

# 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>2018-2019</u> <b>Academic Year</b>	<u>Scott Burley, Ph.D.</u> <b>Contact Person</b>	<u>sburley@cnm.edu</u> <b>CNM Email</b>	<u>x53265</u> <b>CNM Office Extension</b>

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--FITT_CERT--Fitness Technician Certificate

## 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>Going into my fourth year as Program Director, there has been an increase in the C-Pass Rate in 2017-2018 from 85.6% to 86.4% to date. This a been a steady increase in the last three fiscal years. Non-pass Rate has dropped from 4.7%% in 2017-2018 to 4.2% to date. Withdrawal rate has decreased over the last three fiscal years from 11.1% in 2016-2017 to 9.6% in 2017-2018 to 9.3% 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% (2017-2018) to 90.7% to date. Other metrics measured include duplicated max enrollement is 2,357 students, 125 total course sections, Avg class size 14, Completer success rate increased from 94.8% (2017-2018) to is 95.3% to date.</p> <p>For the Fitness Certificate of Completion, the number graduates has increased since the last fiscal year from 10 graduates (2017-2018) to 15 graduates to date (2018-2019)</p>

Changes Implemented During the Past Year in Support of Student Learning
<p>The State of New Mexico, Department of Higher Education has required all 100-200 level courses across all institutions of higher learning share common course numbers. The goal is to ease student transfer between institutions and thus completion of degrees/certificates, etc. These changes developed in 2018 have directly affected our program as almost all course numbers, names, and student learning objectives have changes to meet these state requirements. These changes began this Fall 2019 semester which has caused some initial headache among students, staff, instructors, and administrators.</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
Student Instructional Evaluation Form	Direct internal	EXSC 1160 (formerly FITT 1210)	1. 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.	Minimum score of 80%	83%	Target met
Successful completion of national certification	Direct external	EXSC 2990 (formerly FITT 2190)	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.	75% of students who attempt the ACSM-CPT, ACE-CPT or NSCA-CPT certification exam will pass.	100%	Target met
	N/A				N/A	N/A
	N/A				N/A	N/A
	N/A				N/A	N/A
	N/A				N/A	N/A
	N/A				N/A	N/A
	N/A				N/A	N/A
	N/A				N/A	N/A

	N/A				N/A	N/A
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**Summary of Assessment Findings**

The EXSC 1160 (formerly FITT 1210) is a class designed for students to learn and be proficient in teaching group exercise classes. During the Summer, Fall, and Spring terms this class was offered, approximately 42 students scored an average of 83% on there instructional evaluation forms. This met the target of 80% which was set by our program in order to proficiently teach an exercise class. For these measures students assessment scores were added up and divided by the entire number of students (42) across all 3 terms.

This fiscal year we had 5 students attempt either the ACSM-CPT, ACE-CPT, or NSCA-CPT exams and students passed on their first try. This is an 100% pass rate. No students attempted AFFA or ACE group certification. 3 student passed ACE, 1 student passes ACSM, 1-student passed NSCA-CPT.

**Interpretation of Assessment Findings**

Expectations were achieved in all measures, which means our main course/program objectives are being met for measuring practical skills for our students to proficiently teach group exercise classes and the pass rate for students who sit for national personal training certifying exams is perfect if they have taken our exam preparatory class which is mandatory in the EXSC 2990 class. However, this fiscal year we had 15 graduates and of those students only 5 students sat for and passed these tests by graduation. What happened with the other students after graduation? Did they sit for exams that our program does not know about? These metrics become very difficult to track as once students graduate we do not have a good system in place to track these individuals.

Students seem to be meeting the EXSC 1160 Final Assessments score of 80% which demonstrates students are proficient in the class but is this proficient enough to teach a group exercise class in "the real world."

This is the second fiscal year in a row students in our program have not attempted group exercise certification.

**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.)

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 EXSC 1160 (formerly 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 EXSC 2990 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:**

- Assessment criteria revision
- Budgetary reallocation
- Curricular Revision
- Assessment methodology revision
- Change in teaching approach
- Faculty training/development
- Assignment revision
- Course content revision
- Process revision

Recommendations, Proposals, and/or Funding Requests	Budget Needed
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).	\$1,000

**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.)
2016-2021	<ol style="list-style-type: none"><li>1. Demonstrate a level of professional behavior and instructional techniques that appropriate and consistent with fitness industry standards.</li><li>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.</li><li>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</li><li>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.</li></ol>

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	EXSC 2990 (formerly FITT 2190)	EXSC 2990: 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	EXSC 2990 (formerly 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	EXSC 2120 (formerly FITT 1072): Structural 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	HLED 1130 (formerly FITT 1120): Concepts of Health 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	PHED 1460 (formerly FITT 1792) Conditioning: Personal Fitness	Participation, Physical Fitness Testing Pre/Post, c-pass rate



