



Planning and Evaluation Tracking

College Year: 2010-2011

Division of: Behavioral Studies

Person Responsible: Jerry Moller

Department of: Fitness and Life Services

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 Statement #1: Improve the level of physical fitness of AC students during the years 2010-2011.

Objectives/Outcomes (including assessment tools and standards):

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.

Results:

Results Pending

Use of Results (including improvements and revisions):

Analysis:

Analysis Pending

Plan of Action

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.

Goal Statement #2: Future goals and for 2010-2011 are to assess effectiveness of current course methods and class structures to further improve AC students level of fitness and health.

Objectives/Outcomes (including assessment tools and standards):

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 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

Results:

Results Pending

Use of Results (including improvements and revisions):

Analysis:

Analysis Pending

Plan of Action

A larger sample will try to be taken as enrollment in 8 week classes increases. With the small number of 8 week students who were tested, the results may not be valid. No changes in structure will be made at this time. The two groups will be compared again in 2010-2011.

FUTURE ACTION PLAN FOR 2010-2011: Based on outputs of fitness 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.

Goal Statement #3: For 2010-2011: Prepare fitness students for professional careers in Health and Fitness related industries

Objectives/Outcomes (including assessment tools and standards):

Target for Fall of 2010;/Spring of 2011: 75% pass rate of PHED students who attempt one of the following exams:

- a. NSCA Certification Exam
- b. AFFA Certification Exam
- c. TASO Certificaion ExaM

Results:

Results Pending

Use of Results (including improvements and revisions):

Analysis:

Analysis Pending

Plan of Action

In 2009-2010, targeted objectives were met and were exceeded. ACTION PLAN For Fall 2010 through Spring of 2011, there will be continued action in order to maintain the certification exam pass rate. The current rate of 95% meets and exceeds our expectations. We will continue to administer the practice exam to qualified and interested students, prior to the certification examinations.