

Annual Assessment Plan Report Form for Personal Fitness Training 2016-2017

1. Program Information:

Program	Personal Fitness Training Program
Department	Exercise Science & Sports Studies / Health Sciences
Academic Year	2016-2017
Report Submitted by	Robyn L K Becker
Phone/email	312-850-7163 , rbecker4@ccc.edu
Date Submitted	6/15/2017

2. Results, conclusions, and discoveries. What are the results of the strategies listed above? What conclusions or discoveries were made from these results? Describe below or attach to the form.

<p>Results, conclusions, and discoveries</p> <p>Number of students who pass the certification exam – what areas are students weak in?</p> <p>Fall 2016 Pass 21% <i>Areas weak:</i> Basic and applied exercise science Assessment</p> <p><i>Areas strong:</i> Program design</p> <p>Spring 2017 Pass 68% <i>Areas weak:</i> Basic and applied exercise science Minimal return on this data</p> <p><i>Areas strong:</i> Program design</p> <p>Number of students who complete the program</p> <p>Fall 2016 Did not collect data yet 90% retained 37% placement as of 6/14/2017 * still need to send follow up survey</p> <p>Spring 2017 81% completed 90% retained 30% placed as 6/14/2017</p>

3. Use of Results. Did the results lead to program changes? If so, describe the changes made. If not, describe why changes were not needed.

Results	Strategies to assess identified outcomes
Addressed low pass rate of nationally certifying exam	Collected domain percentage achievement from students who did not pass and submitted this form.
Overall low scores: Basic and applied exercise science	Reported findings to adjunct faculty. Adjunct faculty stressed these topics at the start of spring semester 2017 with more weight, increasing use of the NASM online modules with students as homework.
Assessment	Provided adjunct faculty with suggestions as to how to assess formative learning. Minimal follow up due tough scheduling with adjunct faculty and schedules.
	Wrote and implemented reverse assessment at onsite practicum, encouraging students to understand assessment past the beginning of practicum, which is what occurred fall 2016.
	Informed students about and encouraged to utilize the study skills resources provided through Academic Resource center one month prior to certification exam.
Offsite externship Evaluations report lower to minimum program design assessments	Gave supplemental packets the last 2-3 weeks of semester, with activity assignments to bridge topics of ESSS 112 with ESSS 101.
	Starting Fall 2017, All students will start at onsite practicum. Students will earn placement at offsite practicum through a rubric given after 2-3 weeks of onsite training. Students who move to offsite will have to provide evidence of achieving the SLOs for assessment and program design.

--

4. Dissemination of results, conclusions, and discoveries. How and with whom were the results shared?

See Item 3.
 Informal verbal feedback received from Program directors in matriculating programs that students completing PFT were not retaining or bridging the material from ESSS 112 to ESSS 101. Informal verbal feedback from PFT students who are not required to take BIO 116 found the ESSS 112 overwhelming.

For Fall 2017, a “pre-program packet” will be distributed to all entering students upon acceptance into the program. This pre-program packet will provide material that covers an overview of the musculoskeletal system as well as label and identify superficial musculature and skeletal structure and basic exercise science concepts. A pre-quiz will be taken on 1st class for ESSS 101 from all students and a post-quiz will be taken at midterm.

Add rubric to the supplemental packets and distribute at time points to match ESSS 112 syllabus for each area of study. This will help assess if students are bridging the coursework well before finals and certification exam preparation.

Curriculum Alignment of Program-level Student Learning Outcomes
 Core Courses:

	ESSS101	ESSS102	ESSS112
1. Demonstrate technical skills necessary to work one on one with a client	X	XA	
2. Demonstrate technical skills necessary to teach participants in a small group fitness class	X	XA	
3. Recognize personal training scope of practice and explain the legal practice boundaries for a personal fitness trainer	XA	X	
4. Perform fitness assessment which includes anthropometric, performance, aerobic capacity and movement screening techniques	X	XA	X
5. Plan, write and implement exercise program for the general healthy population, those with chronic illnesses and musculoskeletal issues	XA	XA	X

10. Apply business practices for success of a personal fitness trainer	X	XA	
11. Identify the role of behavior change in applying to exercise programming for clients	X	XA	
12. Describe muscular anatomy as it relates to functional exercises	XA		XA
13. Describe articular joint anatomy and function in terms of planes of motion	XA		XA
14. Generalize nutrition education for clients within scope of practice for personal trainers	XA		
15. Understand HIPPA Rules and how it applies to the role of a personal fitness trainer		A	
16. Understand OSHA bloodborne pathogen training		A	

Strategies to assess Program-level student learning

Learning Outcomes	Assessment Strategy (Measures) to be used	Performance Indicator(s): How good is good enough to ensure student have learned what you wanted them to learn?	Evidence Collection: When and where?
1	Practical evaluation Externship/ internship evaluation	70% pass 70% pass	Week 4 ESSS 101 Week 15 ESSS 102
2	On externship site	70% pass	Week 15 ESSS 102
3	Case Study	70% pass – pass / fail?	Week 16 ESSS 101
4	Case Study	70% pass – pass / fail?	Week 16 ESSS 101
5	In class evaluation	70% pass	Week 4 ESSS 101
6	Exam Practical evaluation	70% pass 70% pass	Unit 5 Exam ESSS 101 Week 4 ESSS 102
7	Case Study	70% pass	Week 14 ESSS 101
8	Case Study	70% pass	Week 14 ESSS 102

9	Case Study	70% pass	Week 14 ESSS 102
10	Practicum evaluation	70% pass	Week 15 ESSS 102
11	Case Study	70% pass	Week 16 ESSS 102
12	Supplemental Packet	70% pass	Mid semester 101
13	Supplemental Packet	70% pass	Mid semester 101
14	Exam - oral	70% pass	Unit 13 Exam ESS101
15	Still needed	C	Week? HEAPRO 102
16	Still needed	C	Week? HEAPRO 102

Approved _____ Pending _____ Returned for revision _____