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 fell 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
(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**

<table>
<thead>
<tr>
<th>Institutional Student Learning Outcome</th>
<th>Action plan items of what is planned based on the data and results</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Apply Knowledge and Skills</td>
<td>☐ Change assignments/activities</td>
</tr>
<tr>
<td>✓ Think Critically</td>
<td>☐ Change materials provided</td>
</tr>
<tr>
<td>✓ Communicate Effectively</td>
<td>☐ Adjust grading rubric</td>
</tr>
<tr>
<td>✓ Act Responsibly</td>
<td>✓ Continue to Monitor</td>
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<tr>
<td></td>
<td>☐ Update course content</td>
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<tr>
<td></td>
<td>☐ Update course outcomes</td>
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<tr>
<td></td>
<td>✓ Update prior courses</td>
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<td></td>
<td>☐ Other</td>
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**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**