

**UNIVERSITY OF WISCONSIN-WHITEWATER**  
**COACHING MINOR EXIT SURVEY**

Name: \_\_\_\_\_ ID# \_\_\_\_\_

What is your major: \_\_\_\_\_

Coaching Minor in the College of \_\_\_\_\_

Year of Graduation: \_\_\_\_\_

Permanent Address: \_\_\_\_\_

Permanent Phone Number: \_\_\_\_\_

**Please respond to the following statements by circling the answer that best represents your response.**

2005 National Association for Sport and Physical Education National Standards  
for Athletic Coaches

**DOMAIN 1 - PHILOSOPHY AND ETHICS**

- T**    **F**    1.    *NASPE Standard 1* – I can develop and implement an athlete-centered coaching philosophy.
- T**    **F**    2.    *NASPE Standard 2* – I can identify, model, and teach positive values learned through sport participation.
- T**    **F**    3.    *NASPE Standard 3* – I can teach and reinforce responsible personal, social, and ethical behavior of all people involved in the sport program.
- T**    **F**    4.    *NASPE Standard 4* – I can demonstrate ethical conduct in all facets of the sport

program.

## **DOMAIN 2 - SAFETY AND INJURY PREVENTION**

- T F** 5. *NASPE Standard 5* – I can prevent injuries by providing safe facilities.
- T F** 6. *NASPE Standard 6* – I can ensure that all necessary protective equipment is available, properly fitted, and used appropriately.
- T F** 7. *NASPE Standard 7* – I can monitor environmental conditions and modify participation as needed to ensure the health and safety of participants.
- T F** 8. *NASPE Standard 8* - I can identify physical conditions that predispose athletes to injuries.
- T F** 9. *NASPE Standard 9* - I can recognize injuries and provide immediate and appropriate care.
- T F** 10. *NASPE Standard 10* - I can facilitate a coordinated sports health care program of prevention, care, and management of injuries.
- T F** 11. *NASPE Standard 11* - I can identify and address the psychological implications of injury.

### **DOMAIN 3 - PHYSICAL CONDITIONING**

**T F** 12. *NASPE Standard 12*- I can design programs of training, conditioning, and recovery that properly utilize exercise physiology and biomechanical principles.

**T F** 13. *NASPE Standard 13* - I can teach and encourage proper nutrition for optimal physical and mental performance and overall good health.

**T F** 14. *NASPE Standard 14* – I can be an advocate for drug-free sport participation and provide accurate information about drugs and supplements.

**T F** 15. *NASPE Standard 15* – I can plan conditioning programs to help athletes return to full participation following injury.

### **DOMAIN 4 - GROWTH AND DEVELOPMENT**

**T F** 16. *NASPE Standard 16* – I can apply knowledge of how developmental change influences the learning and performance of sport skills.

**T F** 17. *NASPE Standard 17* – I can facilitate the social and emotional growth of athletes by supporting a positive sport experience and lifelong participation in physical activity.

**T F** 18. *NASPE Standard 18* - I can provide athletes with responsibility and leadership opportunities as they mature.

## DOMAIN 5 - TEACHING AND COMMUNICATION

- T F** 19. *NASPE Standard 19* - I can provide a positive learning environment that is appropriate to the characteristics of the athletes and goals of the program.
- T F** 20. *NASPE Standard 20* - I can develop and monitor goals for the athletes and program.
- T F** 21. *NASPE Standard 21* – I can organize practice based on a seasonal or annual practice plan to maintain motivation, manage fatigue, and allow for peak performance at the appropriate time.
- T F** 22. *NASPE Standard 22:* I can plan and implement daily practice activities that maximize time on task and available resources.
- T F** 23. *NASPE Standard 23* - I can utilize appropriate instructional strategies to facilitate athlete development and performance.
- T F** 24. *NASPE Standard 24* – I can teach and incorporate mental skills to enhance performance and reduce sport anxiety.
- T F** 25. *NASPE Standard 25* – I can use effective communication skills to enhance individual learning, group success, and enjoyment in the sport experience.

**T**    **F**    26.    *NASPE Standard 26* - I can demonstrate and utilize appropriate and effective motivational techniques to enhance athlete performance and satisfaction.

#### **DOMAIN 6 - SPORT SKILLS AND TACTICS**

**T**    **F**    27.    *NASPE Standard 27* – I know the skills, elements of skill combinations, and techniques associated with the sport being coached.

**T**    **F**    28.    *NASPE Standard 28* - I can identify, develop, and apply competitive sport strategies and specific tactics appropriate for the age and skill levels of the participating athletes.

**T**    **F**    29.    *NASPE Standard 29* – I can use scouting methods for planning practices, game preparation, and game analysis.

#### **DOMAIN 7 - ORGANIZATION AND ADMINISTRATION**

**T**    **F**    30.    *NASPE Standard 30* – I can demonstrate efficiency in contest management.

**T**    **F**    31.    *NASPE Standard 31* - I can be involved in public relation activities for the sport program.

**T**    **F**    32.    *NASPE Standard 32* - I can manage human resources for the program.

**T**    **F**    33.    *NASPE Standard 33* – I can manage fiscal resources for the program.

- T F** 34. *NASPE Standard 34* - I can facilitate planning, implementation, and documentation of the emergency action plan.
- T F** 35. *NASPE Standard 35* - I can manage all information, documents, and records for the program.
- T F** 36. *NASPE Standard 36* - I can fulfill all legal responsibilities and risk management procedures associated with coaching.

#### **DOMAIN 8 – EVALUATION**

- T F** 37. *NASPE Standard 37* – I can implement effective evaluation techniques for team performance in relation to established goals.
- T F** 38. *NASPE Standard 38* - I can use a variety of strategies to evaluate athlete motivation and individual performance as they relate to season objectives and goals.
- T F** 39. *NASPE Standard 39* - I can utilize an effective and objective process for evaluation of athletes in order to assign roles or positions and establish individual goals.
- T F** 40. *NASPE Standard 40* - I can utilize an objective and effective process for evaluation of self and staff.

(2005 National Association for Sport and Physical Education National Standards for Athletic Coaches, NASPE)

**Please respond to the following statements by circling the answer that best represents your response.**

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION

Wisconsin Standards: Coaching Development and Licensure

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|----------|----------|----|---|
| <b>T</b> | <b>F</b> | 1. | Knows the subject they are coaching. Understands the central concepts, tools of inquiry, and structures of the disciplines she or he coaches and can create learning experiences that make these aspects of subject matter meaningful for athletes. <b>(Wisconsin Standard 1)</b>                         |
| <b>T</b> | <b>F</b> | 2. | Knows how children grow. Understands how children with broad ranges of ability learn and provides instruction that supports their intellectual, social, and personal development. <b>(Wisconsin Standard 2)</b>   |
| <b>T</b> | <b>F</b> | 3. | Understands that children learn differently. Understands how athletes differ in their approaches to learning and the barriers that impede learning and can adapt instruction to meet the diverse needs of athletes, including those with disabilities and exceptionalities. <b>(Wisconsin Standard 3)</b> |
| <b>T</b> | <b>F</b> | 4. | Knows how to teach. Understands and uses a variety of instructional strategies, including the use of technology, to encourage children's development of critical thinking, problem solving, and performance skills. <b>(Wisconsin Standard 4)</b>   |

- T F** 5. Knows how to manage an athletic environment. Uses an understanding of individual and group motivation and behavior to create a learning environment that encourages positive social interaction, active engagement in learning, and self-motivation. **(Wisconsin Standard 5)**
- T F** 6. Communicates well. Uses effective verbal and nonverbal communication Techniques as well as instructional media and technology to foster active inquiry, collaboration, and supportive interaction in the athletic environment. **(Wisconsin Standard 6)**
- T F** 7. Can plan different kinds of practices. Organizes and plans systematic instruction based upon knowledge of subject matter, athletes, the community, and athletic goals. **(Wisconsin Standard 7)**
- T F** 8. Knows how to test for athlete progress. The coach understands and uses formal and informal assessment strategies to evaluate and ensure the continuous intellectual, social, and physical development of the athlete. **(Wisconsin Standard 8)**
- T F** 9. Is able to evaluate her/himself. Is a reflective practitioner who continually evaluates the effects of his or her choices and actions on athletes, parents, professionals in the learning community and others and who actively seeks out opportunities to grow professionally. **(Wisconsin Standard 9)**



- T F** 10. Is connected with other coaches and the community. Fosters relationships with school colleagues, parents, and agencies in the larger community to support athlete learning and well-being and acts with integrity, fairness and in an ethical manner. **(Wisconsin Standard 10)**

(Wisconsin Standards: Teacher Development and Licensure)

Your honest response to the following questions will be used to help us evaluate the quality of our Coaching Minor. Your responses will not be shared with the faculty/academic staff in the Department of Health, Physical Education, Recreation and Coaching until after graduation.

Place an **X** in the appropriate box that best describes your evaluation of the **COURSE CONTENT** of the following required and elective courses in the Coaching Minor. Mark only one box per course, and remember you are evaluating the course content, not the instructor.

## COURSES IN THE COACHING MINOR

COURSE NUMBER	COURSE TITLE	EXCELLENT	GOOD	FAIR	DID NOT
				TO	TAKE
				POOR	AT UWW
COACHING-240	Introduction to Coaching				
COACHING-250	Mechanical Principles				
COACHING-255	Conditioning				
COACHING-256	Psycho-Social Aspects				
COACHING-460	Organization & Administration				
COACHING-489	Recreation Administration				
COACHING-461	Care & Prevention of Injuries				
COACHING-492	Coaching Field Study				
COACHING-350	Coaching of Football				
COACHING-351	Coaching of Basketball				
COACHING-352	Coaching of Baseball				
COACHING-353	Coaching of Track & Field				
COACHING-355	Coaching of Swimming				
COACHING-356	Coaching of Wrestling				

COACHING-359	Coaching of Volleyball				
COACHING-360	Coaching of Soccer				
COACHING-361	Coaching of Softball				
COACHING-251	Sport Pedagogy				
COACHING-260	History and & Social Aspects				
COACHING-265	Community Sponsored Sports				
COACHING-462	Officiating				
COACHING-463	Children and Sport				
COACHING-464	Managing Athletic Practice Session				
COACHING-465	Advanced Athletic Training				
COACHING-466	Drugs and Sport				
COACHING-467	Citizenship through Sport				
COACHING-470	Practicum in Athletic Training				
PEPRO-271	Structure and Function				
PEPRO-281	First Aid & CPR				
PEPRO-371	Kinesiology				
PEPRO-471	Physiology of Exercise				

**WHAT DO YOU PLAN TO DO AFTER GRADUATION?** Check the blank following your choice.

Go to graduate school? \_\_\_\_\_

Where? \_\_\_\_\_

Teach? \_\_\_\_\_

Subject? \_\_\_\_\_

Grade Level? \_\_\_\_\_

Coach? \_\_\_\_\_

Sport? \_\_\_\_\_

Level/Grade? \_\_\_\_\_

Other? \_\_\_\_\_

What & Where? \_\_\_\_\_

Not Sure? \_\_\_\_\_

What do you see as your plan of action in five years? \_\_\_\_\_

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In ten years? \_\_\_\_\_

Which courses/experiences in the Coaching Minor as an undergraduate contributed the most to your

development? \_\_\_\_\_

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Which courses/experiences in the Coaching Minor as an undergraduate contributed the least to your

development? \_\_\_\_\_

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In your opinion, what are the strengths and weaknesses of the Coaching Minor?

Strengths:

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Weaknesses:

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What suggestions do you have for improving the Coaching Minor?

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