

A Systems Approach to Building Programs of Excellence in Interscholastic Sport

Researchers:

- Wade Gilbert, Ph.D., Professor
Department of Kinesiology, Fresno State
- David Barton, Athletics Director
Fresno High School

Background: The purpose of this ongoing applied research collaborative is to design and implement a systems approach to building programs of excellence in interscholastic sport. The first five years of the project were focused on building and testing the system at Fresno High School. The system tools and procedures are designed to address four key indicators of program excellence: participation, retention, engagement, and athletic performance. Implementation of this system has resulted in record student enrollment in athletics, high levels of student enjoyment, and team championships across multiple sports. The focus of the next 3-year phase of the project will be to test the system across all 11 elementary and middle schools that feed into Fresno High School. This approach will ensure alignment of core values and a focus on shared indicators of excellence across all interscholastic athletic programs in the Fresno High School region.