

Assessing and Evaluating the National Archery in the Schools Program



The National Archery in the Schools Program (NASP) is a venture of state departments of education, state fish and wildlife agencies, and archery organizations and equipment manufacturers with the mission of promoting student education and lifelong interest and participation in the sport of archery.



"Every student can succeed, [whether they are] athletic or not. Following directions, listening, concentrating, patterning, joyful physical activity are all essential school skills that are taught directly as a part of the NASP." —Michigan Instructor

The program, which is administered by the non-profit NASP Inc., provides international-style target archery training through a standardized education package that can be directly incorporated into a school's physical education or other curriculum. Since its inception in March 2002, more than 7.1 million students at 7,400 schools located in 47 states, the District of Columbia, and 5 countries have participated in the NASP.

In 2008–2009, Responsive Management, in consultation with Hilarie Davis, Ed.D., of Technology for Learning Consortium, conducted an evaluation for the NASP to examine four hypotheses: (1) learning archery is engaging to students; (2) through archery, students improve learning skills and attitudes; (3) archery positively affects student interest in archery and other sports, and student participation in the archery program positively affects family interest in archery; and (4) archery positively affects student attendance and performance in school.

This was a multi-phase evaluation that entailed a questionnaire administered to a representative sample of physical education (PE) instructors from 10 of the 46

states involved in the NASP, a questionnaire administered to a representative sample of students who participated in the NASP from the same 10 states, and a quantitative evaluation of the impact that the NASP has on student attendance and grades. Results of the study include the following:



"The NASP program has given students that have not been that successful in other sports, or even in school in general, a chance to be successful and be on the school team that attended the state tournament. This was a big boost in self-esteem." —Ohio Instructor

- **Students Are Satisfied With the NASP.** Most students (83%) like the archery program in their schools, and a large majority (86%) report that their instructors did a good job teaching archery.
- **Students Are Engaged by the NASP.** A majority of students (76%) think the archery program is exciting, and just over three quarters (78%) rated their archery skills as either good or very good after taking the course.
- **Archery Improves Student Self-Confidence.** Eighty-four percent (84%) of instructors agree that archery has improved their students' self-confidence, reporting that archery gives students more confidence in their relationships with their teachers (51% of those who agree), in other sports or physical activities (50% of those who agree), and in friendships with other students (43% of those who agree).
- **Archery Improves Student Motivation.** Seventy-eight percent (78%) of instructors agree that archery has improved student motivation, saying that the NASP gives students more motivation to stay out of trouble and be respectful of adults and friends (48% of those who agree), to attend school (41% of those who agree), to participate in other sports and activities (29% of those who agree), and to get better grades (26% of those who agree).
- **Archery Improves Student Behavior.** Most instructors (74%) agree that archery has improved student behavior, and more than half (53%) report that student behavior as a whole has improved because of the program.
- **Archery Improves Student Concentration and Focus.** When asked specifically about student attention in archery, 76% of instructors believe that students pay more attention to what they are doing in NASP courses than in other classes. A large majority of students (64%) say that the program has helped them to pay attention or focus better in learning other things.
- **The NASP Increases Student Interest and Involvement in Archery.** Seventy-nine percent (79%) of instructors say that the NASP has increased student interest in archery. Almost two-thirds (65%) of students indicated that they participated in archery since taking part in the NASP program in school.
- **The NASP Increases Student Interest in Hunting and Shooting Sports.** After participating in the program, a significant percentage of NASP students (32%) indicate that they are more interested in other shooting sports.
- **Students Look Forward to School More on the Days They Have Archery.** The percentage of NASP students who looked forward to going to school more on days that they had archery (33%) exceeded the percentage of students who looked forward to going to school less (10%) by more than three times.



*"You don't have to be strong, you don't have to be tall, you don't have to be fast—anyone can be an archer. And it's a life sport, it's something you can do until you're seventy or eighty. And I think that's huge for kids."
—Minnesota Instructor*