

Academic Assessment Report - AY 2012-2013

Name of Program: Adult Fitness
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 Adult Fitness 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 in a changing social, economic and technological environment(KU2, GEV4)

SLO#5 Students will use major training theories and concepts to develop fitness 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
SLO #1 Students will produce exercise prescriptions critically analyzing major theories of training developed in various countries	Direct: PED 4627 Internship in Adult Fitness	Assessment tool will be evaluated in spring 2013	Students received 90% or higher on assessment/ observation reports	Assessment tool /evaluation form was updated. New handbook for new name of program implemented
	Indirect: Graduating Student survey	A computer survey will be administered in spring 2013	33 % satisfaction response on survey. 3 out of 9 students responded	Survey was analyzed for academic year 2013. 66% strongly agreed and 33% agreed to SLO's.
SLO#2 Students will apply organizational and management skills based on scientific	Direct: PED 4627 Internship in Adult Fitness	Midterm and Final Student evaluation forms for Spring 2013 will be evaluated	Mid-term and Final Student Evaluations were made by faculty supervisor and site supervisor	Updated Mid-term and Final student evaluation forms were administered. New Evaluation forms will be used by summer interns

method in order to understand the traditional theories to enhance their skills as Adult Fitness leaders	Indirect: Graduating Student Survey	Graduating Student Survey will be administered Spring 2013 and Summer 1 2013	Collection of data was made at end of spring and will be made at end of summer 1 internship	Graduating Student Survey was analyzed at end of spring and will be made after summer 1 semesters
SLO #3 Students will apply scientific methods to critically analyze muscle function by connecting classroom assignments to contemporary issues in class discussion and presentations	Direct: PED 4627 Internship in Adult Fitness	Muscle analysis form will be re-evaluated	Nine students took National Council on Strength Fitness (NCSF) Personal Training Exam	Muscle Function analysis forms were administered and analyzed in the Spring 2013. 15 students evaluated. Mean score 87.4%. Range 66-91.
	Indirect: National Council on Strength and Fitness (NCSF) examination Graduating Student Survey	Students will take NCSF exam	Students will score 65% or higher on the Functional Anatomy and Biomechanical sections of the NCSF exam	Students (n=11) will take NCSF examination at end of spring semester May 31,2013 Students took GSS in spring and will take in Summer 2013
SLO #4 Students will demonstrate lifelong personal fitness in a changing social, economic and technological environment	Direct: PED 4627 Internship in Adult Fitness NCSF certification Exam	Personal Fitness exam will be updated and implemented fall 2013	Students will take and pass NCSF exam on May 31, 2013 Students will pass all personal fitness assessments in fall	Fitness rubric was pilot tested to assess student competencies in their personal fitness. Students will pass NCSF exam. Newly developed/revised assessment tools such as new internship handbook
	Indirect: Student Fitness assessments Graduating Student Survey	Fitness rubric will be updated for assessing student competencies in personal fitness GSS will be administered	Students will pass all personal fitness assessments in fall 3013 66% of graduating students surveyed strongly agree that they can demonstrate personal fitness	Personal Fitness exam will be administered for new name Global Fitness and Wellness students in Fall 2013. 100% of students taking GSS responded that they have jobs related to their major (Adult Fitness). Implemented Internship sites that hired Kean interns as part-time or full-time employees
SLO #5 Students will use major training theories and concepts to develop fitness programs for people of all ethnic groups	Direct: PED 4627 Internship in Adult Fitness	Internship manual will be continually revised and updated	Proficiencies were assessed with criteria identified in manual developed by program	A new manual was implemented for summer 1,2013. Newly developed/revised assessment tools will have continued use
	Indirect: Final Internship Evaluations Graduating student Survey	Graduating Student Survey will be administered	Student Internship final reports for Spring 2013 were made. 33% of graduating students will pursue a Master's degree	Evaluations were made at end of spring and will be made in summer 2013 Workshops were developed to help students become interested in graduate Education. 4 th Annual Exercise Science Symposium on March 6, 2013