

## Assurance of Student Learning Report 2023-2024

College of Health and Human Services

School of Kinesiology, Recreation & Sport

Athletic Coaching Certificate 1770

Dr. Brian Myers

**Is this an online program?** ☐ Yes ☒ No

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

**\*\*\* Please include Curriculum Map as part of this document (at the end), NOT as a separate file.**

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

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

**Instrument 1** **Direct Measure:** PE 290 - CAP 1-2 Exam. 25 of 31 students achieved a score of 80% or higher on the exam during the fall 2023 semester. (81%)

**Instrument 2** **Indirect Measure:** PE 497 – NFHS Learning Module – Fundamentals of Coaching. 16 of 18 students completed this assignment during the spring 2024 semester. (89%)

**Instrument 3**

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

☐ Met

☒ Not Met

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

**Instrument 1** **Direct Measure:** PE 497 - Sport Off-Season Strength & Conditioning Assignment. 15 of 18 students earned a grade of 80% or higher on this assignment during the spring 2024 semester. (83%)

**Instrument 2** **Indirect Measure:** PE 290 - NFHS Learning Module – First Aid, Health & Safety Module. 24 of 31 students completed this assignment in the fall 2023 semester. (78%)

**Instrument 3**

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

☒ Met

☐ Not Met

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

**Instrument 1** **Direct Measure:** PE 290 – Athletic Coaching Philosophy Assignment. 27 of 31 students earned a grade of 80% or higher on this assignment during the fall 2023 semester. (87%)

**Instrument 2** **Indirect Measure:** PE 290 - CAP 1 coaching workbook completion. 28 of 31 students completed all CAP 1 workbook assignments in the fall 2023 semester. (90%)

**Instrument 3**

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

☒ Met

☐ Not Met

### Assessment Cycle Plan:

This was the third year of the Athletic Coaching Certificate program. We will continue to monitor and adjust the content to ensure a balance of material between the two courses. We have successfully separated some of the content in PE 290 to allow for smaller chunks of information, such as core philosophy/rules/regulations, etc...), however we were not able to separate the CAP 1 and CAP 2 exam questions this time around to allow module-focused assessments this time around. Next year we will separate them so there are two distinct exams for the two separate learning modules covered in this course. We were able to do this for PE 497 (CAP 3 and CAP 4 exams are separate). This should help students to digest and understand better, and ultimately achieve higher scores, on the CAP module assessments.

Program Student Learning Outcome 1				
Program Student Learning Outcome	Demonstrate an understanding of state/national rules/regulations.			
Measurement Instrument 1	CAP 1-2 Exam covers multiple learning modules, one of which covers the basic guidelines, rules and regulations for participating in school-sponsored sports at the state and national level.			
Criteria for Student Success	Students should achieve an 80% or higher on this exam to demonstrate minimum competencies for athletic coaches. The CAP 1-2 exam is 100 multiple choice questions covering 6 learning modules of content.			
Program Success Target for this Measurement	90% of students will achieve an 80% or higher on the CAP 1-2 exam.	Percent of Program Achieving Target	81%    25 of 31 students	
Methods	The Coach Advancement Program (CAP) curriculum is presented in power point lecture, followed along with the CAP workbook, and contains multiple small/large group and individual activities to reinforce concepts. The CAP exam is distributed following the learning modules and is comprehensive of all materials covered in each CAP section. All students were given the CAP 1-2 exam, 25 of 31 students achieved the target score or better.			
Measurement Instrument 2	Indirect Measure: PE 497 – NFHS Learning Module – Fundamentals of Coaching.			
Criteria for Student Success	Students will earn a national coaching credential certificate by completing this online course through NFHS.			
Program Success Target for this Measurement	90% of students will earn the certificate	Percent of Program Achieving Target	89%    16 of 18 students	
Methods	The NFHS Fundamentals of Coaching module is completed online and students are awarded a national certificate of completion. This certificate is one of the pieces necessary to earn Level 1, 2, or 3 national coaching credentials through NFHS.			
Measurement Instrument 3				
Criteria for Student Success				
Program Success Target for this Measurement		Percent of Program Achieving Target		
Methods				

Based on your results, highlight whether the program met the goal Student Learning Outcome 1.	<input type="checkbox"/> Met <input checked="" type="checkbox"/> Not Met
<b>Results, Conclusion, and Plans for Next Assessment Cycle (Describe what worked, what didn't, and plan going forward)</b> This was our third year of the Athletic Coaching Certificate program. We didn't meet our goal and therefore improvements can be made for better delivery and administration of content. We did make changes from last year to shorten some of the learning modules/content so that students had smaller chunks of information prior to assessment. However, we were not successful in separating out the CAP 1 and CAP 2 examinations as they come combined from the authors (CAP 1-2 exam combined). Our goal is to take the combined exam, pull out CAP 1 content questions (50) and CAP 2 content questions (50) to create two separate exams rather than one comprehensive 100 question exam. Hopefully, this will help students better retain information and score better on assessments in the future. * This would have been accomplished this year but we ran out of time because we switched PE 290 from spring to fall. The turnaround time over summer was not sufficient to get material updates to publishers to change the workbook/assessment materials for the fall. This will be accomplished quicker moving forward.	

Program Student Learning Outcome 2			
<b>Program Student Learning Outcome</b>	Develop Strength and Conditioning programming for student-athletes.		
<b>Measurement Instrument 1</b>	<b>Direct Measure:</b> Sport Off-Season Strength & Conditioning Assignment.		
<b>Criteria for Student Success</b>	Students should receive an 80% or higher on this assignment (40/50).		
<b>Program Success Target for this Measurement</b>	90% of all students will receive an 80% or higher on this assignment.	<b>Percent of Program Achieving Target</b>	83% 15 of 18 students
<b>Methods</b>	<p>Sport Off-Season Conditioning Program Assignment 50 points</p> <p>The objective of this assignment is to have the student research, plan, structure, and be able to eventually implement a quality off-season athlete development training program. This program should be sport-specific, and encompass a whole-body training program to prepare student-athletes for the upcoming sport season, and develop life-long physical literacy habits.</p> <p>The program assignment must include the following:</p> <p>Introduction 5 points</p> <p>In the introduction, you are describing why it's important to train physically for your sport. Research why/how overall training helps the athlete prepare for the upcoming season. Reference literature in the field and/or professional research articles that demonstrate a scientific/educational basis for the program you are designing.</p> <p>Program Goals 5 points</p> <p>Describe and illustrate the goals of your program and how this training program is vital to the success of your team and individual athletes. How will this program help you achieve your goals? In what ways?</p> <p>Strength? Power? Endurance? Agility? Flexibility? Injury Prevention? What are the outcomes you want and how does it apply to success in your sport/program?</p> <p>The Program 40 points</p> <p>Sport Specific – appropriate for your sport?</p> <p>Periodized: 12 week off-season program</p>		

	Phase I                      Weeks 1-4 Phase II                      Weeks 5-8 Phase III Weeks 9-12 Apply the FITT Principles MWF?   TRS? Upper Body, Lower Body, Full Body? % of IRM? Prescribed Intensity levels? Order of exercises, large and small muscle groups			
	Points    Category                      Earned 5            Introduction 5            Goals 40          The Program			
	50 point assignment, students must achieve a minimum score of 80% or higher (40/50).			
	All students will be examined and included in the sample for this measurement.			
<b>Measurement Instrument 2</b>	<b>Indirect Measure:</b> PE 290 - NFHS Learning Module – First Aid, Health & Safety Module.			
<b>Criteria for Student Success</b>	Students will earn a national coaching credential certificate by completing this online course through NFHS.			
<b>Program Success Target for this Measurement</b>	90% of students will earn the certificate.	<b>Percent of Program Achieving Target</b>	78%	24 of 31 students
<b>Methods</b>	The NFHS First Aid, Health & Safety module is completed online and students are awarded a national certificate of completion. This certificate is one of the pieces necessary to earn Level 2 or 3 national coaching credentials through NFHS.			
<b>Measurement Instrument 3</b>				
<b>Criteria for Student Success</b>				
<b>Program Success Target for this Measurement</b>		<b>Percent of Program Achieving Target</b>		
<b>Methods</b>				
Based on your results, circle or highlight whether the program met the goal Student Learning Outcome 2.			<input checked="" type="checkbox"/> <b>Met</b>	<input type="checkbox"/> <b>Not Met</b>
<b>Results, Conclusion, and Plans for Next Assessment Cycle (Describe what worked, what didn't, and plan going forward)</b>				

Results indicate that we achieved our desired goal. We have initially taken more of a “generalized” approach to program design, but in the future we would like to expand on the information to help students better understand the differences in training needs by sport, level, age-group, and skill needs. Grouping students in a same or similar sport pod will help them create strength programs for their sport/athletes versus overall/generalized training. These adjustments will help students individualize their strength/conditioning program better for their desired sport or anticipated coaching position.

Program Student Learning Outcome 3				
<b>Program Student Learning Outcome</b>	Develop an athlete-centered coaching philosophy.			
<b>Measurement Instrument 1</b>	<b>Direct Measure:</b> Personal Coaching Philosophy Assignment.			
<b>Criteria for Student Success</b>	Students should receive an 80% or higher on this assignment.			
<b>Program Success Target for this Measurement</b>	90% of students should receive an 80% or higher on this assignment.	<b>Percent of Program Achieving Target</b>	87% 27 of 31 students	
<b>Methods</b>	Completion of CAP 1 lecture and workbook activities that help students develop a working coaching philosophy based on educational athletics principles. Multiple small exercises are designed to help students focus on a clear core value system, and culminates with the writing of a 1-2 page personal coaching philosophy that expresses their mission and vision for educational athletics.			
<b>Measurement Instrument 2</b>	<b>Indirect Measure:</b> PE 290 - CAP 1 coaching workbook completion. 28 of 31 students completed all CAP 1 workbook assignments (90%).			
<b>Criteria for Student Success</b>	Students will complete all excises/activities within the CAP 1 module that coincide with the power point slides and focused activities within each section.			
<b>Program Success Target for this Measurement</b>	90% of the students will earn an 80% or higher on this requirement.	<b>Percent of Program Achieving Target</b>	90% 28 of 31 students	
<b>Methods</b>	All students must complete the CAP 1 workbook sections, including all individual/partner/group exercises within the text to earn credit for this assignment. CAP 1 module is dedicated to developing your personal coaching philosophy, core value system, and athlete-centered vision for your athletic program.			
<b>Measurement Instrument 3</b>				
<b>Criteria for Student Success</b>				
<b>Program Success Target for this Measurement</b>		<b>Percent of Program Achieving Target</b>		
<b>Methods</b>				
Based on your results, circle or highlight whether the program met the goal Student Learning Outcome 3.			<input checked="" type="checkbox"/> Met	<input type="checkbox"/> Not Met
<b>Results, Conclusion, and Plans for Next Assessment Cycle (Describe what worked, what didn't, and plan going forward)</b>				

Data demonstrates that our goal of was achieved (27/31). The students who did not score 80% or better either did not turn in the assignment, or they were lacking some of the necessary components of the philosophy statement. To better assist students in the future, we can seek to require a “rough draft” assignment or stages of completion so we can better gauge if students are grasping concepts and including all necessary components.

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

### Attached/Included Documents:

- 1) Assurance of Learning Report 2023-2024
- 2) Athletic Coaching Certificate Program
- 3) Curriculum Map

## Athletic Coaching, Certificate (1770)

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

### Program Requirements (12 hours)

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

Code	Title	Hours
Course List		

**Faculty Contact:**

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## CURRICULUM MAP TEMPLATE

<b>Program name:</b>	Athletic Coaching Certificate
<b>Department:</b>	KRS
<b>College:</b>	CHHS
<b>Contact person:</b>	Dr. Brian Myers
<b>Email:</b>	<a href="mailto:brian.myers@wku.edu">brian.myers@wku.edu</a>

**KEY:**

**I = Introduced**

**R = Reinforced/Developed**

**M = Mastered**

**A = Assessed**

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

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