

Why is data collection important?

A Resource for Coaches

What data is collected?

For each Athlete the core health indicators (blood pressure, resting heart rate, height and weight) are collected. In addition, some Athletes may complete a Lifestyle Survey. The core health indicators and the Lifestyle Survey are collected before a program starts (pre-test) and when the program ends (post-test). For example, before a basketball season begins and at the end of the season.

What is the Lifestyle Survey and why is it important?

It is a set of questions aimed at defining an Athlete's health habits. It includes questions about exercise, eating habits and goal setting. When combined with the core health indicators, it can help you and Special Olympics International understand more about an Athletes' overall health. If Athletes complete the survey before a program starts and after it ends the data can be used to determine if there was a change in their health and habits.

How is the data collected relevant to me as a coach?

The data from the pre and post-test Lifestyle Survey can help you determine if the Athlete made any changes in their health habits as a result of your program. You can assess if your program helped the Athlete work towards or reach their personal goal. You can also compare the core health indicators to see if there were any changes in weight, blood pressure or resting heart rate.

How can the data be used in your state?

The data collected can be used to advocate for more funding and greater support from other organizations. As a coach, you can use the data to track a teams performance overall or focus on specific athletes. You can track Athlete's progress in reaching goals and design new or change current programs to meet their needs. The possibilities for using the data collected are endless.

What supports should I provide to Athletes while completing the Lifestyle Survey?

Each Athlete should have a partner to help them complete the Lifestyle Survey. Some athletes may need the question read to them or may need your support to understand what the question is asking.