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Editor: Emily Jones
Spring 2008

“How Great Coaches Get It Done”

Three accomplished and nationally recognized coaches from the Northeast region of the United States accepted the invitation from the Sport Instruction Research Laboratory to participate in a panel discussion at the 2007 National AAHPERD Convention in Baltimore, Maryland. Dr. Bryan McCullick moderated the panel discussion entitled “How Great Coaches Get It Done”. Sitting on the panel from the Northeast were Murray Stephens, a swim coach from the North Baltimore Aquatic Club, coach of Olympic Gold medalist and World Champion Michael Phelps; Missy Meharg, 5-time NCAA National Championship coach of field hockey at the University of Maryland; Rick Neuheisel former Baltimore Raven’s offensive coordinator and current head football coach at UCLA. Joining the panel was one of our own, Dr. Paul Schempp who serves as an independent consultant for PGA tour golfers Niclas Fasth, Richard Johnson and Mathias Gronberg.

The panel allowed the coaches to discuss how they have developed and conducted successful sport programs. The coaches identified valuable personal experiences and current methods of professional development they use to continue growing as coaches. The coaches fielded questions from the audience.

It was a fantastic opportunity to ask *the greats* how their experiences have shaped and modeled their professional journey. Thank you to all who participated in this valuable and meaningful panel discussion!



Dr. Bryan McCullick facilitates panel discussion at the *How Great Coaches Get It Done*



Coaches panel (L to R): Murray Stevens, Paul Schempp, Missy Meharg, & Rick Neuheisel



L to R: Emily Jones, Karen Lux, Dr. O'Connor, & Kelly Wieser

Visiting Scholar - Dr. Donna O'Connor

In efforts to build a sense of international community, visiting scholars often spent time at the University of Georgia’s Sport Instruction Research Laboratory discussing and debating issues pertaining to research in teacher education, teaching and coaching.

We were pleased to host Dr. Donna O’Connor from the University of Sydney, Australia as a 2007 visiting scholar. Dr. O’Connor lectures in the Human Movement and Health Education program at the University of Sydney, where she also serves as the course coordinator of the new graduate program in Coach Education. Dr. O’Connor’s research and professional interests in coach education have provided opportunities for her to work with the Canadian Olympic Track and Field team, the Wallabies coaching staff, North Queensland Cowboys, and national league teams in basketball and netball.

As a result of Dr. O’Connor’s stay at the Sport Instruction Research Lab, several collaborative research efforts between the University of Sydney and the University of Georgia in the areas of coach education and coaching expertise are underway.



The University of Sydney

Current Research Projects

Expertise continues as a primary line of inquiry in the Sport Instruction Research Lab. This past year we completed studies in several topical areas, and have initiated several new projects.

PETE Program Assessment Through the Eyes of Children. An extension of the Physical Education Teacher Education Assessment Project (PETEAP) this study interviewed students about their student teachers' teaching ability. The interviews revealed that students were able to discuss teaching effectiveness as well as provide examples of what it looks like. These findings provide a vital message to PETEs, PETE students, and practicing teachers—students are paying attention to your pedagogy! This manuscript was published in the January 2008 issue of *JTPE*.

Selling Innovation to Those Who Matter Most: K-12 Pupils' Perceptions of Models-Based Instruction. This study investigated pupil perceptions of an instructional strategy called Models-Based Instruction (MBI). Findings suggest students have positive perceptions of MBI. The participants engaged in MBI expressed their enjoyment of PE, motivation to learn “this new way,” increased learning, and willingness to be instructed again under the model they had experienced. These findings are relevant for all involved in teaching physical education.

The 21st Century PETE Major: An Attempt at Portraiture. Knowledge of learners has been identified as one of the essential components of a teacher's repertoire. Thus, contemporary data on physical education teacher education (PETE) students is vital for PETE faculty to prepare future PE teachers. Funded by a grant from GAHPERD, this project surveyed nearly 800 PETE majors' on five items: (a) family background, (b) motivation for choosing the PE teaching profession, (c) beliefs about the purposes of PE and teaching, (d) expectations for the field as future PE teachers, and (e) views regarding coaching and its relationship to teaching PE. Findings were presented by Karen Lux at the AIESEP Congress in Sapporo, Japan. Manuscripts are currently being prepared.

Expertise in Sport Pedagogy Project. This project represents a series of projects and currently, the largest



Lab members engaged in discussion at a weekly Lab meeting.

undertaking in the Lab. The theoretical foundations for these studies on teaching expertise were first developed and published in the *Journal of Physical Education, Recreation, and Dance* in the Spring of 1997. Grants and support from various organizations have moved this line of inquiry forward.

An Analysis of Coaching Education Scholarship Since 1995. The purpose of this study was to identify, categorize, and analyze the trends and major findings of the completed coaching education research since 1995. The analysis included scholarship on coaching education programs, coaching training and coach development. Available data identified only 46 research studies were published during 1995-2007, most of which used qualitative methods. The analysis divulged: (a) coaches in education programs should be learning from expert coaches and other subject matter experts, (b) continued professional development is a necessary component of a coach's education, and (c) self-assessment of programs is another trustworthy approach to improvement.

Recommended Readings Project. Continuing our line of inquiry into how expert coaches build their extensive knowledge base, the Recommended Readings project investigated what expert coaches read. Specifically, we were interested in understanding what books expert coaches would recommend beginning coaches read. Letters went out to over 300 elite coaches from the professional, Olympic and Collegiate ranks. Returns from coaches in 17 different sports offered an array of recommendations that spanned virtually every discipline. Follow-up phone calls to selected coaches provided additional insights into why certain books were recommended. Emily Jones presented the first paper from this project at the AIESEP Congress in Sapporo, Japan in January and Dr. Schempp presented a paper on the recommendations for golf coaches to the Golf Science Congress in March. Manuscripts are presently being written and will soon be submitted.

Playing Experience and Coaching Expertise. Addressing the age-old question “Does a coach need playing experience in a sport to find success as a coach?” our latest research project is currently in the data collection stage. Experience is a vital part of developing expertise in any field, and yet little is known about the impact of playing experience on coaching success. Kelly Wieser and Cornell Foo are collecting the winning percentages and playing experience statistics of NFL and Major League Baseball coaches from the period 1997-2007. Data collection should be complete by May, 2007.

2007 Teachers Workshop: A Success

Following the advice of Dr. Albert Schweitzer who said, “Do something wonderful, people may imitate it,” the Sport Instruction Research Laboratory held the *2007 Georgia Physical Education Teachers’ Workshop*. Continuing the wonderful work of Dr. Marie Mullan who founded the *Workshop* at The University of Georgia, the *Sport Instruction Lab* celebrated its 11th revival of the well-known professional development program.

Physical education teachers from around the state spent a week on UGA’s campus participating in interactive and meaningful professional development. As relevant as it was in the 1980s, the *Workshop* provides one of the few professional development opportunities in Georgia that focuses specifically on health and physical education issues. Since 1997, over 400 physical education teachers from around the state and Africa have convened at the Ramsey Center to learn about the latest content, technique, and research in health and physical education.

The 2007 version of the *Workshop* was held June 18-23 and did nothing to tarnish its’ reputation as *the* staple of professional development for physical education teachers across the state. *Workshop* participants were treated to a number of interesting sessions that stimulated thought, gave birth to new ideas and were professionally re-energizing. A number of distinguished guests appeared and shared interesting information with the participants. Nationally recognized author and teacher, JD Hughes made his second visit to the *Workshop*, Billy Richards from Duluth Middle School made his last appearance at the *Workshop* after many years of being a teacher favorite (we will miss him), and Dr. Carol Cotton from the UGA’s College of Public Health was a hit with teachers who are now faced with teaching more health content than ever before. An excellent presentation by Emily Jones and *Polar* introduced many teachers to heart-rate monitor technology and how it can be used in the physical education classroom. *The Sport Instruction Laboratory’s* research on teaching and coaching expertise was also presented to the teachers in a practical manner.

The **2008 Workshop** will be held June 16-20 at the University of Georgia’s Ramsey Student Physical Activity Center. If you think you would like to present a topic or be a guest instructor please contact Dr. Bryan McCullick. Further information about the workshop is available at the UGA Sport Instruction Research Lab website. If you are interested in participating in the *Workshop* in 2008 or in the future, please feel free to contact Dr. Bryan McCullick at (706) 542-3621 or e-mail him at bamccull@uga.edu. Please note that with the high demand, registration space quickly becomes limited.



Workshop participants ‘hoop it up’ with cooperative games lead by JD Hughes



Juggle This!



Graduate Assistantships



The Kinesiology Department offers assistantships to graduate students working on their Master’s & Doctoral Degree. The assistantship covers tuition and a monthly stipend. Interested applicants should inquire to the:

Department of Kinesiology, Ramsey Student Center,
330 River Road, University of Georgia, Athens, GA 30602, (706) 542-5947
Website: www.coe.uga.edu/sportlab/index.htm

AIESEP World Congress, Sapporo Japan

Dr. Bryan McCullick, Karen Lux and Emily Jones traveled to Sapporo, Japan to participate in the 2008 Association International des Ecoles Superieures d'Education Physique (AIESEP) World Congress.

Sapporo, the capital city of the Hokkaido region and the host of the 1972 Winter Olympic Games welcomed the delegates with open arms. Hot springs, skiing, outstanding Japanese cuisine and culture impressed the international community of scholars attending the Congress.

Co-hosted by the University of Tsukuba in Toyko, Japan and The University of Queensland in Australia, the Congress attracted scholars from over 180 institutions representing nearly 32 countries. The 2008 Congress theme, "Sport pedagogy research, policy, and practice: International perspectives in physical education and sports coaching", was embodied throughout the week of cross-cultural dialogue and sharing.

AIESEP is an international association of universities, colleges, and institutions of physical education and sport who support and contribute to the advancement of sport pedagogy research and scholarship. Founded with the mission to promote, communicate and disseminate research to physical education and sport specialists, AIESEP World Congress was an excellent platform for cross-cultural dialogue and sharing of research and practice. Distinguished scholars Dr. Hal Lawson (United States), Professor Chantal Amade-Escot (France), Dr. Jean Côté (Canada), and Professor Takeo Takahashi (Japan) presented outstanding keynote lectures to the congress delegates.

Second-year doctoral students Karen Lux and Emily Jones were granted the opportunity to contribute to the Congress program by presenting research papers. With financial assistance from the Sport Instruction Research Laboratory and the College of Education at the University of Georgia, Karen and Emily were both funded to attend and present at the 2008 AIESEP World Congress.

Karen's presentation titled: *The 21st Century PETE Major: An Attempt at Portraiture*, reported on a collaborative study between Dr. Bryan McCullick, Dr. Nigel Davies (Georgia Southern University), and Dr. Don Belcher (Middle Tennessee State University) and Karen Lux which investigated PETE majors' backgrounds, perspectives, expectations for the field, and views of the relationship between teaching and coaching. Emily's presentation titled: *A Study of Recommended Reading by Expert Coaches*, was a collaborative project out of the Sport Instruction Lab involving current lab members who investigated books that expert coaches would recommend that beginning coaches read.

The AIESEP Congress is held annually in different parts of the world. Future AIESEP Congress locations include: 2009 Pensacola, Florida; and 2010 Spain.



UGA unites at Congress dinner (L to R) Emily Jones, Dr. Brad Vickers, Karen Lux, Dr. Bryan McCullick, & Dr. Brian Culp

Assistantships and Awards

The 2007-2008 academic year has brought about departmental awards and assistantships to the Sport Instruction Research Laboratory.

Mary Ella Lunday Soule Award. Emily Jones was awarded the Mary Ella Lunday Soule Award, which was established in 1979. The award has provided



Emily Jones accepts the Mary Ella Soule Scholarship from Dr. Schempp

Emily with financial assistance to undertake a study of the impact Polar heart rate monitoring in physical education has on the physical fitness and activity of girls. A spin off from this research has been two manuscripts regarding girls' physical activity and fitness.

Outstanding Teacher Assistant Awards. Karen Lux and Emily Jones were recognized for their outstanding efforts in instruction as recipients of the 2008 Outstanding Teacher Assistant Award. This distinguished award recognizes superior teaching performance and is ranked in the top ten percent of all the teaching assistants serving the University of Georgia. Karen and Emily will be recognized and awarded certificates of outstanding performance at the University-wide spring awards ceremony as representatives of the Department of Kinesiology.

Excellence in Teaching Award. Emily Jones was one of five university-wide Teaching Assistants awarded the 2008 Excellence in Teaching Award. Emily will receive a recognition plaque in addition to a monetary award at the spring Awards Day banquet.

New Faces in the Sport Instruction Lab

Kelly Wieser earned her B.A. in Psychology/Sociology from Maryville University in St. Louis, Missouri in 1998 and a B.S. in Education with an emphasis in Physical Education from the University of Missouri-St. Louis in 2004. That same year she was awarded the university's MOAHPERD Outstanding Major Award. In 2005-2006, she taught as a traveling K-6 physical educator in the Washington Missouri School District.

Kelly completed her M.A. in Physical Education with an emphasis in "Teaching with Technology" from the University of Northern Iowa's Polar Scholar Program. As part of the graduate program, she taught physical education and health for grades 5-7 in the Grundy Center School District, in Grundy Center, Iowa. Kelly implementing heart rate monitors in daily physical education. In 2006, Kelly returned to her home state as a co-presenter at MOAHPERD where she discussed the Polar Scholar Program and technology integration in physical education.

As a PhD student, she is working under the direction of Dr. Paul Schempp.



Cornell Foo a first year M.Ed student, earned his Bachelor's degree in Business Management from Brewton-Parker College (BPC) in Mt Vernon, GA in 2001. Originally from the Republic of Trinidad and Tobago, Cornell was awarded a full athletic scholarship at BPC, where he captained the men's varsity soccer team from 1999 to 2001. In his final year he was awarded the MVP title for his contributions to the team. Cornell has spent the last 6 years working in the business industry and is now thrilled to be returning to the classroom. At UGA, he serves as a graduate teaching assistant in the Basic PE program and is bringing his expertise in soccer to his beginning soccer class.

Cornell is studying under the guidance of Dr Bryan McCullick to earn his Master's degree in Physical Education and Pedagogy. He and his wife Michelle, also a graduate student at UGA, are the proud parents of two boys Yohan (5 years old) and Oliver (1 year old).



26.2 Is Nothing for this Crew!

Three members from the Sport Instruction Lab hit the pavement this past fall in training for and completing the Chicago and Marine Corps Marathons. Dr. Schempp tackled the Marine Corp Marathon in Washington, D.C. on October 28, while Emily and Karen conquered the Chicago Marathon on October 7, 2007.

The Marine Corps Marathon is regarded by marathoners as one of the most memorable and meaningful races for the patriotic atmosphere created by traditional military involvement and a course which winds through some of the most revered sights in our nation's capitol. Specifically, it is known for it's grueling last mile which challenges runners to complete the race uphill. Running with an abdominal injury acquired during training, Dr. Schempp persevered and finished his first marathon successfully.

The Chicago Marathon was the hottest on record and one filled with controversy. With temperatures over 85 degrees and thousands of runners experiencing heat related illness which overwhelmed race officials, medical tents, and water supply; marathon organizers stopped the race after three hours forcing runners at the back of the field onto buses removing them from the course. Of the approximately 35,000 runners who started the race, Emily and Karen were two of the only 20,000 to cross the finish line. Overcoming extreme conditions, crossing the finish line was an amazing accomplishment.

Congratulations to these Sports Lab members who demonstrated the power of perseverance, dedication, and commitment. You make us proud!



Alumni Notes

Dr. Joan Fry (Ph.D., 1991). Rejoined the faculty at the National Institute of Education, Singapore.

Dr. Steven K. S. Tan (Ph.D., 1995). National Institute of Education, Singapore. Associate Dean Tan is currently on secondment in Abu Dhabi assisting the Education Council with their education policy planning and teacher education development plans. He will hold this position until the end of the year.

Dr. Marty Bell (Ph.D., 1998). High Point University, NC. Dr. Bell is the Physical Education Program Coordinator.

Dr. Jared Russell (Ph.D., 2002). Assistant professor at Auburn University presented a paper *Critical incidents of physical education teacher education (PETE) interns in diverse school settings* at the “Historic Traditions & Future Directions in Research on Teaching & Teacher Education in Physical Education.”

Dr. Peter St. Pierre (Ph.D., 2002). Has moved to Kennesaw State University where he is now Assistant Professor.

Dr. Wei Bian (Ph.D., 2003). Recently moved from Southern Illinois University to Slippery Rock State University where she and Dr. Wenhao Liu (Ph.D., 2002) are colleagues.

Dr. Tina Hall (Ph.D., 2003). Assistant Professor at the University of South Carolina presented a paper *South Carolina policy change: People, politics and perseverance* at the “Historic Traditions & Future Directions in Research on Teaching & Teacher Education in Physical Education.”

Dr. Mark Smith (Ph.D., 2004). Assistant Professor at the University of Northern Colorado presented a paper *Reflecting on the observation of an expert teacher: Assessing pre-service teachers knowledge* at the “Historic Traditions & Future Directions in Research on Teaching & Teacher Education in Physical Education.”

Dr. Collin Webster (Ph.D., 2006). Assistant professor at the University of South Carolina presented a paper *Found in translation: How expert teachers make communication work* at the “Historic Traditions & Future Directions in Research on Teaching & Teacher Education in Physical Education.”

Dr. Brad Vickers (Ph.D., 2007). Assistant Professor at Mississippi State University. Dr. Vickers presented a poster at the Association Internationale des Ecoles Superieures d'Education Physique (AIESEP) World Congress in Sapporo Japan in January 2008 titled *Perceptions of self-development through the spectrum of coaching expertise*.



Dr. Mark Smith, Dr. Collin Webster and Dr. Brad Vickers convene at the 2007 AAHPERD National Convention in Baltimore, Maryland

UGA 2008 Teachers Workshop

The 2008 University of Georgia
Teachers Workshop will be held
June 16-20, 2008

For more information contact:

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<http://www.coe.uga.edu/sportlab/index.htm>

Publications and Presentations

- Jones, E., Schempp, P., McCullick, B., Vickers, B., & Lux, K.** (2008). A study of readings recommended by expert coaches. Paper presented at the *World Congress of the Association Internationale des Ecoles Superieures d'Education Physique (AIESEP)*, Sapporo, Japan.
- Jung, J., & Schempp, P.** (2007, March). *What stimulates exceptional teachers reflective practice*. Paper presented at the annual meeting of AAHPERD, Baltimore, MD.
- Lux, K., McCullick, B., Davies, N., & Belcher, D.** (2008). The 21st century PETE major: An attempt at portraiture. Paper presented *AIESEP World Congress* Sapporo, Japan.
- Mattsson, P., Hassman, P., McCullick, B., & Schempp, P.** (2007). Swedish golf success: Its history and future. *Annual Review of Golf Coaching 2007, 1*, 87-100.
- McCullick, B. A., Metzler, M., Cicek, S., Jackson, J., & Vickers, B.** (2008). Kids say the darndest things: PETE program assessment through the eyes of children. *Journal of Teaching in Physical Education, 27*, 4-20.
- McCullick, B.** (2007, March). *A Dialogue on Curriculum Alignment between K-12 Physical Education and Kinesiology*. Half-Day Symposium organized and moderated at the convention of the AAHPERD, Baltimore, MD.
- McCullick, B., & Schempp, P.** (2007, March). Lessons From the Legends: A Conversation With Accomplished Coaches. Paper presented at the convention of the AAHPERD, Baltimore, MD.
- McCullick, B.** (2007). Combating obesity in K-12 learners: Introduction. *The Journal of Physical Education, Recreation, and Dance, 78* (8), 25, 28.
- McCullick, B., & Schempp, P.** (2007). Making yourself better through self-monitoring. *Insight Live: The Journal of the English Football Association Coaches Association, 4*.
- McCullick, B.** (2007, October). Ten years in and I don't know Jack...umm, PETE! Paper presented at the *Historic Traditions and Future Directions in Research on Teaching and Teacher Education in Physical Education Conference*, Pittsburgh, PA.
- Schempp, P., Webster, C., McCullick, B., Busch, C., & Mason, I.** (2007). How the best get better: An analysis of the self-monitoring strategies used by expert golf instructors. *Sport, Education, & Society, 12*, 175-192.
- Schempp, P.** (2007). Turn failure into success. *Personal Excellence, 13*(2), 12.
- Schempp, P.** (2007, October). *Carpo Sententia*. Presentation to the *Historic Traditions and Future Directions in Research on Teaching and Teacher Education in Physical Education Conference*, Pittsburgh, PA.
- Schempp, P.** (2007, July). *Expert coaching*. Presentation to the national coaches of the Swiss Soccer Federation, Bern, Switzerland.
- Schempp, P.** (2007, June). *The 5 steps to expert*. Paper presented at American Society for Training and Development annual conference, Dallas, TX
- Schempp, P., McCullick, B., Neuheisel, R., Meharg, M., & Stevens, M.** (2007, March). *A conversation on competent coaching*. Panel discussion at the annual meeting of the AAHPERD, Baltimore, MD.
- Schempp, P.** (2007, February). *Traits of great teachers*. Keynote address to the Canadian Professional Golf Association, Toronto, Canada.
- Tompsonski, P. D., Davis, C. L., & McCullick, B.** (2008). Routine aerobic exercise improves overweight children's executive function: An embodied action-cognition explanation. Paper presented at *AIESEP World Congress*, Sapporo, Japan.
- Vickers, B., Schempp, P. G., McCullick, B. A.** (2008). Perceptions of self-development through the spectrum of coaching expertise. Paper presented at *AIESEP World Congress*, Sapporo, Japan.
- Webster, C., & Schempp, P.** (2008). Self-monitoring: Demystifying the wonder of expert teaching. *Journal of Physical Education, Recreation and Dance, 79*(1), 23-29.

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The Sport Instruction Research Lab is housed in the College of Education, Department of Kinesiology at UGA. The primary mission of the Lab is to advance scholarship in teaching and teacher development. Research is undertaken on issues pertinent to the fields of education and sport pedagogy. Additionally, the Lab provides hands-on training for graduate students preparing for roles as physical education scholars.

2007-2008 Lab Members



**Back Row— Emily Jones, Karen Lux, Ilse Mason, Kelly Wieser
Front Row— Cornell Foo, Dr. Bryan McCullick, Dr. Paul Schempp**