

Student Learning Outcomes 2012-13

Department of Recreation and Wellness

Intramural Sports Officials Training

Flag Football: Fall 12

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 72% efficiency on a 25 question test (18/25).

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. Following completion of training, they were retested with the same test. The test was composed of 25 True or False questions.

Results: The average score on the pre- test was 14.6, with a low of 10 and a high of 18. 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 20.2 with a low of 16 and a high of 23. A minimum score of 18 on the rules test was required to become certified to officiate the games. Nine of the ten students taking the training were able to officiate Flag Football. 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: The decision was made for this training not to test the students on mechanics signals, only rules. During the season, it was evident that we will again need to require testing the student officials on mechanics and signals.

Flag Football: Fall 12 Part 2

Outcome: At the end of Flag Football Official's Training, veteran officials will be able to correctly answer questions related to local and national Flag Football rules by taking a Level 2 or Level 3 exam. Level 2 exams will require a passing grade of 80% (20/25) and the Level 3 exam will require a passing grade of 92% (23/25).

Method: Veteran officials were invited to take the exams following the 9 hours of training.

Results: Three veteran officials attempted the Level 2 exam. Two passed the exam with scores of 92% (23/25) and 88% (22/25) with one not passing the exam with a score of 72% (18/25). The two student officials that passed the Level 2 exam attempted the Level 3 exam. Neither passed the exam with the required 90% (23/25). They made 68% (17/25) and 72% (18/25) respectively.

Changes as a result of assessment: We will continue to have individual rules sessions with veteran officials in an attempt to increase the number of student officials that pass the Level 2 and Level 3 exam.

Volleyball: Fall 12

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).

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. Five students enrolled and were given a knowledge based pre-test to determine their level of understanding of the rules of Volleyball. Following completion of training, they were retested with the same test. The test was composed of 25 True or False questions.

Results: The average score on the pre- test was 15, with a low of 13 and a high of 18. 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 19 with a low of 18 and a high of 20. A minimum score of 18 on the rules test was required to become certified to officiate the games.

Changes as a result of assessment: 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.

Scorekeeping: Fall 12

Outcome: At the end of Scorekeeper Training, staff will be able to correctly answer questions related to policies, procedures, and practices related to scorekeeping with at least 75% efficiency on a 25 question test (18/25).

Method: Students were invited to apply to be trained as Intramural Scorekeepers. No previous experience was required to be a part of this program. Four students enrolled and were given a knowledge based pre-test to determine their level of understanding of scorekeeping for Intramural Sports contests. Following completion of training, they were retested with the same test. The test was composed of 25 True or False questions.

Results: The average score on the pre- test was 18.25, with a low of 15 and a high of 22. Following the one-day training period (3 contact hours) the students were retested. The average test score improved to 23.25 with a low of 21 and a high of 25. A minimum score of 18 on the test was required to work as a scorekeeper.

Changes as a result of assessment: The training specifically for scorekeepers had positive results this past year. We will look to extend the training for both semesters next year.

Basketball: Spring 13

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

Method: Students were invited to apply to be trained as Intramural Basketball Officials. No previous experience was required to be a part of this program. Nine students enrolled and were given a knowledge based pre-test to determine their level of understanding of the rules of Basketball. Following completion of training, they were retested with the same test. The test was composed of 25 True or False questions.

Results: The average score on the pre- test was 19.22, with a low of 14 and a high of 22. 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 24 with a low of 22 and a high of 25. A minimum score of 18 on the rules test was required to become certified to officiate the games.

Changes as a result of assessment: After the training, we feel that we will need to break this group into rookies and veterans next year for training and look to create a Level 2 and Level 3 exam for the veterans like Flag Football.

Sport Club Officer Training: Fall 12

Outcome: At the end of Sport Club Officer Training, officers will be able to correctly answer questions related to Armstrong Sport Club policies and procedure with at least 75% efficiency on a 25 question test (18/25).

Method: Officers were invited to two hour training on the Sport Club policies and procedures. Club presidents were required to be at the training. 19 officers attended and were given a knowledge based pre-test to determine their level of understanding of the Sport Club policies and procedures. Following completion of training, they were retested with the same test. The test was composed of 25 True or False questions.

Results: The average score on the pre- test was 13, with a low of 8 and a high of 16. Following the two hours training session, the officers were retested. The average test score improved to 21 with a low of 19 and a high of 24.

Changes as a result of assessment: This was the first time we had used this outcome with the Sport Club program. It will be continued in the future.

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 first week of April 2013. 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: 372 surveys were returned. Respondents scored the following questions on a 1-5 scale:

- Facility & equip is always clean & in working order: **4.63 +.02**
- Hours are accommodating to schedule: **4.67 +.02**
- Staff is helpful & knowledgeable: **4.61 +.06**
- Facility meets overall expectations: **4.62 -.02**
- Programs offered are good variety: **4.61 -.05**
- SRC is promoting healthy lifestyle to Armstrong: **4.73 +.02**
- Personal health & lifestyle choices have improved since the SRC: **4.51 +.03**
- I encourage others to become active with SRC: **4.66 +.02**

All responses 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 as the largest increase was in staff that is helpful & knowledgeable. We had a slight drop in program variety. We will examine this area to see what we can add to our programmatic offerings.

Changes as a result of Assessment: We have added the ability to teach TRX classes for the coming year. This is an activity that has been requested and is very popular in the fitness industry.

Learning Outcomes for 13-14

- Flag Football Officials Training
- Score Keepers Training: Fall & Spring
- Volleyball Officials Training
- Basketball Officials Training
- Softball Officials Training
- Soccer Officials Training
- Sport Club Officers Training
- Recreation Assistant Safety Training
- Personal Health Customer Service Survey