

Special Olympics Fitness Evaluation

Fitness Captains

Description: Surveys created to assess athletes' knowledge and confidence in their roles as Fitness Captains and coaches' perceptions of fitness through sport and the Fitness Captain role.

Target audience: Athletes and sport coaches

Length: The surveys take less than 5 minutes to complete.

Measures:

Athletes

- Fitness knowledge, including warm-up/cool down, proper nutrition, and hydration.
- Confidence in their ability to share health tips with teammates.
- Confidence in their ability to lead teammates through dynamic warm-ups and cool-downs.
- Confidence in their leadership skills, more broadly.
- Attitudes towards fitness and their role as a Fitness Captain.
- Adherence to their roles and responsibilities as Fitness Captains.

Coaches

- Perceptions of their Fitness Captains' confidence in leading fitness activities in their sport.
- Assessment of how Fitness Captains successfully integrated fitness into their sport season.
- Evaluation of the support provided to Fitness Captains during their sport season.
- Identification of needed support and willingness to continue with Fitness Captains in the future.
- Attitudes towards fitness.

Implementation Instructions:

- 1) Share the Qualtrics link with athletes and coaches **before their Fitness Captain training.**




Option 1: You can send the survey to athletes and coaches prior to the training, such as in a reminder email with training details.

Option 2: Collect data onsite. You can provide the QR code on your presentation slides or put the QR code or survey link on the tables before the training begins. Athletes and coaches can use their cellphones to complete the survey. Caregivers and staff can help athletes complete the survey.




- Bring a few tablets or computers for athletes and coaches who don't have access to cellphones.
- 2) Share the Qualtrics link with athletes and coaches **after their Fitness Captain training.** It's recommended that you save 5-10 minutes in your training session to allow time for attendees to complete the post-training survey prior to their departure.
 - Bring a few tablets or computers for athletes and coaches who don't have access to cellphones.
 - 3) Share the Qualtrics link with athletes and coaches **at the end of the sport season** to determine their perceptions of the position and their willingness to continue with Fitness Captains in the future.


Results & Reports: Complete the following [Fitness Evaluation Request Form](#) if you would like data reports from SOI. The Research and Evaluation team will provide a link to your data. If you want detailed analyses of your pre/post data, the Research and Evaluation team will create a summary report for you!

Athlete Surveys

	<u>Qualtrics Link</u>	<u>QR Code</u>
Pre-Training Survey	https://specialolympics.qualtrics.com/jfe/form/SV_8bIYRCwtc3vg0HY	
Post-Training Survey	https://specialolympics.qualtrics.com/jfe/form/SV_cGqCUDen38xQWQ6	
Post-Season Follow-Up	https://specialolympics.qualtrics.com/jfe/form/SV_easzYbJkUTmsJN4	

Coach Surveys

	<u>Qualtrics Link</u>	<u>QR Code</u>
Pre-Training Survey	https://specialolympics.qualtrics.com/jfe/form/SV_bxsnpjW4bKMagKy	
Post-Training Survey	https://specialolympics.qualtrics.com/jfe/form/SV_3aPbOsFq3acl0LY	

Post-Season Follow-Up	https://specialolympics.qualtrics.com/jfe/form/SV_9YvwVJCNQXe0w2W	
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Want to learn more about Fitness Captains?

Below is a list of questions you can ask your athletes and coaches to gain deeper insights.

Athletes:

1. Tell me about your experience being a Fitness Captain?
 - a. Was it easy?
 - b. What are some things that you did?
 - c. Did you face challenges?
2. How did your coach support you throughout the sports season?
3. How did your Program staff support you throughout the sports season?
4. What resources or support could Special Olympics provide to help you be a better Fitness Captain?

Coaches:

1. In what ways were your Fitness Captains successful in integrating fitness within your sports season?
 - a. Performing their duties
 - b. Influencing the behavior of their teammates
 - c. Supporting your role as a coach
2. What kind of feedback have you received (from athletes, Unified partners, family, caregivers, other coaches) throughout the season regarding Fitness Captains?
3. How did you support your Fitness Captains throughout the sports season?
4. What challenges did you face as you integrated Fitness Captains into your plans throughout the season?
 - a. How did you overcome these challenges?
5. What resources or support could Special Olympics provide to help you better support your Fitness Captains?