

## Program Assessment Report

Program: Group Fitness Instructor - Advanced Certificate

Year: 18/19

Division: Health and Wellness

Contact: Kara Jimenez

## Delta College



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

A mock GFI exam has been given in the LWT 242 course to mimic the national exam students will be taking. In class review time has been given for this particular exam.

### Rationale for Current Assessments

#### Assessment 1 of 1

### Goal / Project

Group Fitness Instructor Certificate Program

### Outcome(s)

Demonstrate content knowledge associated with the American Council on Exercise certified group fitness instructor exam.

### Standard / Objective

*Each student who takes the American Council on Exercise Group Fitness Instructor Certification exam will score an 80% or better on all three domains of the exam.*

### Method of assessment

Course Embedded Exam(s)

### Comment/Details about the method of assessment

### Courses Affected

LWT 242, LWT 230

### Time Frame

Fall 2018 - Fall 2019

### Submitted By

Kara Jimenez

### Result

### Result

(1) Results did not meet expectation/standard

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

Data was collected through submission of the national exam results.

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

Domain 1: Class Planning and Design score of 73% in 2018 and scores in 2017 were 80% which shows a decrease of 7%; Domain 2: Group Leadership and Instruction score of 72% in 2018 and scores were 82% in 2017 which is 10% down. Domain 3: Professional Conduct, safety and risk management score of 75% in 2018 and were 88% in 2017 down 13%.

## Use of Data to Improve Student Success

Overall students scored lowest in Domain 2: Group Leadership and Instruction. More time must be focused on these areas during the LWT 242 course. Specific in class practical activities will be added to the course LWT 242.

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 checked="" type="checkbox"/> Change assignments/activities <input type="checkbox"/> Update course content
<input checked="" type="checkbox"/> Think Critically	<input checked="" type="checkbox"/> Change materials provided <input type="checkbox"/> Update course outcomes
<input checked="" type="checkbox"/> Communicate Effectively	<input type="checkbox"/> Adjust grading rubric <input type="checkbox"/> Update prior courses
<input checked="" type="checkbox"/> Act Responsibly	<input type="checkbox"/> Continue to Monitor <input type="checkbox"/> Other

## Comments and Action Plan

### Discipline/Program Comments

Specific in class assessments have been added to LWT 242 in the area of Group Leadership and Instruction. These assessments include more practical time leading group exercise and practicing the different teaching styles. In Fall 2018 all students in LWT 242 were required to purchase and take the ACE GFI national certification as part of their letter grade. In the past it was not mandatory but "encouraged". Not every student took the exam OR for those students that did take it they would wait up to one year to actually schedule their exam date and take it. With this new addition to the course ALL students must take this national exam within the last three weeks of the semester. This was the first year ALL students in the course had to take this national exam. Not every student in the program thinks they will lead group exercise so they really didn't care if they passed this exam or not. But we are working creating the thought process with our students that even personal trainers (which most all of them will want to become) need to know how to lead group exercise because we train small groups as well as individuals. So with our small group training we need to know how to lead group exercise. Also the students who took the exam in 2017 were the ones who really wanted to become a certified GFI. When asked, they expressed that they spent quite a bit of time preparing and studying prior to taking this exam. In 2018 when asked, some students (remember they were required to take it) admitted to not even studying ahead of time prior to taking the exam while others spent hours! Pass rates were lower this year but will see how it goes again in Fall of 2019. If pass rates are still very low will revisit making the ACE GFI exam a mandatory portion of the LWT 242 course or not.

### Advisory Board Comments

Advisory board was happy to hear that we made this national exam a requirement of our students. Employers are having a hard time finding certified Group Fitness Instructors so this would give them a larger pool of candidates to draw from. They were not concerned that the pass rate for the first year of making it mandatory was only 55%. They also thought revisiting this after a second group of students go through the test was a great idea.

### Assessment Committee Comments

Very nice use of data for improvement of student learning... we look forward to seeing how these updates change student performance.

### Curriculum Council Comments

#### Action Plan

Continue to offer multiple assessments that will focus on the three domains of the ACE GFI exam in LWT 242. Offer a mock exam prior to students actually taking the national exam and offering a review session prior to students taking the national exam. Incorporate more styles of questions that would simulate the ACE GFI exam into the course exams and tests. Add a study session (led by the instructor of the course) for all students prior to taking the ACE GFI exam. Will revisit after Fall of 2019 and if pass rates are still lower may decide to NOT make taking this national exam a requirement of the course.

### Actions Taken in Response to Older Reports