

Assessment Guide

Program/Discipline: Professional Fitness Training Program

Division: Health, Physical Education and Athletics

Faculty preparing plan: Fitness Training Program Faculty

Part I: Determine Expectations (CONTENT to be assessed)

Process	Program or discipline response
List expected learning outcomes	<p>The graduate will:</p> <ul style="list-style-type: none">• Demonstrate interpersonal skills in the areas of leadership, motivation, and communication.• Understand and apply basic exercise principles related to applied kinesiology, physiology, injury prevention, conditioning, resistance training, and functional training.• Administer various fitness assessments including the measurement of cardiovascular endurance, body composition, flexibility, muscular strength and endurance.• Design and demonstrate safe and effective exercise programs for individuals, groups, and special populations within current fitness industry standards and best practices.• Utilize appropriate library and information resources to apply current fitness industry research and support lifelong professional educational.• Apply and interpret basic algebraic formulas to fitness assessment data and exercise programming.
Identify where expected outcomes are addressed in the curriculum	<p>Outcomes are addressed in all program core courses and directed electives.</p>
Determine methods and criteria to assess outcomes	<ul style="list-style-type: none">• Instructor evaluation in all core courses• Knowledge, Skill, and Ability assessments in all core courses• Cooperative Education evaluations from supervisors and faculty coordinator• Student self evaluations and goal evaluations• Quantitative classroom evaluations (written assignments, exams, labs, skill testing, course evaluations)• Optional ACSM exam at end of 2nd year in program• Follow-up survey with recent graduates
Describe level of expected performance	<p>Students will show proficiency in knowledge, skills, and abilities necessary for success in the fitness industry. These parameters are determined by department faculty, industry standards, and national recommendations from the American College of Sports Medicine.</p>
Identify and collect baseline information	<p>Results will be collected from this year's students and used for comparison with next years students.</p>

Part II: Determine Timing, Cohort(s), Assign Responsibility (PEOPLE assignments)

Process	Program or discipline response
Determine whom you will assess	All program students.
Establish a schedule for assessment (Guideline: assess a maximum of 3 outcomes per year)	Students will establish short, mid, and long term goals and will assess those at the end of their first term, at the end of their first year, and at the end of their second year. During each evaluation they will assess their progress toward future goals. Mid-term and end of term co-operative education evaluations will be completed by the supervisor and student each term. Knowledge, Skill, and Ability checklists will be completed at the end of each term. Evaluation of student registration and success on the American College of Sports Medicine, Health Fitness Instructor nation exam during the summer following student's final term in the program. A survey of recent graduates will also be conducted Winter term 2007. This survey will help us to determine the learning outcomes from their courses are adequately preparing them for the job market.
Determine who will interpret results	Department faculty will analyze and interpret the evaluations and provide feedback to administrators regarding the implications of their reports.

Part III: Interpreting and Sharing Results to Enhance Institutional Effectiveness (COMMUNICATION)

Process	Program or discipline response
Interpret how results will inform teaching/ learning and decision making	Results will be analyzed to ascertain whether the current course offerings have been effective in developing students' skills and adequately preparing them for a career in the fitness industry.
Determine how and with whom you will share interpretations	Analysis of the results will be shared among department faculty and administrators. Interpretations and curricular changes as a result of assessment and analysis will be discussed in the department and then if necessary, presented to the appropriate campus committees.
Decide how your program or discipline will follow-up on implemented changes	Data will be re-assessed using the established parameters and then department faculty will review and consider whether to retain or revise the course requirements for majors.