority:</strong> High</td>
</tr>
</tbody>
</table>

**Status for Adjust timing of assignments**

- **Current Status:** Not started
- **Resource Allocation(s) Status:** Coaching students did not take PE685 this academic year.

**Next Steps/Additional Information:**

**Status Summary**

Most of the courses that had changes made to their assessments objectives have completed the revisions and had begun to implement the changes in their courses. Those that were implemented during fall 2015 semester have seen improve performance. Course in the monitor category continue to meet or exceed expectations.

**Summary of Next Steps**

Revised courses will have data collected and further revisions will be make if the action is warranted.
## Assessment Plan

### Outcomes and Measures

#### MA/MS in Physical Education (Coaching) Outcome Set

**Objective 1. Research in Sport and Exercise Science**
Implement knowledge application of research in sport and exercise science.

<table>
<thead>
<tr>
<th>Outcome 1.1 Apply</th>
<th>Measure: PE 601 Research Proposal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apply knowledge of basic research design.</td>
<td>Direct - Student Artifact</td>
</tr>
</tbody>
</table>

**Details/Description:** Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures.

**Target:** 85% of students will earn 80% of the specific points assigned for each element of the research project as outlined in the rubric.

**Implementation Plan (timeline):** Each Spring semester

**Responsible Individual(s):** Kathy Ginter

#### Outcome 1.2 Articulate Understanding through Oral Presentation
Articulate understanding of research in the health/fitness setting through an Oral presentation

<table>
<thead>
<tr>
<th>Outcome 1.2 Articulate Understanding through Oral Presentation</th>
<th>Measure: PE 660 Research Project Evaluation Rubric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct - Student Artifact</td>
<td></td>
</tr>
</tbody>
</table>

**Details/Description:** Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in oral presentation.

**Target:** 85% of students will earn 80% of the specific points assigned for each element of the research project as outlined in the rubric.

**Implementation Plan (timeline):** Fall 2015

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Research Project Grading Rubric (Word Document (Open XML)) (See appendix)

#### Objective 2. Integrate Sport & Exercise Psych Principles
Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

<table>
<thead>
<tr>
<th>Outcome 2.1 Apply theory and principles</th>
<th>Measure: PE 666 - Social Reinforcement Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apply sport and exercise psychology theory and principles through writing.</td>
<td>Direct - Student Artifact</td>
</tr>
</tbody>
</table>

**Details/Description:** Employing the CBAS assessment system the student will observe and assess types of social reinforcement provided by a coach to a team. The student will provide a written report of the findings.

**Target:** 85% of students will score 80% or higher for the report.

**Implementation Plan (timeline):** Each spring term

**Responsible Individual(s):** Dr. Kathy Ginter

**Supporting Attachments:**
- CBASS Assignment Sheet (Word Document (Open XML)) (See appendix)
Outcome 2.2
Appropriate Mental Skills Techniques
Identify appropriate mental skills, including goal setting strategies, motivation, leadership, team cohesion, and development techniques in a coaching setting.

Measure: PE 666 Mental skills portfolio
Direct - Student Artifact

Details/Description: Students will develop a manual that will address the following mental skills and their application in the student's coaching situation: team cohesion, goal setting strategies, motivational techniques, leadership, and player development.

Target: 85% of students will score 80% or higher on each component of the manual

Implementation Plan (timeline): Every spring term

Responsible Individual(s): Dr. Kathy Ginter

Supporting Attachments:
- Manual Assignment Description (Microsoft Word) (See appendix)
- Manual Evaluation Rubric (Microsoft Word) (See appendix)

Outcome 2.3 Apply Stress Management Theory
Apply the concept of Stress management for an individual athlete through the development of a relaxation tape.

Measure: PE 666 Relaxation Training Tape
Direct - Student Artifact

Details/Description: The student will develop a audio relaxation tape which takes an athlete into a state of relaxation and develops an area of improvement.

Target: 85% of the students will score 80% or higher on the project.

Implementation Plan (timeline): every spring

Responsible Individual(s): Dr. Kathy Ginter

Objective 3. Physical Conditioning
Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

Outcome 3.1 Physiological Responses to Aerobic Exercise
Explain physiological responses to aerobic exercise testing and training.

Measure: PE 615 Exam Essay Question
Direct - Exam

Details/Description: Explain physiological responses to aerobic exercise and training

Target: 85% of students will score 8/10 points.

Implementation Plan (timeline): Fall 2013 and bi-annually thereafter.

Responsible Individual(s): Dr. Jolynn Kuhlman, Dr. Neil Fleming

Outcome 3.2 Neuromuscular Responses to Resistance Exercise
Explain neuromuscular responses to resistance exercise testing and training.

Measure: PE 615 Literature Review
Direct - Student Artifact

Details/Description: The written assignment comprises of a literature review of a particular topic of neurophysiology as it relates to sport and exercise. Students must provide a detailed review of the subject, including appropriate references to relevant scientific articles. The assignment should be prepared using Word or equivalent software, and should be no shorter than 5 pages, at Times New Roman, Font 12, spacing 1.5. A minimum of 5 references should be including using the Journal of Physiology referencing style.

Target: 85% of students will score 80/100 points

Implementation Plan (timeline): Fall 2013 and bi-annually thereafter.

Responsible Individual(s): Dr. Jolynn Kuhlman, Dr. Neil Fleming

Supporting Attachments:
- Literature review grading rubric (Word Document (Open XML)) (See appendix)
**Objective 4. Effective Learning Environment**
Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

**Outcome 4.1 Understand Growth and Maturation**
Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Measure:** PE 660 Learning Principles Project  
Direct - Student Artifact

**Details/Description:** The students will create a learning environment, apply various learning concepts and provide the theoretical rationale behind the application for each concept.

**Target:** 85% of students will score 16/20 points

**Implementation Plan (timeline):** Every other Fall

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Learning Principles Paper Grading Rubric (Word Document (Open XML)) (See appendix)
- Learning Principles Paper Guidelines (Microsoft Word) (See appendix)

**Outcome 4.2 Practice Sport Specific Strategies**
Practice sport specific strategies in an experiential learning environment.

**Measure:** PE 629 Internship Performance Portfolio  
Direct - Portfolio

**Details/Description:** The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 – Sports Safety and Prevention; Pre season conditioning plans represents Domain 3 – Physical Preparation and Conditioning; Daily practice plans represents Domain 5 Teaching and Communication).

The domains of the National Standards for Athletic Coaches are:
1. Philosophy and Ethics
2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
6. Organization & Administration
7. Skills & Tactics
8. Evaluation

A self evaluation and the supervisor's evaluation must be included in your portfolio.

**Target:** 85% of students will earn 85/100 points

**Implementation Plan (timeline):** Every Semester

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Portfolio Guidelines (Word Document (Open XML)) (See appendix)

**Objective 5. Professional Coaching Attributes and Behaviors**
Demonstrate professional coaching attributes and behaviors.

**Outcome 5.1 Athlete Centered Philosophy**
Develop an athlete-centered philosophy.

**Measure:** PE 618 Written Coaching Philosophy  
Direct - Student Artifact

**Details/Description:** The student will write their coaching philosophy taking into consideration what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and and games will be organized, team rules and consequences, and how they will communicate their philosophy.

**Target:** 85% of students will earn 8/10 points

**Implementation Plan (timeline):** Every other Spring beginning Spring 2013
### Outcome 5.2 Understand ethical behaviors
Understand responsible personal, social, ethical behaviors.

**Measure:** PE 618 Ethical Dilemma Assignment  
Direct - Student Artifact

**Details/Description:** Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete a power point assignment.

**Target:** 85% of students will earn 13/15 points  
**Implementation Plan (timeline):** Every other Spring (beginning 2013)

**Responsible Individual(s):** Jolynn Kuhlman

### Objective 6. Demonstrate Understanding of Administration
Demonstrate understanding of the organization and administration systems in sport settings.

#### Outcome 6.1 Disseminate ethical administrative practices
Understand and disseminate ethical business administrative practices.

**Measure:** PE 616 Athletic Program Plan  
Direct - Student Artifact

**Details/Description:** Students will assemble an athletic program plan. The plan will contain the following: executive summary, mission statement, program history, long-term goals, short-term goals, S.W.O.T. analysis, policies and procedures, human resource plan, marketing and promotional plan, financial projections/fundraising programs, and appendix.

**Target:** 85% of students will earn 42/50 points  
**Implementation Plan (timeline):** Every Fall

**Responsible Individual(s):** Jolynn Kuhlman

### Objective 7. Demonstrate Motion Analysis Techniques
Demonstrate motion analysis techniques to produce effective human movement patterns in sport.

#### Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency.

**Measure:** PE 685 Effective Motion Analysis Techniques  
Direct - Student Artifact

**Details/Description:** Students will demonstrate proper quantitative and qualitative motion analysis in an individual research project.

**Target:** 85% of students will earn 80/100 points for a biomechanical motion analysis written project and oral presentation that includes video analysis

**Implementation Plan (timeline):** Fall semester

**Responsible Individual(s):** Dr. Alfred Finch

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**Assessment Findings**

**Finding per Measure**

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**MA/MS in Physical Education (Coaching) Outcome Set**

**Objective 1. Research in Sport and Exercise Science**
Implement knowledge application of research in sport and exercise science.

**Outcome 1.1 Apply**
Apply knowledge of basic research design.

**Measure:** PE 601 Research Proposal  
Direct - Student Artifact
### Details/Description:
Students will develop a research proposal for an individual research project which includes the problem, literature review, research methodology, and statistical analysis procedures.

**Target:** 85% of students will earn 80% of the specific points assigned for each element of the research project as outlined in the rubric.

**Implementation Plan (timeline):** Each Spring semester

**Responsible Individual(s):** Kathy Ginter

---

#### Findings for PE 601 Research Proposal

*No Findings Added*

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### Objective 2.1 Apply theory and principles

**Outcome 1.2 Articulate Understanding through Oral Presentation**

Articulate understanding of research in the health/fitness setting through an Oral presentation

#### Measure: PE 660 Research Project Evaluation Rubric

Direct - Student Artifact

**Details/Description:** Students will conduct an individual research project that includes the problem, literature review, methodology, and statistical analysis and present it in oral presentation.

**Target:** 85% of students will earn 80% of the specific points assigned for each element of the research project as outlined in the rubric.

**Implementation Plan (timeline):** Fall 2015

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Research Project Grading Rubric (Word Document (Open XML)) (See appendix)

---

#### Findings for PE 660 Research Project Evaluation Rubric

*No Findings Added*

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### Objective 2. Integrate Sport & Exercise Psych Principles

Integrate principles within sport and exercise psychology to enhance the sport and exercise experience.

#### Outcome 2.1 Apply theory and principles

Apply sport and exercise psychology theory and principles through writing.

#### Measure: PE 666 - Social Reinforcement Assessment

Direct - Student Artifact

**Details/Description:** Employing the CBAS assessment system the student will observe and assess types of social reinforcement provided by a coach to a team. The student will provide a written report of the findings.

**Target:** 85% of students will score 80% or higher for the report.

**Implementation Plan (timeline):** Each spring term

**Responsible Individual(s):** Dr. Kathy Ginter

**Supporting Attachments:**
- CBASS Assignment Sheet (Word Document (Open XML)) (See appendix)

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#### Findings for PE 666 - Social Reinforcement Assessment

*No Findings Added*
### Outcome 2.2
**Appropriate Mental Skills Techniques**

Identify appropriate mental skills, including goal setting strategies, motivation, leadership, team cohesion, and development techniques in a coaching setting.

**Measure:** PE 666 Mental skills portfolio  
Direct - Student Artifact

**Details/Description:** Students will develop a manual that will address the following mental skills and their application in the student's coaching situation: team cohesion, goal setting strategies, motivational techniques, leadership, and player development.

**Target:** 85% of students will score 80% or higher on each component of the manual  
**Implementation Plan (timeline):** Every spring term  
**Responsible Individual(s):** Dr. Kathy Ginter

**Supporting Attachments:**
- Manual Assignment Description (Microsoft Word) (See appendix)  
- Manual Evaluation Rubric (Microsoft Word) (See appendix)

**Findings for PE 666 Mental skills portfolio**

*No Findings Added*

### Outcome 2.3
**Apply Stress Management Theory**

Apply the concept of Stress management for an individual athlete through the development of a relaxation tape.

**Measure:** PE 666 Relaxation Training Tape  
Direct - Student Artifact

**Details/Description:** The student will develop an audio relaxation tape which takes an athlete into a state of relaxation and develops an area of improvement.

**Target:** 85% of the students will score 80% or higher on the project.  
**Implementation Plan (timeline):** every spring  
**Responsible Individual(s):** Dr. Kathy Ginter

**Findings for PE 666 Relaxation Training Tape**

*No Findings Added*

### Objective 3. Physical Conditioning

Apply advanced physical conditioning theory, principles and testing modalities in strength and conditioning settings.

#### Outcome 3.1
**Physiological Responses to Aerobic Exercise**

Explain physiological responses to aerobic exercise testing and training.

**Measure:** PE 615 Exam Essay Question  
Direct - Exam

**Details/Description:** Explain physiological responses to aerobic exercise and training

**Target:** 85% of students will score 8/10 points.  
**Implementation Plan (timeline):** Fall 2013 and bi-annually thereafter.  
**Responsible Individual(s):** Dr. Jolynn Kuhlman, Dr. Neil Fleming

**Findings for PE 615 Exam Essay Question**

*No Findings Added*

#### Outcome 3.2
**Neuromuscular Responses to**

**Measure:** PE 615 Literature Review  
Direct - Student Artifact
**Resistance Exercise**

Explain neuromuscular responses to resistance exercise testing and training.

**Details/Description:** The written assignment comprises of a literature review of a particular topic of neurophysiology as it relates to sport and exercise. Students must provide a detailed review of the subject, including appropriate references to relevant scientific articles. The assignment should be prepared using Word or equivalent software, and should be no shorter than 5 pages, at Times New Roman, Font 12, spacing 1.5. A minimum of 5 references should be including using the Journal of Physiology referencing style.

**Target:** 85% of students will score 80/100 points

**Implementation Plan (timeline):** Fall 2013 and bi-annually thereafter.

**Responsible Individual(s):** Dr. Jolynn Kuhlman, Dr. Neil Fleming

**Supporting Attachments:**
- Literature review grading rubric (Word Document (Open XML)) (See appendix)

---

**Objective 4. Effective Learning Environment**

Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants.

**Outcome 4.1 Understand Growth and Maturation**

Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.

**Measure:** PE 660 Learning Principles Project

**Direct - Student Artifact**

**Details/Description:** The students will create a learning environment, apply various learning concepts and provide the theoretical rationale behind the application for each concept

**Target:** 85% of students will score 16/20 points

**Implementation Plan (timeline):** Every other Fall

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**
- Learning Principles Paper Grading Rubric (Word Document (Open XML)) (See appendix)
- Learning Principles Paper Guidelines (Microsoft Word) (See appendix)

**Findings for PE 660 Learning Principles Project**

No Findings Added

**Outcome 4.2 Practice Sport Specific Strategies**

Practice sport specific strategies in an experiential learning environment.

**Measure:** PE 629 Internship Performance Portfolio

**Direct - Portfolio**

**Details/Description:** The Coaching portfolio will include all of the documents that the student utilized during their season (this would include pre and post seasons also). Additionally, each of the documents must be identified with the domain of the National Standards for Coaches that they represent (i.e. emergency action plan represents Domain 2 – Sports Safety and Prevention; Pre season conditioning plans represents Domain 3- Physical Preparation and Conditioning; Daily practice plans represents Domain 5 Teaching and Communication).

The domains of the National Standards for Athletic Coaches are:
1. Philosophy and Ethics
2. Sport Safety and Prevention
3. Physical Preparation and Conditioning
4. Growth & Development
5. Teaching & Motivation
6. Organization & Administration
7. Skills & Tactics
8. Evaluation
A self evaluation and the supervisor's evaluation must be included in your portfolio

**Target:** 85% of students will earn 85/100 points

**Implementation Plan (timeline):** Every Semester

**Responsible Individual(s):** Jolynn Kuhlman

**Supporting Attachments:**

- Portfolio Guidelines (Word Document (Open XML)) (See appendix)

---

**Findings for PE 629 Internship Performance Portfolio**

*No Findings Added*

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### Objective 5. Professional Coaching Attributes and Behaviors

**Demonstrate professional coaching attributes and behaviors.**

#### Outcome 5.1 Athlete Centered Philosophy

**Develop an athlete-centered philosophy.**

**Measure:** PE 618 Written Coaching Philosophy  
**Direct - Student Artifact**

**Details/Description:** The student will write their coaching philosophy taking into consideration what they want to accomplish, what are their priorities, what are their responsibilities, what are their teaching methods, how they define success, how practices and games will be organized, team rules and consequences, and how they will communicate their philosophy.

**Target:** 85% of students will earn 8/10 points

**Implementation Plan (timeline):** Every other Spring beginning Spring 2013

**Responsible Individual(s):** Jolynn Kuhlman

---

**Findings for PE 618 Written Coaching Philosophy**

*No Findings Added*

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#### Outcome 5.2 Understand ethical behaviors

**Understand responsible personal, social, ethical behaviors.**

**Measure:** PE 618 Ethical Dilemma Assignment  
**Direct - Student Artifact**

**Details/Description:** Students will select a current ethical dilemma facing coaches and use the moral reasoning process that requires impartiality, consistency, and reflective judgment to complete a power point assignment.

**Target:** 85% of students will earn 13/15 points

**Implementation Plan (timeline):** Every other Spring (beginning 2013)

**Responsible Individual(s):** Jolynn Kuhlman

---

**Findings for PE 618 Ethical Dilemma Assignment**

*No Findings Added*

---

### Objective 6. Demonstrate Understanding of Administration

**Demonstrate understanding of the organization and administration systems in sport settings.**

#### Outcome 6.1 Disseminate ethical administrative practices

**Understand and**

**Measure:** PE 616 Athletic Program Plan  
**Direct - Student Artifact**

**Details/Description:** Students will assemble an athletic program plan. The plan will contain the
Objective 7. Demonstrate Motion Analysis Techniques
Demonstrate motion analysis techniques to produce effective human movement patterns in sport

Outcome 7.1 Perform a qualitative and quantitative biomechanical analysis
Perform a qualitative and quantitative biomechanical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency

Measure: PE 685 Effective Motion Analysis Techniques
Direct - Student Artifact

Details/Description: Students will demonstrate proper quantitative and qualitative motion analysis in an individual research project
Target: 85% of students will earn 80/100 points for a biomechanical motion analysis written project and oral presentation that includes video analysis
Implementation Plan (timeline): Fall semester
Responsible Individual(s): Dr. Alfred Finch

Findings for PE 685 Effective Motion Analysis Techniques
No Findings Added

Overall Recommendations
No text specified

Overall Reflection
No text specified

Action Plan

Status Report
2016-2017 Assessment Cycle

Assessment Plan

Assessment Findings
2017-2018 Assessment Cycle

-Assessment Plan

-Assessment Findings
2018-2019 Assessment Cycle

Assessment Plan

Assessment Findings
2019-2020 Assessment Cycle

Assessment Plan

Assessment Findings
Appendix

A. Graduate Program Coaching Map (Curriculum Map)
B. Description of Assignment (Microsoft Word)
C. Manual Rubric (Microsoft Word)
D. Manual Evaluation_Sample 1 (Adobe Acrobat Document)
E. Manual Evaluation_Sample 2 (Adobe Acrobat Document)
F. Description of Assignment (Microsoft Word)
G. Learning Principles Guidelines (Microsoft Word)
H. Manual Rubric (Microsoft Word)
I. Research Project Rubric (Word Document (Open XML))
J. Research Project Rubris (Word Document (Open XML))
K. Athletic Program Plan (Microsoft Word)
L. Research paper assessment (Word Document (Open XML))
M. Student 1 evaluation of research project (Word Document (Open XML))
N. Student 1 Research Presentation (Word Document (Open XML))
O. Student 1 Research Proposal (Adobe Acrobat Document)
P. Student 2 Research Proposal (Adobe Acrobat Document)
Q. Student 3 research proposal (Adobe Acrobat Document)
R. Student 4 Research poroposal (Adobe Acrobat Document)
S. Description of Assignment (Microsoft Word)
T. Learning Principles Guidelines (Microsoft Word)
U. Manual Rubric (Microsoft Word)
V. Research Project Rubric (Word Document (Open XML))
W. Research Project Rubris (Word Document (Open XML))
X. Athletic Program Plan (Word Document (Open XML))
Y. CBAS Observational Analysis (Microsoft Word)
Z. Coaching Philosophy 1 (Word Document (Open XML))
AA. Coaching Philosophy 2 (Word Document (Open XML))
AB. Coaching Philosophy 3 (Word Document (Open XML))
AC. Goal Setting Synopsis (Microsoft Word)
AD. Ethical Dilemma (Word Document (Open XML))
AE. Exam Question (Word Document (Open XML))
AF. Learning Principles Guidelines (Microsoft Word)
AG. Manual Rubric (Microsoft Word)
AH. Research Project Rubric (Word Document (Open XML))
AI. Research Project Rubrics (Word Document (Open XML))
AJ. Description of Assignment (Microsoft Word)
AK. Fall 2013 Program Plan (Word Document (Open XML))
AL. Learning principles Paper (Word Document (Open XML))
AM. Mental Skills Portfolio (Adobe Acrobat Document)
AN. Research Proposal (Word Document (Open XML))
AO. CBASS Assignment Sheet (Word Document (Open XML))
AP. Learning Principles Guidelines (Microsoft Word)
AQ. Learning Principles Rubric (Word Document (Open XML))
AR. Manual Assignment Description (Microsoft Word)
AS. Manual Evaluation Rubric (Microsoft Word)
AT. Portfolio Guidelines (Word Document (Open XML))
AU. Research Project Rubric (Word Document (Open XML))
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BD. Research Project Rubric (Word Document (Open XML))
BE. Research Project Grading Rubric (Word Document (Open XML))