

**Division of University Affairs
 Assessment Plan 2009-2010 Academic Year
 Learning Outcomes Assessment**

Department Student Affairs

Program: SFA Cheer and Pom

Primary Programmatic Outcome	Goals	Objectives	Timeline for Completion	Status
<p>The SFA spirit program is dedicated to supporting SFA athletics, promoting school spirit and competing at an elite national level.</p>	<p>1. Spirit Teams Students will show a commitment toward a development of comprehensive spirit program dedicated to promoting school spirit, community service and elite competition.</p>	<p>1A. Continued development of game day routines which include new cheer and pom techniques, crowd involvement and innovative competition routines.</p>	<p>September 2009</p>	<p>Met: This year the teams were split into game day committees and they focused on a number of different cheer and dance techniques. As a result the teams reformatted their cheering schedule and tempo at games. They introduced a number of new cheers and reformatted some of the traditional cheers. This year we brought in choreographers for their nationals routines to add some innovation and new ideas to each routine.</p>
	<p>2. Spirit Teams The members of the spirit teams will be dedicated to risk management including "on the mat" safety, personal health and wellness and proper technique.</p>	<p>1B. Development of an outreach program to bring more prospective cheerleaders and dancers to campus.</p>	<p>January 2010</p>	<p>Met: Each month SFA Cheer and Pom hosts a preview day where prospective cheerleaders and dancers can come to practice, learn new skills and get evaluations on their current skill set. We then provide them with a list of things to work on and encourage them to come back. This has resulted in our tryouts</p>

		<p>1C. Completion of a competition schedule in which effort, creativity and coaching place all three teams in position to win a national championship.</p>	<p>April 2010</p>	<p>becoming more effective as we can spend the year evaluating and know the prospective spirit team member.</p> <p>Met: While we fell short of our goal of three national championships all three teams placed in the top 3 nationally and were in position to win. Large Co-Ed won its 11th national championship and we crowned a partner stunt champion in January.</p>
		<p>2A. Expansion of the SFA cheer and pom safety program to include education based prevention measures to combat eating disorders and performance enhancing drug use.</p>	<p>October 2009</p>	<p>In process: This year we brought in guest speakers to speak to our students on study skills, clean eating, eating disorders and drug abuse including performance enhancing drugs. We fell short of developing a peer education program but that will happen in the coming year.</p>
		<p>2B. Complete risk management review of stunting and spotting technique, monthly audits of injury and insurance reports and third party safety observations.</p>	<p>April 2010</p>	<p>Met: We spend one day a month to review spotting, tumbling and stunting technique and review safety measures with our athletes. This has resulted in a drop in practice injuries and we just completed our first nationals season without a major skeletal-muscle injury. We also perform insurance audits which increase the likelihood we will find a lapsed insurance policy before the injury occurs.</p>

Student Learning Outcomes:

Learning outcomes are statements that specify what learners will know or be able to do as a result of a learning activity. Outcomes are usually expressed as knowledge, skills, or attitudes. Please sort these outcomes into the categories below. You do not need to have an outcome for each category, only those that are essential in accomplishing your PPO as stated above.

Outcomes	Assessment activity	Assessment Results	Improvements Planned
<p>Citizenship: As a result of involvement in SFA cheer and pom our students will gain a better sense of SFA traditions, commitment to school spirit and appropriate expression of excitement.</p>	<p>Game day reviews – Each game we have fellow cheerleaders and pom squad members review the performance of each team and team members. On football weekends we review these results at Monday’s practice.</p> <p>Cheer and Pom test – We have each member complete a written test on SFA traditions, knowing the words to the school song and sideline techniques.</p>	<p>We found that as a result of our game day reviews the number and cadence of our cheers called increased. After game 1 we dropped in the number of times the team cheered from 12 cheers per quarter to a low of 8 for game three. However, once we implemented game day that increased to 13 for game four and 15 for game five.</p> <p>During work week in July members of the team were asked five questions and these questions were repeated in September. Only 42% of the members of the teams could recite the school song, in the post test 89% repeated the song with 100% accuracy. In July 61% of the members of the team stated the reason they came to</p>	<p>We are adding cheer signs to our sideline routines and our mascots are attending mascot camp this summer to help us develop our game day routines better.</p> <p>We are developing an SFA for Spirit Team members booklet which will outline the various traditions and cheers they will need to learn. We will distribute this at work week and test in early September.</p>

		SFA was to win a national championship, by September that number was down to 40% while members identifying they were “proud” to attend SFA rose from 56% to 83%.	
<p>Communication: As a result of participating in the SFA Spirit program students will have a better sense of communicating during performances to enhance safety.</p>	Injury reports were reviewed and cataloged.	The number of injuries this year dropped and, more importantly, the number of our trainer visits have increased. This shows our students are willing to get strains and pulls looked at before they become major injuries. We were able to avoid any major injuries this year for the first time in six years.	We are going to require a trainer release in addition to the doctor release. This will ensure the trainers office also agrees with the family doctor’s decision.
<p>Life Skills The student will be able to show a sense of personal balance.</p>	Interviews and academic record reviews.	The average GPA rose this year from a program average of 2.19 in 2008-2009 to a 2.28. This included a 2.34 average for students who participated in our study hall program and generally are considered our most at-risk students (new members to the team, transfer students and first semester freshmen). On our minute paper program most students admitted that balance be it personal wellness, time for other	This next year we are going to be scheduling out our teams in a more efficient way, this will include optional practices for students to have additional days off. We will also have a personal balance series that will include sessions on wellness and time management presented during practice time and not during their personal

		<p>activities or studying was difficult to accomplish however 65% of our students surveys said they find time at least once a day to spend time for themselves and 80% of students felt that the SFA spirit program had a realistic expectation of their time. 88% of respondents said they were better students as a result of their participation in the SFA Spirit Program.</p>	<p>time.</p>
<p>Wellness: The student will expresses improvement in their own personal wellness and identify ways to conduct themselves in a healthy manner.</p>	<p>Personal wellness assessments.</p>	<p>As a result of the wellness assessments each student was given a plan including diet and exercise. When asked 84% of the teams said they felt that they were more aware of their personal wellness and 60% said they have taken steps to live a healthier life. They were asked to comment on this via minute papers the following comments were selected for illustration:</p> <p>My overall dance ability and physical appearance level have improved drastically since being a part of Spirit Teams. The way that I look and carry myself will help me present myself to the best of my ability in regards to a</p>	

		<p>professional setting.</p> <p>I've improved at being a better dancer. When I became a SFA pom member I felt weak because it had been a while since I've danced but all the other girls were very helpful and there for me</p> <p>I have learned that I need to eat well to perform. Being a part of the team you are no good if you don't have the energy.</p> <p>I have learned that I also need to work on my flexibility. When I got here I just stunted but in order to get into the more difficult stuff you need to be flexible so Trisha suggested I take a yoga class and it worked!</p> <p>I think the meeting with the nutritionist really helped. I used to just eat whatever but now I look to make a salad and eat more chicken breast instead of fried foods.</p> <p>I can't go out on Thursday and think I can practice the next day. I need to get to bed for morning practice.</p>	
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