



Planning and Evaluation Tracking

College Year: 2009-2010

Division of: Behavioral Studies

Person Responsible: Jerry Moller

Department of: Fitness and Life Sciences

Person Responsible: Craig Clifton

Purpose Statement: To Improve the quality of health and fitness of AC students through fitness and life services education, and to prepare qualified and effective professionals in health and fitness related careers.

Goal Statements	Objectives/Outcomes (including assessment tools and standards)	Results	Use of Results (including improvements and revisions)
1.a) Improve the level of physical fitness of AC students during the year of 2008 through 2009.	1. a) 90% of activity classes will show an average improvement of at least 10% on a class appropriate fitness test. This test will be administered at the end of the Fall and Spring semesters, and compared to a pre-fitness test that will be administered at the beginning of the fall and spring semesters.	1.a) 44 out of 55 classes (80%) showed an improvement of at least 10%. 11 classes did not have at least 10% overall improvement in fitness test scores. Individual students improved their fitness test scores by an average of 27% overall.	1.a) ACTION PLAN for 2009-10: Based on these results, the effectiveness of current course methods and class structures will be studied to improve the number of classes that meet the minimum 10% improvement standard. (see Goal 1b)
1b. Future goals and for 2009-2010 are to assess effectiveness of current course methods and class structures to further improve AC students level of fitness and health.	1 b) 2 measures of individual student fitness will be compared across two different course structures, The first structure is a pilot program that has students meet four days a week for 8 weeks, while the second structure involves the traditional meeting times of	1) b Result pending measures taken over the Fall and Spring 2009-2010 semesters, as well as the implementation of the 8 week format (Fall of 2009).	ACTION PLAN for 2009-10: A minimum of 10 fitness classes will be evaluated, taught by different instructors across different fitness activities. 1B: FUTURE ACTION PLAN FOR 2009-2010: Based on outputs of fitness

2 days a week across 16 weeks. A between group analysis of fitness measures will be used to see if changing to a different course structure will improve fitness measures.

measurements across these 2 different course structures, changes may be made in the structure of activity-based fitness courses that lead to improved fitness in students.

2.a) For 2008-2010: Prepare fitness students for professional careers in Health and Fitness related industries

2.a) Target for Fall of 2008;/Spring of 2009: 60% pass rate of PHED students who attempt one of the following exams:
a. NSCA Certification Exam
b. AFFA Certification Exam
c. TASO Certificaion ExaM

2.a) Data for Fall of 2008/Spring of 2009 found that 14 out of 20 students(70%) who attempted the exams passed

2. a) In 2008-2009, targeted objectives were met and were exceeded. ACTION PLAN For Fall 2009 through Spring of 2010, There will be continued action in order to improve the certification exam pass rate, increasing a future target rate to 75%, we will be administering a practice exam to qualified and interested students, prior to the certification examinations. Furthermore, pass rates for students who did not sign up for the practice tests, may be compared with those who do take it, to see if the practice test is effective in increasing student pass rates.

2b) GOAL FOR 2009-2010: Prepare nutrition students to enter Amarillo College nursing program and other nursing programs

2b) Target an 80% pass rate in Nutruition coures (as a required course for entrance into nursing school), of C or higher, as required by AC nursing program (and other programs in the state)

2b) No data at present, will be collected

2B) Once data is analyzed, research outputs will direct further action.

3. Goal for Fall of 2009 to Spring of 2010: To enlarge students knowledge base regarding nutrition, increase a sense of value for nutritional interventions, and enhance a sense of confidence in being able to apply nutritional concepts to a professional setting in advising and working with real life clients and/or patients.

3. Target for Fall of 2009 to 2010: A significant increase in knowledge, personal value and confidence related to using nutritional interventions in a professional setting is predicted. A minimum of 3 nutrition courses, including one online course, will administer a pre and post questionnaire/survey given both at the beginning and towards the end of the Fall 2009 and Spring 2010 semesters. Three types of questions will be asked. The first will be related to key concepts in nutrition The second set of questions will relate to student's confidence level in being accepted to nursing school as well as in using nutrition based knowledge and interventions in real life cases. Finally, a third set of questions will assess the

3. Data pending collection in Fall of 2009 and Spring of 2010.

3. Based on data to be collected during the Fall 2 semester of 2009 and the Spring semester of 2010, across a minimum of 3 nutrition courses, consideration will be given to ways in which to enhance student knowledge, value and confidence in using nutritional based knowledge in a professional setting. Individual instructional methodologies may need to be assessed for improvement at a later date.

value students have in
obtaining and using
nutritional and dietary based
interventions with future
clients and/or patients.

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revised 8/1/05