

CENTRAL NEW MEXICO COMMUNITY COLLEGE
ASSESSMENT REPORT
Due to SAAC by October 15

PART 1: CONTACT & PROGRAM IDENTIFICATION

Report Year and Contact Information:			
2013-2014	Vanessa Mikan	vmikan@cnm.edu	52747
Academic Year	Contact Person	Email	Phone Number

Subject of this Assessment Report:		
Program: Fitness Technician <input checked="" type="checkbox"/> Certificate <input type="checkbox"/> AA <input type="checkbox"/> AS <input type="checkbox"/> AAS	Gen Ed Area: _____ Applicable to: <input type="checkbox"/> AA/AS <input type="checkbox"/> AAS	Discipline Area: _____

PART 2: EVIDENCE OF ACHIEVEMENT OF PROGRAM OUTCOMES

Summary of Program Success in Achieving Desired Outcomes:
No outcomes were assessed this year as there was significant change in program personnel.

Description and Evaluation of Recent Changes Made in Support of Student Learning:
New Program Director and adjusted (attached) cycle plan to facilitate assessment.

PART 3: REPORT ON RECENT ASSESSMENT OF STUDENT LEARNING PROCESSES

Learning Outcome(s)/Exit Competencies Assessed:	Classes/Cohorts Assessed:
None <small>To add rows: right-click in cell below and select "Insert," "Insert Rows Above"</small>	None

Measurement Tool(s) Used:	Enter X's for type of tool				Initial Achievement Target or Expectation:
	Internal	External	Direct	Indirect	
<i>To add rows: right-click in cell below and select "Insert," "Insert Rows Above"</i>					

Assessment Results/Findings:
N/A

Analysis and Interpretation of Assessment Results/Findings:
N/A

Action Plan in Support of Student Learning:
The cycle plan has been updated to meet current fitness technician standards and practices.

Recommendations, Proposals, and/or Funding Requests:
None

PART 4: EMBEDDED OUTCOMES

Critical Thinking and Life Skills/Teamwork Development within Programs:
<ul style="list-style-type: none"> a) Please describe how Critical Thinking assessment is embedded within your program assessment. b) Please describe how Life Skills/Teamwork assessment is embedded within your program assessment.
a) Critical Thinking is incorporated into the program through assessment and action plans performed by students.
b) Life Skills/Teamwork is assessed through the clinical experiences in the program which lead to positive encounters with clients.

PART 5: ASSESSMENT CYCLE PLAN (Copy and paste from original plan if unchanged)

Cycle Years:	Plan Description:
2014-2019	

Student Learning Outcomes/Exit Competencies:	When Measured:	Where Measured:	How Measured:
1. Demonstrate knowledge of various fitness and exercise principles, concepts, and terminology.	2014-2019	FITT 1572 Fitness Assessment and Exercise Prescription FITT 1575 Fitness Prescription for Special Populations	"I Am" Final Project Rubric
2. Demonstrate effective planning, preparation, implementation and evaluation for fitness assessments including graded exercise testing, muscular strength/endurance, flexibility, skinfold and anthropometric measurements.	2014-2019	FITT 1572 Fitness Assessment and Exercise Prescription FITT 1090 Fitness Technician Practicum	"I Am" Final Project Rubric FITT 1090 Course Rubric: Fitness Assessments
3. Prescribe and properly implement an appropriate, periodized, goal-oriented exercise program based on fitness industry standards and guidelines.	2014-2019	FITT 1572 Fitness Assessment and Exercise Prescription FITT 1575 Fitness Prescription for Special Populations FITT 1090 Fitness Technician Practicum	"I Am" Final Project Rubric FITT 1090 Course Rubric: Exercise Routines and Internship experience
4. Demonstrate practical skills and experience in guiding groups to safely participate in exercise classes. Prepare students for national certification exams in various fields of group exercise.	2014-2019	FITT 2492 Group Exercise Leadership Preparation FITT 1090 Fitness Technician Practicum	FITT 1090 Instruction Evaluation

5. Demonstrate a level of professional behavior and instructional techniques that appropriate and consistent with fitness industry standards.	2014-2019	FITT 1090 Fitness Technician Practicum	FITT 1090 Intern Performance Evaluation
6. Demonstrate a high level of readiness to take and pass the American College of Sports Medicine (ACSM-CPT), NSCA-CPT, and/or AFAA Primary Group Exercise Instructor certification exams by successfully completing curricular requirements.	2014-2019	After Graduation	Successful completion of National Certification Exam