

PET FORM
Planning and Evaluation Tracking
(2011-2012 Assessment Period)

Division of: Behavioral Studies

Person Responsible for this Division: Jerry Moller

Department of: Fitness and Life Services

Person Responsible for this Form: Craig Clifton

Purpose Statement (With Last Updated Date): 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 (Last Reviewed: Fall 2011).

Goal Statement #1:

Improve the level of physical fitness of AC students during the years 2011-2012 (AC Strategic Plan through 2015: Strategy 1.1).

Outcome/Objective Statement

(Be sure to include audience, behavior, conditions, degree/benchmark, and evaluation method):

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 (AC Strategic Plan through 2015: Task 1.1.1).

○ Results (Provide Numbers and Percentages for Quantitative Data)

- **2009-2010 Data:** Numbers = 44 out of 55 and Percentage = 80 %
- **2010-2011 Data:** Numbers = 34 out of 37 and Percentage = 91 %

○ Analysis

- **2009-2010 Analysis:** Benchmark was not met. Based on these results, the effectiveness of current course methods and class structures were studied to improve the number of classes that meet the minimum 10% improvement standard. An 8 week/4 day per week class format was set up for study.
- **2010-2011 Analysis:** Benchmark was met. The classes that did not show at least 10% improvement were strictly low level cardio classes that only meet two days per week. According to research, three days per week at elevated heart rates (target Heart Rate) are recommended to show significant improvement in cardiovascular fitness. This is the reason we believe these classes did not meet the benchmark.

○ Improvements

- List any Improvements Made in the **2010-2011** (Last Academic) Year Based on the **2009-2010** PET Results: The fitness test was changed in some classes. Previously the only test options were a generic strength test or a one mile walk test. This year, instructors were given the option of using an approved, more class appropriate test if these two options did not fit well with the class (example: in the Guts and Glutes class an abdominal strength test was used).
- Evaluate Why Improvements Were Successful/Were Not Successful: Improvements were successful. Students were showing improvement previously. The test given in the class was not specific enough to measure that improvement. Students who test at the beginning of the semester in the highest fitness categories generally do not show as much improvement during the semester. These students are pulling down the average improvement

because they do not have as much room to improve. They tend to “maintain” their fitness levels. Students who test out lower at the beginning show significant improvements from beginning to end. The end result is somewhere in between the two results.

- Provide the Budget Information Needed to Make Past Improvements (Cost/Details):
No budget improvements were made for these improvements.
 - Recommendations/Actions for 2011-2012
 - Person Responsible (Who will complete the action?):
The department chair will initiate new actions. All full and part time instructors will carry out the new action plan.
 - Action Plan:
 - 1) In future semesters, more of an effort will be made to increase the intensity of each workout or to encourage students to add at least one more day of aerobic/strength activity to their exercise program.
 - 2) Beginning Spring 2012 an attempt will be made to identify students who test in the highest fitness category at the beginning of the semester. Two results will be reported for the two groups.
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 or a maintenance standard for those students who fall in the highest fitness category for a test.
 - Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):
1 above will be implemented Fall 2011.
#2 above will be implemented Spring 2012.
 - Budget Information Needed for Future Action (Cost/Details):
No additional funding will be required for implementation of these actions.
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Goal Statement #2:

Future goals and for 2011-2012 are to assess effectiveness of current course methods and class structures to further improve AC students level of fitness and health (AC Strategic Plan through 2015: Strategy 1.3).

Outcome/Objective Statement

(Be sure to include audience, behavior, conditions, degree/benchmark, and evaluation method):

2 measures of individual student fitness will be compared across two different course structures, The first structure has been piloted and will be implemented fully Spring 2012. The first structure has students meet four days per week for 8 weeks, while the second structure involves the traditional meeting times of 2 days per 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 (AC Strategic Plan through 2015: Task 1.3.1.1).

- Results (Provide Numbers and Percentages for Quantitative Data)
 - **2009-2010 Data:** Numbers = 3 out of 3 and Percentage =s 100 %
 - **200-2011 Data:** Numbers = 3 out of 3 and Percentage =s 100 %
100% of classes that met 8 weeks showed an improvement of at least 10% compared to a 91% improvement in traditional 16 week classes.
- Analysis
According to the numbers the 8 week/4day per week classes showed better results than 16 week/2day per week classes. 8 week classes were offered in both the Fall and Spring semesters, but enrollment was still significantly lower in these classes. According to these results, according to other research, and according to past experience from all instructors, a four day per week format would give students better fitness improvement results. The only

classes that have been offered as 8 week classes before have been a class called Fitness Fusion where the student could attend a combination of two classes(MW and TR), and one Lifetime Fitness Class. We generally have been getting students who need the credit in the last 8 weeks. Our benchmark was to determine the value of the 8 week format versus the 16 week format. This benchmark was met.

o Improvements

- o List any Improvements Made in the **2010-2011** (Last Academic) Year Based on the **2009-2010** PET Results:
No improvements were made in 2010-2011.
- o Evaluate Why Improvements Were Successful/Were Not Successful:
100% of classes showed improvement of 10% or more.
- o Provide the Budget Information Needed to Make Past Improvements (Cost/Details):
No additional funding was required for implementation of these actions.

o Recommendations/Actions for 2011-2012

- o Person Responsible (Who will complete the action?):
The department chair will initiate new actions. All full/part time instructors will carry out the new plan.
- o Action Plan:
Based on outputs of fitness measurements across these 2 different course structures, the following changes will be made in the structure of activity -based fitness courses that lead to improved fitness in students:
A "Fast Track" option will be offered to all students enrolled in activity classes beginning Spring 2012. This option will allow students to exercise two additional days per week (a total of four days per week) at their own schedule, for eight weeks. Students will be encouraged to enroll in a second class the last eight weeks of the semester. Fitness levels will be tested on these students at the eight week point. If they re-enroll, they will be tested again at the 16 week point. Low attendance in the 8 week classes has been an issue in the past because the format did not work well with student's schedules. By making the 8 week format optional and with schedule flexibility, students hopefully will be more inclined to choose this option.
- o Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):
Action plan will be implemented Spring 2012.
- o Budget Information Needed for Future Action (Cost/Details):
No additional funding will be required for implementation of these actions.

Goal Statement #3:

Prepare fitness students for professional careers in Health and Fitness related industries.

Outcome/Objective Statement

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 Certification Exam

o Results (Provide Numbers and Percentages for Quantitative Data)

- o **2009-2010 Data:** NSCA Numbers = 19 out of 20 and Percentage = 95 %
AFFA Numbers = 7 out of 8 and Percentage = 88 %
TASO Numbers = 10 out of 10 and Percentage = 100 %
Overall = 36 out of 38 and Percentage = 95 %

- **2010-2011 Data:** NSCA Numbers = 9 out of 10 and Percentage =s 90 %
 AFFA Numbers = 8 out of 9 and Percentage =s 89 %
 TASO Numbers = 5 out of 5 and Percentage =s 100%
 Overall = 22 out of 24 and Percentage =s 92 %
 - Analysis
 - Provide Previous Data/Result Analysis
 (Include if benchmark was met and how results relate to outcome statement):
 Pass rates are slightly lower than the last evaluation period (92% vs. 95%). These results are black and white. Students either pass or not. The slight decrease from the previous year is not a concern at this time. 92% is high compared to the national average pass rate on these exams. In 2010-2011 the benchmark was met and exceeded.
 - Improvements
 - List any Improvements Made in the **2010-2011** (Last Academic) Year Based on the **2009-2010** PET Results:
 A practice exam was implemented in 2008-2009. This exam has been continued on. The current rate of 95% meets and exceeds our expectations. We will make no improvements at this time.
 - Evaluate Why Improvements Were Successful/Were Not Successful:
 No improvements were made. The success rate is satisfactory at this time.
 - Provide the Budget Information Needed to Make Past Improvements (Cost/Details):
 No additional funding is required at this time.
 - Recommendations/Actions for **2011-2012**
 - Person Responsible (Who will complete the action?):
 The department chair will initiate new actions.
 - Action Plan:
 Current structures and procedures will continue. There will be continued action in order to maintain the certification exam pass rate. The current rate of 92% meets our expectations. We will continue to administer practice exams to qualified and interested students, prior to the certification examinations.
 - Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):
 Fall and Spring 2011-2012
 - Budget Information Needed for Future Action (Cost/Details):
 No additional funding will be required
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Goal Statement #4:

Align AC's program offerings with university baccalaureate degrees (*AC Strategic Plan through 2015: Strategy 1.7*).

Outcome/Objective Statement

(Be sure to include audience, behavior, conditions, degree/benchmark, and evaluation method):

Create seamless transitions — pathways for student matriculation that extend from secondary through the four-year university(*AC Strategic Plan through 2015: Strategy 1.7.1*).

- Results (Provide Numbers and Percentages for Quantitative Data)
 - **2009-2010 Data:** None available
 - **2010-2011 Data:** None available
- Analysis
 - Provide Previous Data/Result Analysis
 (Include if benchmark was met and how results relate to outcome statement):
 None available

○ Improvements

- List any Improvements Made in the **2010-2011** (Last Academic) Year Based on the **2009-2010** PET Results:
None available
- Evaluate Why Improvements Were Successful/Were Not Successful:
None available
- Provide the Budget Information Needed to Make Past Improvements (Cost/Details):
None available

○ Recommendations/Actions for 2011-2012

- Person Responsible (Who will complete the action?):
Department Chair
 - Action Plan:
Create two new degree plans in our department: 1)One specifically for students who want to teach in the public schools and coach or teach Physical Education, and 2)Another for students desiring to get a degree in a non-teaching Sports and Exercise Sciences career. Currently our degree plan is a “one size fits all” plan and requires students desiring to coach/teach PE to take classes that will not transfer to Universities. There are various career options for students in the Sports and Exercise Sciences. The creation of these degrees will be more specific to the student’s needs and will meet the stated objective of seamless matriculation.
 - Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):
Begin offering the new curriculum Fall 2012.
 - Budget Information Needed for Future Action (Cost/Details):
No additional funding will be required
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