

## Academic Assessment Report - AY 2013-2014

**Name of Program: Global Fitness and Wellness**  
**School or Department: Physical Education, Recreation and Health**  
**College: Education**  
**Kean University**

**Program SLOs:**

**SLO#1 Students will produce exercise prescriptions critically analyzing major theories of training developed in various countries(KU1, GEK2, GES4)**

**SLO#2 Students will apply organizational and management skills based on scientific method in order to understand the traditional theories to enhance their skills as fitness and wellness leaders(KU4, GEK1, GES3)**

**SLO#3 Students will apply scientific methods to critically analyze muscle function during various exercises by connecting class assignments to contemporary issues in class discussion and presentation(KU1, GEK1, GES3)**

**SLO#4 Students will demonstrate lifelong personal fitness and wellness in a changing social, economic and technological environment(KU2, GEV4 )**

**SLO#5 Students will use major training theories and concepts to develop fitness and wellness programs for people of all ethnic groups(KU4, GEK2, GEV4)**

Program Level Student Learning Outcomes	Assessment Measurement(s)	Assessment Criteria	Results of Assessment (Data Collected)	Action Taken
<b>SLO #1 Students will produce exercise prescriptions critically analyzing major theories of training developed in various countries</b>	Direct: PED 4627 Internship in Global Fitness and Wellness	Assessment tool will be evaluated in spring 2013		
	Indirect: Graduating Student survey	A computer survey will be administered in spring 2014		
<b>SLO#2 Students will apply organizational and management skills based on scientific</b>	Direct: PED 4627 Internship in Global Fitness and Wellness	Midterm and Final Student evaluation forms for Spring 2014 will be evaluated		

<b>method in order to understand the traditional theories to enhance their skills as fitness &amp; wellness leaders</b>	Indirect: Graduating Student Survey	Graduating Student Survey will be administered Spring 2014 and Summer 1 2014		
<b>SLO #3 Students will apply scientific methods to critically analyze muscle function by connecting classroom assignments to contemporary issues in class discussion and presentations</b>	Direct: PED 4627 Internship in Global Fitness and Wellness	Muscle analysis form will be re-evaluated		
	Indirect: National Council on Strength and Fitness (NCSF) examination Graduating Student Survey	Students will take NCSF exam		
<b>SLO #4 Students will demonstrate lifelong personal fitness and wellness in a changing social, economic and technological environment</b>	Direct: PED 4627 Internship in Adult Fitness NCSF certification Exam	Personal Fitness exam will be updated and implemented fall 2013		
	Indirect: Student Fitness assessments Graduating Student Survey	Fitness and Wellness rubric will be updated for assessing student competencies in personal fitness GSS will be administered		
<b>SLO #5 Students will use major training theories and concepts to develop fitness and wellness programs for people of all ethnic groups</b>	Direct: PED 4627 Internship in Global Fitness and Wellness	Internship manual will be continually revised and updated		
	Indirect: Final Internship Evaluations Graduating student Survey	Graduating Student Survey will be administered		