

Athletics-Related Capstone Project EXAMPLES

CAPSTONE SITE - NAME OF ORGANIZATION	CAPSTONE TITLE	FINAL PRODUCT - OBJECTIVE 4
Shiner Starplex	Injury Prevention in Baseball through Health and Fitness Promotions	Create a 5-section manual on injury-prevention in baseball based on guidelines as defined by the American Physical Therapy Association.
Texas State Department of Campus Recreation	Training and Techniques to Enhance Motivation throughout a Workout: A BAAS Capstone	Create a 5-section poster on exercise motivational techniques based on best practices as defined by President's Council on Sports, Fitness & Nutrition PCSFN.
Texas State University Campus Recreation Center	How to Effectively Promote the Benefits of the Texas State Student Recreation Center	Produce a 5-marketing strategies presentation in Power Point on prompting the campus student recreational center based on best practices as defined by the National Intramural and Recreation Sports Association (NIRSA) standards.
Georgetown Recreation Center	Health and Fitness Can Be Fun for All Kid!	Produce a 5-section poster on developing healthy behaviors in adolescents based on recommendations as defined by the Office of Disease Prevention and Health Promotion (ODPHP).
Texas State University Athletics	Utilizing Effective Communication and Proper Management Techniques within a Collegiate Athletic Program	Create a 5-section manual to effectively communicate the operations of a Division I Men's Basketball team based on recommendations as defined by the National collegiate Athletic Association.
Goldthwaite High School	Manual Addressing High School Athletic Program Issues: A BAAS Capstone	Compose a 5-topic manual on properly addressing issues faced by high school athletes bases on guidelines as defined by the American College of Sports Medicine.

Ro Fitness	Biomechanics Tutorial on Proper Rowing Technique: A BAAS Capstone	Create a 5-topic introductory training video on rowing exercises based on guidelines defined by The World Rowing Federation
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