



Physical Fitness Specialist I

Kinesiology Assessment of Degrees and Certificates

#1	Physical Fitness Specialist I Certificate Student Learning Outcome The student will demonstrate understanding of the components of fitness and the importance of exercise and eating habits as they relate to healthy lifestyles and participation in lifelong physical activity.
	Courses in the degree plan that address this outcome KINE 2184, KINE 1238
	Assessment Measure for this Outcome KINE 2184 Weight Training II- Midterm Exam KINE 1238 Concepts of Physical Fitness- Final Exam
	Achievement Target for this Measure Achievement of 80% or better on Final Exam for KINE1238. Achievement of 80% or better on Midterm Exam in KINE 2184
	Findings 83% of certification applicants achieved a grade of 80% or better on the final exam for KINE1238 81% of certification applicants achieved Midterm Exam grades of 80% or better in KINE 2184
	Related Action Plans Test blue prints for the Final Exam for KINE 1238 and the Midterm Exam for KINE 2184 specifying items that address the outcome on these exams. Instructors and advisors will make new efforts to emphasize the development of a solid knowledge base in discipline-related classes to certification applicants. Instructors will remind certification applicants of the need to do well on both physical and knowledge aspects of KINE activity courses.
#2	Physical Fitness Specialist I Certificate Student Learning Outcome The student will demonstrate a cognitive and practical understanding of first aid skills and techniques designed to treat injuries and possibly save lives specifically in a fitness related or educational field.
	Courses in the degree plan that address this outcome KINE 1306
	Assessment Measure for this Outcome KINE 1306 First Aid and CPR – Final Practical Skills Test



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	Achievement Target for this Measure All skills tests completed with an 80% or better in KINE1306
	Findings 88% of certificate applicants completed all skills tests with an 80% or better in KINE1306
	Related Action Plans A rubric for assess this outcome on the skills test in KINE 1306 will be developed. Instructors and advisors will make new efforts to emphasize the development of a solid knowledge base in discipline-related classes to certification applicants.
#3	Physical Fitness Specialist I Certificate Student Learning Outcome The student will demonstrate principles in movement technique to maximize the analysis of skill performance.
	Courses in the degree plan that address this outcome KINE 2147, KINE 2148, KINE 2149, KINE 2184
	Assessment Measure for this Outcome KINE 2147 Skill Analysis – Individual Activity- Detailed Skill Analysis Project KINE 2148 Skills Analysis (Dual) - Detailed Skill Analysis Project KINE 2149 Skills Analysis (Team)- Detailed Skill Analysis Project KINE 2184 Weight Training II- practical skill performance test
	Achievement Target for this Measure All skills analysis projects tests completed with a P (pass) and 80% or better in KINE 2147, 2148, and 2149. Completion of all skills tests in KINE 2184 with grade of 80% or better
	Findings 87% of certification applicants completed all skills analysis projects with grade of 80% or better 87% of certification applicants completed all skills tests in KINE 2184 with grade of 80% or better
	Related Action Plans A common rubric for assessing this outcome across all courses will be developed for the next assessment cycle. Instructors will remind certification applicants of the need to do well on both physical and knowledge aspects of KINE activity courses.