

Sample Proposal -Poster Presentation

Seven Years of Spartan Research: Impacts of Participation on Student Success and Wellness

Presenter(s)

Kerri L. Vasold

Doctoral Candidate

Michigan State University

Role: Lead Presenter

Qualifications & Experience (not to exceed 800 characters)

Currently a 5th year PhD student in Kinesiology; has worked as the Research and Assessment Coordinator for Michigan State University Recreational Sports and Fitness Services since August 2014; previous work in this area includes analysis of the American College Health Association National College Health Assessment data for relationships between club and intramural sport participation and academic success, and a study utilizing the NIRSA/NASPA Recreation and Wellness Benchmark data; previous recipient of the NIRSA Research Grant Program for work on these topics.

Education Background

Years in the Field

Graduate student (Doctoral program)

Presenter Accommodation Request

Samantha J. Deere

Assistant Professor

Saginaw Valley State University

Role: Co-Presenter

Qualifications & Experience (not to exceed 800 characters)

Assistant Professor of Kinesiology; dissertation work focused on recreational sports participation and academic success; previous recipient of NIRSA Research Grant Program awards

Education Background

Years in the Field

None of the above describes the presenter

James M. Pivarnik

Professor

Michigan State University

Role: Co-Presenter

Qualifications & Experience (not to exceed 800 characters)

Faculty member in the Department of Kinesiology; previous work in this area including NIRSA Research Grant Program funded projects focused on recreational sports participation and academic success

Education Background

Years in the Field

None of the above describes the presenter

Category

Research & Evaluation

PROGRAM DESCRIPTION

Poster content will include a brief overview and major results of four different studies conducted over the past seven years at Michigan State University concerning recreational sports participation and student academic success. This overview will provide a timeline of research progression at our university and include highlights of strong methodology and best practices for future research.

The four studies will include topic areas of fitness facility membership, fitness facility usage, intramural sports participation, and overall recreational sports usage. The fitness facility membership study (N=4,843) compared members and non-members for differences in academic outcomes such as grade point average, credits completed, and retention rates. The fitness facility usage study (N=1,500) assessed the impact of frequency of facility usage on academic outcomes. The intramural sports study (N=1,800) assessed differences in grade point average, credit difference, retention, and achievement of sophomore status between first year intramural sports participants and non-participants. The final study evaluated multiple aspects of recreational sports participation and the self-reported impact of this participation (N=131). Outcomes include physical health (i.e., fitness level, balance and coordination, etc.) and psychosocial health (i.e., sense of belonging, self-confidence, etc.).

Previous research has shown that recreational sports participation has a positive relationship with college student academic success and health/wellness. Various outcomes have been investigated, but there are still gaps in the current body of literature. Information communicated to poster attendees will add to the current body of knowledge on recreational sports participation through the implementation of new methodologies that strengthen the significance of findings.

Many in the field are interested in the relationships between participation in recreational sports, health and wellness outcomes, and student success. This poster will appeal to a wide range of practitioners as it covers multiple aspects of recreation. It will also provide practitioners with a number of ideas for research and assessment at their respective institutions. We expect this poster to spark discussion regarding new ways to expand student outcome literature.

PROGRAM SHORT SUMMARY

Previous research has shown that recreational sports participation has a positive relationship with college student academic success and health/wellness. Various outcomes have been investigated, but there are still gaps in the current body of literature. Michigan State University has developed and executed a research agenda to address these gaps over the past 7 years, and results from 4 different studies concerning student academic success and health/wellness outcomes will be discussed.

OPTIONAL--Learning Support Materials

Core Competencies & Topic Areas

1st CORE COMPETENCY AREA

Research & Evaluation

2nd CORE COMPETENCY AREA

3rd CORE COMPETENCY AREA

1st TOPIC

Research & Assessment

2nd TOPIC

Presenter Agreement

PRESENTER AGREEMENT

I agree

RIGHT TO SHARE AUTHORIZATION

I grant NIRSA the right to share this presentation for education purposes and member reference