



Planning and Evaluation Tracking

College Year: 2007-2008

Division of: Behavioral Studies

Person Responsible: Jerry Moller

Department of: Fitness And Life Services

Person Responsible: Craig Clifton

Purpose Statement:

Improve quality of life through education.

Goal Statements	Objectives/Outcomes (including assessment tools and standards)	Results	Use of Results (including improvements and revisions)
1.Improve the level of physical fitness of AC students	1. 90% of students who pass an activity class(grade of C or higher) will score at least 10% higher on a class appropriate fitness test administsered at the beginning and the end of each semeser.	1.	1.
2.Prepare individuals for professional careers in the Health and Fitness industry.	2. 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.	2.

3. Provide quality nutrition education.

3. a) After taking the Principles of Nutrition class 80% of students who completed the course should score 3 out of 5 on embedded questions within an exam
- b) After taking the Principles of Nutrition course, 80% of students enrolled upon completion will exhibit changes in personal nutritional habits and attitudes as illustrated by a pre- and post-test.

3.

3.

4.

4.

4.

4.

5.

5.

5.

5.

6.

6.

6.

6.

7.

7.

7.

7.

revised 8/1/05