

# Student Learning Outcomes 2011-12

Department of Recreation and Wellness

## Intramural Sports Officials Training

### Flag Football: Fall 11

**Outcome:** At the end of Flag Football Official's Training, officials will be able to correctly answer questions related to local and national Flag Football rules with at least 75% efficiency on a 20 question test (15/20) and be able to identify official's signals with at least 80% efficiency on a 47 question test (38/47).

**Method:** Students were invited to apply to be trained as Intramural Flag Football Officials. No previous experience was required to be a part of this program. Ten students enrolled and were given a knowledge based pre-test to determine their level of understanding of the rules of Flag Football and knowledge of flag football officiating signals. Following completion of training, they were retested with the same test. The test was composed of 20 True or False questions while the mechanics exam was made up of 47 signals.

**Results:** The average score on the pre- test was 11.5, with a low of 10 and a high of 14. The average score on the mechanics pre-test was 12.2, with a low of 3 and a high of 37. Following the three-day training period (9 contact hours) including rules, mechanics and officiating practice games the students were retested. The average test score improved to 17.5 with a low of 15 and a high of 20. On the mechanics test, the average test score was 41.6 with a low of 29 and a high of 47. A minimum score of 15 on the rules test and 38 on the mechanics exam were required to become certified to officiate the games. X of the 10 students passed the exams to become officials. Additionally, officials were observed throughout the 6 week Flag Football season and given feedback as to their performance during games to provide continuous improvement throughout the season.

**Changes as a result of assessment:** Due to the number of new officials each year who need to learn the basics of officiating we will split training into rookie and veteran next year with a separate level 2 and level 3 exam. This will allow us to cover more advanced material with returning officials and improve the experience for them and the players. It will also allow us to focus more time for the rookies on covering the specific areas of weakness as identified in the Pre-test.

### Volleyball: Fall 11

**Outcome:** At the end of Volleyball Official's Training, officials will be able to correctly answer questions related to local and national Volleyball rules with at least 75% efficiency on a 25 question test (18/25) and be able to identify official's signals with at least 80% efficiency on a 40 question test (32/40).

**Method:** Students were invited to apply to be trained as Intramural Volleyball Officials. No previous experience was required to be a part of this program. Twenty-five students enrolled and were given a knowledge based pre-test to determine their level of understanding of the rules of Volleyball and knowledge of volleyball officiating signals. Following completion of training, they were retested with the same test. The test was composed of 25 True or False questions while the mechanics exam was made up of 40 signals.

**Results:** The average score on the pre- test was 13.04, with a low of 8 and a high of 19. The average score on the mechanics pre-test was 5.08, with a low of 0 and a high of 14. Following the three-day

training period (9 contact hours) including rules, mechanics and officiating practice games the students were retested. The average test score improved to 16.2 with a low of 13 and a high of 19. On the mechanics test, the average test score was 27.5 with a low of 7 and a high of 39. A minimum score of 18 on the rules test and 32 on the mechanics exam were required to become certified to officiate the games. X of the 25 students passed the exams to become officials.

**Changes as a result of assessment:** Even after the training, signals seemed to be an area that needs to be focused on. We will also look at the delivery of the rules training to see if we can improve the post test results.

## **Improvement in Personal Health**

Learning Outcome: Through use of the Student Recreation Center, students will indicate that their health and lifestyle choices have improved

**A Customer Service Survey** was administered during the last week of April 2012. To encourage an appropriate number of respondents, anyone who entered was given the opportunity to place their name in a drawing to win an iPod Shuffle. The survey asked for information related to the Student Recreation Center facilities, programs and staff as well as inquiring about future programs students would like to see offered.

**Results:** 251 surveys were returned. Respondents scored the following questions on a 1-5 scale:

- Facility & equip is always clean & in working order: **4.61 +.1**
- Hours are accommodating to schedule: **4.65 +.22**
- Staff is helpful & knowledgeable: **4.53 +.01**
- Facility meets overall expectations: **4.64 +.07**
- Programs offered are good variety: **4.56 -.1**
- SRC is promoting healthy lifestyle to Armstrong: **4.71 +.14**
- Personal health & lifestyle choices have improved since the SRC: **4.48 -.03**
- I encourage others to become active with SRC: **4.64 -.02**

As noted above, 11 responses were consistent with the previous year and continue to indicate overall satisfaction with the Student Recreation Center facilities and programs. Our student staff works hard to maintain the equipment and make sure the workout areas are clean and safe and that fact continues to show. The major area addressed from last year's survey was to increase the facility hours on the weekends. Hours that are accommodating to students' schedules was the largest area of increase and shows that the change was well received. was successful. Respondents continue to indicate their overall health has improved since they start the SRC and readily encourage others to be active with the SRC.

### **Requested Programs and facilities:**

While most respondents were happy with the SRC facility and program offerings, they did have the option of making suggestions for facility spaces and/or programs they would like to see offered. Suggestions ran from Rock Climbing to more Zumba classes.

**Changes as a result of Assessment:** We are planning on adding additional Zumba classes during the week and looking to offer a wider variety of off campus trips.

## **Learning Outcomes for 12-13**

- Flag Football Officials Training
- Ultimate Frisbee/Flag Football Score Keepers Training
- Volleyball Officials Training
- Basketball Officials Training
- Softball Officials Training
- Soccer Officials Training
- Sport Club Officers Training
- Recreation Assistant Safety Training
- Personal Health Outcomes