

## Program Assessment Report

Program: Personal Trainer - Advanced Certificate

Year: 18/19

Division: Health and Wellness

Contact: Kara Jimenez

## Delta College



### Actions Taken in Response to Last Year's Report

Continue to Incorporate all material used in the NSCA Live Exam Prep Clinic into LWT 240

### Rationale for Current Assessments

#### Assessment 1 of 1

#### Goal / Project

Personal Trainer Program

#### Outcome(s)

Practice healthy lifestyle choices for themselves to model for appropriate audiences.

#### Standard / Objective

*90% or more of Winter 2019 semester students will state on a post test assessment in class that they have been exercising regularly and eating more fruits and vegetables and whole grains by the end the semester.*

#### Method of assessment

Current Student Survey(s)/Interview(s)/Focus Groups

#### Comment/Details about the method of assessment

Faculty in LWT 255 administered a post test evaluation in which students were asked two separate questions on dietary patterns and exercise habits.

#### Courses Affected

LWT 230, 240, 255

#### Time Frame

Spring 2018 - Winter 2019

#### Submitted By

Kara Jimenez

#### Result

#### Result

(3) Results exceeded expectation/standard

#### Data Collection (general or specific stats regarding results)

Results from the post test evaluation were collected and analyzed.

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

Results showed that 95% of students in LWT 255 stated they were engaging in regular exercise program (at least 3 to 5 days per week). Results also showed that 90% of students in LWT 255 stated that they were regularly eating more fruits and vegetables (at least 4 to 5 servings per day).

## Use of Data to Improve Student Success

Students ARE making lifestyle changes once entering our PT program. They are modeling appropriate behaviors in respect to diet and exercise.

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 type="checkbox"/> Communicate Effectively	<input type="checkbox"/> Adjust grading rubric <input type="checkbox"/> Update prior courses
<input type="checkbox"/> Act Responsibly	<input checked="" type="checkbox"/> Continue to Monitor <input checked="" type="checkbox"/> Other

## Comments and Action Plan

### **Discipline/Program Comments**

We are pleased with the results! We regularly reinforce the idea that we are role models in our profession and we must practice what we preach!! Students in our program have a passion for health and fitness and it shows.

### **Advisory Board Comments**

Our board is happy with the results. They were happy that our students in the PT program are making the necessary lifestyle changes to be great role models for their clients.

### **Assessment Committee Comments**

Nice job!

### **Curriculum Council Comments**

### **Action Plan**

Continue with what we are currently doing. But, we also plan on having our students work at many additional things as requirements of the program like Career Pathways, MI Career Quest, Camp Health and Wellness, etc....This will assist in their interpersonal communications skills as well. In addition to walking the walk students also need to be good at communicating as well!

### **Actions Taken in Response to Older Reports**