Program Assessment Report
Program: Personal Trainer - Advanced Certificate
Year: 18/19
Division: Health and Wellness
Contact: Kara Jimenez

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.

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