

Program Assessment Report

Program: Health Fitness Specialist - Associate in Applied Science

Year: 18/19

Division: Health and Wellness

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Delta College



Actions Taken in Response to Last Year's Report

More in class practical applications have been added to LWT 240 to better prepare students to work with clients in real life scenarios.

Rationale for Current Assessments

Assessment 1 of 1

Goal / Project

Health Fitness Specialist Program

Outcome(s)

Implement fitness programs for appropriate audiences.

Standard / Objective

90% of students will score at least a 80% or better on a personal training project in which they designed a fitness program for an assigned client.

Method of assessment

Other - Internal Measure

Comment/Details about the method of assessment

The instructor had all client health histories and current and past exercise statuses. Students designed weekly programs for their clients for a ten week period. The instructor monitored each program design to make sure they feel within the exercise parameters that the specified client could handle and was appropriate for that client. The student submitted these weekly programs for a letter grade.

Courses Affected

LWT 230, 240, 242, 255

Time Frame

Fall 2018 - Spring 2019

Submitted By

Kara Jimenez

Result

Result

(3) Results exceeded expectation/standard

Data Collection (general or specific stats regarding results)

Scores for all students in the course in this particular area were 90% or above.

What We Learned (areas for improvements, strengths, etc.)

Students did very well with designing individualized programs for their clients. They did a good job taking into account exercise status, health history, previous injuries, etc... Areas to improve would be some special populations. Students still questioned their own programs when it came to a client who might have a special concern (for example: a previous surgery or pregnancy). They were unsure of themselves. But after they were encouraged to look at the current research and recommendations for such issues they were able to search that out and come up with an appropriate plan.

Use of Data to Improve Student Success

Institutional Student Learning Outcome	Action plan items of what is planned based on the data and results	
<input checked="" type="checkbox"/> Apply Knowledge and Skills	<input type="checkbox"/> Change assignments/activities	<input type="checkbox"/> Update course content
<input checked="" type="checkbox"/> Think Critically	<input type="checkbox"/> Change materials provided	<input type="checkbox"/> Update course outcomes
<input checked="" type="checkbox"/> Communicate Effectively	<input type="checkbox"/> Adjust grading rubric	<input checked="" type="checkbox"/> Update prior courses
<input checked="" type="checkbox"/> Act Responsibly	<input checked="" type="checkbox"/> Continue to Monitor	<input type="checkbox"/> Other

Comments and Action Plan

Discipline/Program Comments

Faculty have added more case studies to their core program courses which give different types of populations (not just the apparently healthy pop). This gives the student more experience with different clients and causes them to investigate on their own what types of exercise are appropriate for that special population.

Advisory Board Comments

The advisory board thought this was a great idea and would love to see our students come out to their facilities as a portion of the class and train clients there. Still need to work out the logistics of this but it is definitely an option. Currently we just use clients who are members of the Delta College Fitness and Rec center so students can just meet them right here on campus for their training sessions.

Assessment Committee Comments

Curriculum Council Comments

Action Plan

Continue with the personal training project. Students love this experience as it does give them the confidence and practice they need to go out into the real world of personal training. Maybe branch out and instead of training clients only on campus train them at different facilities in our community as well.

Actions Taken in Response to Older Reports