**BOOK ANALYSIS OF *LEADERSHIP FITNESS***

Please write a 5 page summary analysis of Leadership Fitness: Developing and Reinforcing Successful, Positive Leaders***.*** Include the following:

1. An introduction summarizing the personal and professional background of Homer Rice as both a coach and athletics director.
2. An analysis of the insights and advice Homer Rice offers us as aspiring or current athletics administrators and coaches.
3. Summarize the leadership steps Homer Rice advocates in this book.
4. List and explain insights from Homer Rice you find particularly wise and meaningful.
5. Determine and explain the single most important leadership principle striking a deep chord within you.
6. Describe the importance of the life versus work balance presented by Homer Rice.
7. Begin your piece with a level two heading of **Introduction** where you will tell the reader the topic of your paper, what the reader can expect to find, and of what they might learn by reading your work.
8. A running head is required on all MCAA 563 papers.

\* Note: *Be sure to include and cite at least* ***four quotes*** *from the book to*

*substantiate salient lessons acquired from your reading.*

**Rubric for Book Analysis of Leadership Fitness**

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| **Criteria** | **Needs Work**  **(0-25 pts.)** | **Average**  **(26-50 pts.)** | **Accomplished**  **(51-100 pts.)** | **Exemplary**  **(101-150 pts.)** | **Points**  **Earned**  **(150 Total)** |
| **Leaders’ definition and philosophy of leadership** | Did not describe | Confusing or unclear description | Appropriate description | Thorough and engaging description using high level writing skills | **/15 pts** |
| **Leaders’ characteristics and strategies that help them lead effectively.** | Did not describe | Confusing or unclear description | Appropriate description | Thorough and engaging description using high level writing skills | **/15 pts** |
| **Similarities and differences noted between leadership in coaching and administration.** | Did not explain | Confusing or unclear explanation | Appropriate explanation | Thorough and engaging explanation using high level writing skills | **/15 pts** |
| **Described how Leaders maintain integrity, motivation, and health while leading.** | Did not describe | Confusing or unclear description | Appropriate description | Thorough and engaging description using high level writing skills | **/15 pts** |
| **Personal vision of leadership in athletics today.** | Did not describe | Confusing, vague, or unclear description | Appropriate description | Clearly synthesized personal vision of effective leadership. | **/20 pts** |
| **At least two salient references and four direct quotes about leadership from books to inform discussion on leadership.** | Did not include references or direct quotes | Confusing or unclear connection between interview and cited information. Included less than three direct quotes. | Appropriate material cited with relevance to effective leadership using references and at least three direct quotes | Clearly applied research to support proposed conclusions from interviews on effective leadership and included effective references and four direct quotes | **/20 pts** |
| **Writing style and language mechanics** | A clear sense of direction is lacking; material presented is not effectively organized;  Frequent errors in word use, spelling, grammar, punctuation ,and word choice; not acceptable for graduate level work | Material is somewhat general or vague, supporting information is not evident, paragraphs structured satisfactorily;  Errors in spelling, grammar, word choice, or punctuation that demonstrate a lack of proofreading | Main ideas and purpose are evident, supporting information is incorporated, overall presentation fits together well;  Nearly error free, evidence of conscientious attention to conventions of writing | Clear communication, of process and critique;, logical sequence, strong supporting information effectively presented, smooth transitions, engaging to reader;  Error-free, reflects careful effort, clear grasp of writing conventions and thorough proofreading | **/25 pts** |
| **APA format** | Unacceptable use of guidelines for APA format and style; or no evidence of attempt to adhere to APA standards | Uses APA format for general document guidelines and text citations but fails to use APA style headings, quotations, and references | Uses correct APA format for general document guidelines, text citations, quotations and references with some errors. Professional appearance of the report | Uses correct APA format for general document guidelines, text citations, quotations and references with few errors. Professional appearance throughout document. Expresses ideas in 3-4 pages. | **/25 pts** |
|  | | | | **Total** | **/150 pts** |