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Brooklyn Scholars with Athletic Goals (BK-SWAG): A High School STEM Program that Blends Sports with Sciences.

Background: Recent data shows a decline in high school students' interest in pursuing Science, Technology, Engineering, and Mathematics (STEM) careers, while interest in sports has increased. Recognizing these trends, Brooklyn Scholars with Athletic Goals (BK-SWAG) was developed to introduce STEM and biomedical careers to high school students through sports. The objective is to assess BK-SWAG's early outcomes.

Methods: Student-athletes or those involved in sports management were recruited from high schools in NYC's low socioeconomic communities. The 4-week curriculum included health education, clinical shadowing with physical therapists, CPR certification, and peer mentorship. Students researched and presented health conditions affecting famous athletes. The program evaluation used a mixed method of quantitative and qualitative interviews. Descriptive statistics characterized the student population and standard qualitative approaches analyzed qualitative feedback.

Results: 76 student-athletes from 21 high schools across the tri-state area participated in BK-SWAG, with 58% female, 82% African-American, 20% Latino, and 6% Asian. Students were able to select more than one race and ethnicity. Seventy-two participants contributed to the evaluation data, including a sub-group (n=21) who completed qualitative exit surveys. Most respondents found the following aspects of BK-SWAG to be helpful or very helpful: exposure to health professional fields, life skills workshops, and discussions on balancing sports and academics. The most enjoyable aspect was shadowing clinicians. The majority were very likely (61.90%) or likely (33.33%) to recommend BK-SWAG to their peers. Respondents also provided feedback on program delivery and group activities.

Conclusion: BK-SWAG introduces STEM education through sports, raising awareness of health and science careers among student-athletes. The program offers a framework for future STEM exposure initiatives for high school students.