

Innovation Award Funding Request Form

Shasta College is committed to supporting innovative ideas that enhance student learning and success. As a result of the 2015 Governor's Innovation Award, there is now a designated fund (up to \$100,000 per year for the next five to seven years) to support faculty and staff projects that ultimately result in increased goal attainment for students.

In accordance with the criteria for the Innovation Award, practices that enhance transfer and four-year degree completion while reducing time to degree are the highest priorities. If you feel that your project qualifies for Innovation funds, please complete this form and return to the President's office by December 18, 2015.

Name: Kathryn Cottrell

Division/Dept. Name: PEAT

Name of Project: Gateway to Kinesiology

Please explain if/how the project will impact academic outcomes for students (i.e., persistence, success, completion and/or transfer)?

Our program is designed to identify at-risk High School student-athletes and mentor them in preparation for collegiate studies.

This will impact academic outcomes in three ways:

- 1) Students without a clear understanding of the path to admission and subsequent success in college will be taught the skills needed to prepare them for collegiate academics and athletics which will in-turn shorten their time to degree completion and transfer.
- 2) Students will be given individual support to achieve their academic and athletic goals and experience student support services at Shasta College, fostering student persistence.
- 3) By providing resources, mentorships, instruction, support and personal connections which are embedded in the Gateway to Kinesiology program, we will fortify at-risk students with the tools needed for admission, persistence, completion, transfer, and success.

Please explain if/how the project will use intersegmental partnerships (partnerships across academic segments K-12, CC, CSU, UC, etc.) to shorten time to degree and/or increase access for more students?

Gateway to Kinesiology will create strong partnerships between local High School Teachers, Coaches and Athletic Directors with the Shasta College Physical Education, Health and Athletics Department.

We will become outlet for local high school teachers and coaches to foster academic progress in their athletes.

Gateway to Kinesiology will demonstrate the academic requirements for a degree while teaching path to success. This will increase access to a local group of students; students who may never have learned about college student support services otherwise.

Not only will this increase access for 20-50 local high school students, it will also shorten their time to degree and transfer.

Our program will influence students to maintain a college-preparatory track in High School, and begin college in higher level classes.

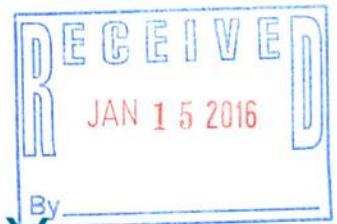
Funds will be "one-time" with an 18 month cycle (approximately) that includes planning, implementation and evaluation. Evaluation of the effectiveness of your innovation project is required. How will you conduct this assessment? What, if any, support will you need?

Our Program will be evaluated based on the GPA of the participants. Success will be measured in the following ways:

- 1) Maintaining a GPA above 2.0 in order to continue to participate in athletics.
- 2) Improving GPA while enrolled in Gateway to Kinesiology
- 3) College preparatory course completion leading to increased college placement
- 4) Athletes increase their athletic abilities through training in PE11

In order to properly evaluate each participant, we will need to maintain open communication between High School Teachers, Counselors and our Gateway to Kinesiology Instructors and Coaches. We may also require use of COMPASS and any other on-campus placement testing services.

Requests will be reviewed and prioritized by an inter-campus committee based on criteria stated above. If you have any questions, please contact Kate Mahar at kmahar@shastacollege.edu.



GATEWAY TO KINESIOLOGY

SHOWING AT-RISK HIGH SCHOOL STUDENT-ATHLETES THE PATH TO SUCCESS IN COLLEGE

Partnerships with local HS Teachers, Coaches, Athletic Directors.

- Identifying Shasta County At-Risk HS Athletes for our program
- Create a cohort of 20-50 High School athletes (11th and 12th grade)
- Show each participant success and rewards based on progress over results (proven to have a lasting positive effect on students, athletes, and their success/persistence – Coach H. A. Dorfman)
- Use state of the art hardware and software to evaluate each athlete
 - Foster a growth mindset in student-athletes
 - Track and Evaluate athletic skills and progress
 - Create a personalized program for each athlete, a success manual
 - Use Athletic Signature, a score based on all evaluations, to motivate athletes
- Fostering Academic Success
 - Each student athlete selected for the program will be required to enroll in a STU1 – College Success Class where they will learn the tools for academic success in both High School and College
 - Following the model set by esteemed coach John Baxter
 - ❖ “I Hate School - How a College Football Coach has inspired students to value Education and Become Lifelong Learners”
 - Student-Athletes will be taught and mentored through this class to learn about Sports Science and Kinesiology as both a major of study and a career path.
- Peer Mentor program
 - Participants will be paired with current Shasta College Knights to work as a big brother/big sister mentor

- **Daily Schedule**
 - Monday- Friday: Attend High School Classes from 8:00AM-3:00PM
 - Monday- Friday: Attend HS Sports Practices from 3:00-5:00PM
 - Once Weekly, attend STU1 College Success from 6:00-9:00PM
 - Twice Weekly, attend PE11 Fundamental Conditioning from 5:30-7:00PM
- **Barrier to Student Participation and Success**
 - Transportation – each participant will receive a RABA bus pass and be issued a locker in Shasta College Locker Rooms
- **Criterion for High School Coach and Athletic Director referrals**
 - Students have expressed or shown an interest in Kinesiology
 - Students must be positive for some of the following categories
 - Drop in GPA from previous academic year, semester, or quarter
 - Cumulative or current GPA near 2.0
 - High School Semester with GPA below 2.0
 - Potential First Generation College Student
- **Capturing participants**
 - Using Front Rush, our productivity application for recruiting, we will create 2 simple online questionnaires. One for athletes and one for coaches/teachers.
 - These questionnaires will be easy to access via scanning of a QR code
 - The QR Codes and information will be distributed as flyers and business cards to Teachers, Coaches, Counselors and Athletic Directors.
 - The program will be advertised on the College Athletics website with a link to the questionnaire form also
 - Gateway to Kinesiology instructors will maintain open communication with Varsity Coaches, HS Counselors and Athletic Directors.
- **What is Success?**
 - Students maintain a 2.0 GPA for athletic eligibility,
 - Students eventually enroll with Shasta College, become Knights

- What to measure – associated equipment and material costs
 - *Instructor Cost for STU1: \$2400*
 - *Instructor Cost for PE11: \$2400*
 - *Flyer and Card Distribution: \$150*
 - Vertical Jump
 - Jump mat \$600 (perform better)
 - Speed and velocity
 - Timing device with 6 receivers - \$2719 (Freelap)
 - Aerobic Conditioning
 - Heart Rate monitoring - 12 user pack - \$1739 (gopher sports)
 - Movement analysis
 - Ipad - \$600, Tripod \$50 (software is free)
 - Strength
 - Weight Room
 - Work Capacity
 - Kettlebell complete set \$1500
 - High School GPA
 - Coordination with high schools

Total budget including instructor for STU1 and PE11: \$12,008

Budget for materials: \$7358