

# CNM ANNUAL STUDENT LEARNING ASSESSMENT REPORT

Due to the Student Academic Assessment Committee by October 15



## PART 1: REPORT INFORMATION

Report Year and Contact Information			
<u>2017-2018</u> Academic Year	<u>Scott Burley, PhD Candidate</u> Contact Person	<u>sburley@cnm.edu</u> CNM Email	<u>x53265</u> CNM Office Extension

  

Subject of this Report (Please copy and paste the program identifier from the Program Identifiers spreadsheet without making any changes. Only one program identifier can be included per report.)
HWPS--EXER_AAS--Fitness-Exercise Science and Wellness Degree

## PART 2: CONTEXT IN WHICH THE ASSESSMENT TOOK PLACE

Program/Area Highlights and Successes (Wherever applicable, include course completion rates, job placement outcomes, and licensing examination pass rates. See the program information dashboard at <a href="https://livecnm.sharepoint.com/Sites/Dashboards/SitePages/Program%20Information%20Dashboard.aspx">https://livecnm.sharepoint.com/Sites/Dashboards/SitePages/Program%20Information%20Dashboard.aspx</a> (access restricted to CNM employees) and other reports at <a href="https://www.cnm.edu/depts/opie">https://www.cnm.edu/depts/opie</a> .)
<p>As the third year as Program Director, there has been an increase in the C-Pass Rate in 2016-2017 from 85.4% to 85.8% to date. Non-pass Rate has increased from 3.5% in 2016-2017 to 4.6% to date. Withdrawal rate has decreased over the last few years from 11.1% in 2016-2017 to 9.6% to date. Over the last 4 fiscal years Retention Rates have improved from 87.5% (2013-2014) to 88% (2015-2016) to 88.9% (2016-2017) to 90.4% to date. Other metrics measured include duplicated max enrollment is 2,087 students, 113 total course sections, Avg class size 14, Completer success rate is 85.8% to date.</p> <p>The AAS in Exercise Science and Wellness degree, which has now been in operation for 3 fiscal years, the number graduates has remained constant from 10 graduates (2016-2017) to 10 graduates to date.</p>

Changes Implemented During the Past Year in Support of Student Learning
<p>During this academic year there has been changes made to the AAS program Fall 2018-2020 catalog. BIO 1410 and BIO 1492: Biology for the Health Sciences lecture and lab have been removed as a degree requirement and moved to the program approved elective list. This removed some of the class redundancy with BIO 1310 &amp; 1392 and decreases the total credit hours of the degree currently at 65-66 credits to 61-62 credits. The idea is that students will graduate at a faster rate and make it more appealing for students to apply to the program. We have also provided more class variety to our program approved elective list by adding five topics to the program approved elective list. These classes are: FITT 1794 Bowling, FITT 1894 Walking for Fitness, FITT 2190 Fitness Practicum, FITT 2592 Sand Volleyball, and FITT 2692 Fast Track Fitness.</p>

For this Fall 2018-2020 catalog year the "Fitness Technician Certificate" title has now been changed to "Fitness Certificate" to reflect the current name changes in the fitness industry. The addition of the AAS degree about 3 years ago at CNM has allowed Fitness Certificate students to continue their education to achieve higher-level fitness certification. AAS course curriculums have been designed to align with ACSM Health & Fitness Specialist, ACE Health Coach & Certified Personal certifications, and NSCA Certified Personal Training certifications. More recently our program has been accepted as a 200 hour Yoga School by the Yoga Alliance. As a result for this Fall 2018-2020 catalog we launched the Yoga Instructor Certificate which is completely embedded into the Fitness Certificate. This means students can receive an additional certificate and be certified as a 200 hour yoga instructor by the Yoga Alliance without doing additional course work. This will add to our CNM graduates scope of practice and diversify their expertise.

### PART 3: REPORT ON ASSESSMENT OF STUDENT LEARNING

Assessment Method	Type of Assessment Tool	Population or Course(s) Assessed	Graduate Learning Outcome(s) Assessed	Mastery Level (E.g., "Minimum score of 3 on a rubric scaled 0-4" or "Minimum score of 75%")	Targeted % Achieving Mastery	Outcome
Laboratory Assignments, Final Binder, Test	Direct internal	FITT 1572	1. Prescribe and properly implement an appropriate, periodized, goal-oriented exercise program based on fitness industry standards and guidelines.  2. Demonstrate effective planning, preparation, implementation and evaluation for fitness assessments including graded exercise testing, muscular strength/endurance, flexibility, skinfold and anthropometric measurements.	a minimum score 80% grade on all assessment methods in the course.	82%	Target met

Course Rubric	Direct internal	FITT 2190 (formerly 1090)	<p>1. Prescribe and properly implement an appropriate, periodized, goal-oriented exercise program based on fitness industry standards and guidelines.</p> <p>2. Demonstrate effective planning, preparation, implementation and evaluation for fitness assessments including graded exercise testing, muscular strength/endurance, flexibility, skinfold and anthropometric measurements.</p>	a minimum of 70% on the course rubric or c-pass rate.	86%	Target met
Unit Exams, Independent Case Study	Direct internal	FITT 1575	<p>1. Prescribe and properly implement an appropriate, periodized, goal-oriented exercise program based on fitness industry standards and guidelines.</p>	a minimum of 80% grade on unit exams and Independent case study	84%	Target met
Completion of National Certification Exam	Direct external	FITT 2190 (formerly 1090)	<p>3. Demonstrate a high level of readiness to take and pass the ACSM-CPT, ACE-CPT, NSCA-CPT, AFAA Primary Group Exercise and/or ACE Group Fitness Instructor certification exams by successfully completing curricular requirements</p>	75% of students who attempt the ACSM-CPT, ACE-CPT or NSCA-CPT certification exam will pass.	100%	Target met

### Summary of Assessment Findings

The FITT 1572 class it is reported class average for all laboratory assignments is 80% however, only 1 class was offered in this academic year (Fall 2017) and the sample size was only 5 students.. In the FITT 1575 class the average on unit tests is 87% and average on the Independent Case Study was 81%. For all of these measures student final scores were added up and divided by the entire number of students which was 13 students in Fall 2017.

This fiscal year we had 4 students attempt either the ACSM-CPT, ACE-CPT, or NSCA-CPT exams and 4 students passed on their first try. This is an 100% pass rate. No students attempted AFFA or ACE group certification

### Interpretation of Assessment Findings

Expectations were achieved in all measures, which means our main course/program objectives are being met for measuring student knowledge, fitness and exercise principals, and terminology. However, the sample sized with regards to enrollment and those students who take the national certification exams are very low. Our program moving forward will want to double the number of students taking national certification exams. These findings also show that students who attempt national certification towards the end of the program have a very high pass rate. This demonstrates that the content that is being taught in our program is in very close alignment to the objectives of these national certifying agencies and certification prep classes are warranted. No students attempted group exercise certification testing.

### Action Plan in Support of Student Learning (Describe changes to be made that are based at least in part on the assessment interpretation. If the assessment did not yield useful information, describe changes to be made in the assessment methodology and/or criteria.)

Work and time will be dedicated to advising, mentoring, and guiding students each semester in order to fulfill Fitness Certificate requirements and encourage students to register for the appropriate national certifications. One of the changes that has taken place since this 2016-2017 assessment is that we have embedded our certification prep classes within the FITT 2190 (formerly FITT 1090) Fitness Practicum class so students do not have a choice in reviewing prep exam content.

During the last assessment report the following questions were asked and some answers were revealed:

1) Action should be taken to understand the reasoning for no students registering for group certification.

The text for the FITT 1210: Group Exercise Leadership class was not optimal for students looking to pass AFAA certification. This text has been changed as AFAA is now under NASM which have produced a new text.

2) Are students provided enough practice in classes for group exercise instruction beyond FITT 1210 Group Exercise Leadership I?

The answer from student feedback is no, this means we may want to mandate or add another group fitness class to the program (This has been added FITT 2210: Group Exercise Leadership II) but never offered as a class.

3) Does group national certification need to be more emphasized throughout the program. Answer: Yes, the hope is by embedding our certification prep classes within the FITT 2190 class it will direct students attention and prepare students to get nationally certified.

**Please select all of the following that characterize the types of changes described in the above action plan:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Assessment criteria revision | <input type="checkbox"/> Assessment methodology revision         | <input type="checkbox"/> Assignment revision                |
| <input type="checkbox"/> Budgetary reallocation       | <input type="checkbox"/> Change in teaching approach             | <input checked="" type="checkbox"/> Course content revision |
| <input type="checkbox"/> Curricular Revision          | <input checked="" type="checkbox"/> Faculty training/development | <input type="checkbox"/> Process revision                   |

Recommendations, Proposals, and/or Funding Requests	Budget Needed
<p>For many of our students in our program the cost to become certified as a personal trainer or group exercise specialist is prohibitively expensive and major reason students do not become certified after completing our program. Students cannot work as instructors, trainers, and specialists in the fitness industry without certification. It may be beneficial to have our program pay 25% of the test fee to students who wish to take a national certifying exam only if they have taken our special topics exam prep class(s).</p>	<p>\$1,000</p>

**PART 4: REMAINING YEARS IN CURRENT ASSESSMENT CYCLE PLAN** (including any revisions) – **OR -- UPCOMING ASSESSMENT CYCLE PLAN** (if this was the final year)

Years of Full Cycle	Next Year's Assessment Focus (Describe how the next planned assessment is expected to provide information that can be used toward improving student learning.)
<p>2016-2021</p>	<p>2011. 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.</p> <p>FITT 2190-Student Instruction Evaluation Form</p> <p>FITT 1210 -measurement tool: Student Instruction and Evaluation</p> <p>2. Demonstrate a high level of readiness to take and pass the ACSM-CPT, ACE-CPT, NSCA-CPT, AFAA Primary Group Exercise and/or ACE Group Fitness Instructor certification exams by successfully completing curricular requirements.</p> <p>FITT 2190-measurement tool: Successful completion of national certification</p>

Graduate Learning Outcomes to Be Assessed	Years in which Assessment Is Planned	Population/Courses to Be Assessed	Planned Assessment Approach
1. Demonstrate a level of professional behavior and instructional techniques that appropriate and consistent with fitness industry standards.	2019-2020	FITT 2190	FITT 2190: Intern Performance Evaluation
2. Demonstrate a high level of readiness to take and pass the ACSM-CPT, ACE-CPT, NSCA-CPT, AFAA Primary Group Exercise and/or ACE Group Fitness Instructor certification exams by successfully completing curricular requirements.	2016-2021	FITT 2190: After Graduation: completion of Fitness Certificate	Successful completion of National Certified Personal Trainer Examination (ACSM-CPT, ACE-CPT, or NSCA-CPT). Successful completion of AFAA Primary Group or ACE Group Fitness Certification
3. Demonstrate knowledge of the various Kinesiology principles and concepts, understanding of neuromuscular fundamentals, basic biomechanical factors and concepts as they apply to body alignment in relation to movement and understanding of the various bones, muscles, joints, ligaments and tendons of the body in relation to movement.	2019-2020	FITT 1072: Kinesiology	Labs, Quizzes, Written Exams, Assignments
4. Demonstrate knowledge of the 7 Dimensions of Wellness, 5 health-related components of fitness, understanding of fitness principals, identify components of physical fitness and the way each component affects wellness.	2019-2020	FITT 1120: Principals of Fitness and Wellness	Labs, Written Exams
5. Recognize the benefits of consistent participation in a fitness program. Participate in a fitness program to meet students own goals/needs. Identify the benefits of warm-up and cool-down. Match various resistance training exercises with the major muscles involved. Demonstrate correct resistance training techniques	2020-2021	FITT 1792: Physical Fitness I	Participation, Physical Fitness Testing Pre/Post, c-pass rate