

PET FORM
Planning and Evaluation Tracking
(2012-2013 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.

Goal Statement #1:

Improve the level of physical fitness of AC students during the years 2012-2013.

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.

○ Results (Provide Numbers and Percentages for Quantitative Data)

- **2010-2011 Data:** Numbers = 34 out of 37 and Percentage =s 91 %
- **2011-2012 Data:** Numbers = 35 out of 36 and Percentage =s 97 %

○ Analysis

- **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.
- **2011-2012 Analysis:** Benchmark was met. All classes met the 10% improvement benchmark except one. This class was a Weight Training II class. These students are repeating the class and started the class with a high fitness level. Students at a high fitness level should only be expected to maintain or show less improvement in their fitness level.

○ Improvements

- List any Improvements Made in the **2011-2012** (Last Academic) Year Based on the **2010-2011** 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. The more appropriate fitness tests revealed improvement in the specific areas in which students were actually exercising. The more general fitness tests apparently were not reflecting this improvement.
 - Provide the Budget Information Needed to Make Past Improvements (Cost/Details):
No budget improvements were made for these improvements.
 - Recommendations/Actions for 2012-2013
 - 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:
The department will go into an ongoing maintenance mode in this area and **future measurements in this goal area will not be analyzed**. We have attained the information that we want from this goal area and will use what we have learned in future classes. Other measurement methods may be considered.
 - Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):
Action plan will be implemented beginning Fall 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:

Assess effectiveness of current course methods and class structures to further improve AC students level of fitness and health.

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 was implemented fully Spring 2012. The first structure had students meet four days per week for 8 weeks, while the second structure involved the traditional meeting times of 2 days per week across 16 weeks. A between group analysis of fitness measures was used to see if changing to a different course structure would improve fitness measures.

○ Results (Provide Numbers and Percentages for Quantitative Data)

○ **2010-2011 Data:** Numbers = 3 out of 3 and Percentage =s 100 %

○ **2011-2012 Data:** Numbers = 37 out of 37 and Percentage =s 100 %

100% of classes that met 8 weeks showed an improvement of at least 10% compared to a 97% 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 the Spring semester. According to these results, a four day per week format gives students better fitness improvement results. This semester, students were given the option of completing the course as a "Fast Track" option. Under this option students could attend two additional days per week and finish the course in 8 weeks. 6 classes were studied and all six showed the 10% improvement benchmark in pre to post fitness test results. We were pleased with these results.

○ Improvements

○ List any Improvements Made in the **2010-2011** (Last Academic) Year Based on the **2009-2010** PET Results:
The "Fast Track" option was implemented in 6 classes as opposed to offering a specific 8 week class.

○ Evaluate Why Improvements Were Successful/Were Not Successful:

100% of classes showed improvement of 10% or more and generally there was more improvement in fitness level in the students who exercised 4 days per week. Previously enrollment in the 8 week classes was typically low (around 4 students per class). When making the fast track option available to students in regular 16 week classes, participation increased to 40 students and was more practical to manage.

○ Provide the Budget Information Needed to Make Past Improvements (Cost/Details):

No additional funding was required for implementation of these actions.

○ Recommendations/Actions for 2012-2013

○ 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.

- **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:

The fast track option will be made available to students in future classes in which the format can be administered. **Fitness levels for this goal will not be studied in future semesters.** The evidence gathered is sufficient to make decisions for future classes.

- **Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):**

Action plan will be implemented Fall 2013

- **Budget Information Needed for Future Action (Cost/Details):**

No additional funding will be required for implementation of these actions.

Goal Statement #3:

Attainment of Credentials by students for professional careers in Health and Fitness related industries. (No Excuses Goal)

Outcome/Objective Statement

Target for Fall of 2012/; Spring of 2013: 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,

○ Results (Provide Numbers and Percentages for Quantitative Data)

- **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 %
- **2011-2012 Data:** NSCA Numbers = 8 out of 10 and Percentage =s 80 %
AFFA Numbers = 6 out of 9 and Percentage =s 66 %
TASO Numbers = 11 out of 11 and Percentage =s 100 %
Overall = 25 out of 30 and Percentage =s 83 %

○ Analysis

- Provide Previous Data/Result Analysis

(Include if benchmark was met and how results relate to outcome statement):

Pass rates are lower than the last evaluation period (83% vs. 92%). These results are black and white. Students either pass or not. The decrease from the previous year is cause for concern. 83% is high compared to the national average pass rate on these exams. If this trend continues reasons will be investigated. In 2011-2012 the benchmark was met and exceeded.

○ Improvements

- List any Improvements Made in the **2011-2012** (Last Academic) Year Based on the **2010-2011** PET Results:
A practice exam was implemented in 2008-2009. This exam has been continued on. The current rate of 83% meets 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 **2012-2013**
 - 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 83% meets our expectations. We will continue to administer practice exams to qualified and interested students, prior to the certification examinations. If the rate remains lower than usual, reasons for the lower rates will be investigated.
 - Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):
Fall and Spring 2012-2013
 - 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)
 - **2010-2011 Data:** None available
 - **2011-2012 Data:** Three new degree plans were created and implemented Fall 2012.
- Analysis
 - Provide Previous Data/Result Analysis
(Include if benchmark was met and how results relate to outcome statement):
None available at this time
- Improvements
 - List any Improvements Made in the **2011-2012** (Last Academic) Year Based on the **2010-2011** 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 **2012-2013**
 - Person Responsible (Who will complete the action?):
Department Chair
 - Action Plan:
Monitor any enrollment increases due to the new degree plans. Watch for any changes/corrections that may need to be made as the new degree plans are functioning. Monitor transfer institutions to make sure that these new degree plans are consistent with what AC students need to transfer smoothly.
Convert existing PHED 1101 classes to PHED 1164. PHED 1101 is not in the ACGM. PHED 1164 is in the ACGM.
This action will make transfer smoother and easier.

- Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):
Implement action plan Fall 2012.
 - Budget Information Needed for Future Action (Cost/Details):
No additional funding will be required
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Goal Statement #5:

Future goals and for 2012-2013 is for Sports and Exercise Science majors to be **successful** in their stated academic goals.(No Excuses Goal)

Outcome/Objective Statement

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

The SES department seeks to achieve a success rate of 50% among students majoring in Sports and Exercise Sciences(SES) over a three year time period. Success will be defined as any SES major student who either achieves or is working towards (persists year to year) one of the following stated goals:

1. **Graduation,**
2. **Completion of specific classes and transfer** to another college/university.
3. **Change in major.**
4. **Pursuit of other life goals.** Drops out(does not persist year to year) with a GPA of 2.0 or higher.

Non-success would be defined as any student who drops out of college (does not persist from year to year) with a GPA of 2.0 or less prior to achieving one of the above stated goals.

- Results (Provide Numbers and Percentages for Quantitative Data)
 - **2010-2011 Data:** No data available currently –New Goal/Outcome for fall 2012/2013 form
 - **2011-2012 Data:** No data available currently–New Goal/Outcome for fall 2012/2013 form
 - Analysis
 - Provide Previous Data/Result Analysis
No data available currently
 - Improvements
 - List any Improvements Made in the **2011-2012** (Last Academic) Year Based on the **2010-2011** PET Results:
N/A
Evaluate Why Improvements Were Successful/Were Not Successful:
N/A
 - Provide the Budget Information Needed to Make Past Improvements (Cost/Details):
No additional funding will be required
 - Recommendations/Actions for **2012-2013**
 - Person Responsible (Who will complete the action?):
Department Chair
 - Action Plan:
Identify data tools to measure success rates of SES majors and gather the appropriate data and begin the process of analyzing that data.
 - Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):
Fall 2012 through Spring 2013
 - Budget Information Needed for Future Action (Cost/Details):
No additional funding will be required
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Goal Statement #6:

Future goals and for 2012-2013 is to gather and analyze data that demonstrates that AC students who take an activity class are more academically successful students than students who do not take an activity class. (No Excuses Goal)

Outcome/Objective Statement

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

Gather data in the following areas of student success from students who are enrolled in or have taken an activity class. Compare that data to the general population of AC students.

Completion of attempted courses with a C or better

Completion of Developmental Courses and Progression to Credit-Bearing Courses

Completion of Gateway Courses.

Persistence from term to term and year to year

Attainment of Credentials(Degree, Certificate, or Transfer)

○ Results (Provide Numbers and Percentages for Quantitative Data)

○ **2010-2011 Data:** No data available currently - New Goal/Outcome for fall 2012/2013 form

○ **2011-2012 Data:** No data available currently - New Goal/Outcome for fall 2012/2013 form

○ Analysis

○ Provide Previous Data/Result Analysis

(Include if benchmark was met and how results relate to outcome statement):

No data available currently

○ Improvements

○ List any Improvements Made in the **2011-2012** (Last Academic) Year Based on the **2009-2010** PET Results:

Not applicable at this time

Evaluate Why Improvements Were Successful/Were Not Successful:

Not applicable at this time

○ Provide the Budget Information Needed to Make Past Improvements (Cost/Details):

Not applicable at this time

○ Recommendations/Actions for 2012-2013

○ Person Responsible (Who will complete the action?):

Department Chair Sports and Exercise Sciences

Action Plan:

Identify the appropriate data gathering tools/resources available to achieve stated goal

Expected Time Frame Needed to Implement Action Plan (Please provide specific deadline date):

Data will be analyzed over the Fall 2012-Spring 2013 semesters

○ Budget Information Needed for Future Action (Cost/Details):

No additional funding will be required