



**Physical Fitness Specialist II**

Kinesiology Assessment of Degrees and Certificates

#1	<p>Physical Fitness Specialist II Certificate Student Learning Outcome The student will demonstrate cognitive and practical understanding of the components of various training techniques to enhance fitness levels and the student will demonstrate knowledge to promote sound fundamental aspects of fitness and to advocate participation in lifelong fitness activities.</p>
	<p>Courses in the degree plan that address this outcome KINE 1338, KINE 2101, KINE 2103, KINE 1179, KINE 1304, KINE 2136</p>
	<p>Assessment Measure for this Outcome KINE 1338 Concepts of Physical Fitness-Final Exam      KINE 1304 Personal Health-Final Exam KINE 2101 Aerobics II –practical skills final              KINE 2136 Yoga II–practical skills final KINE 2103 Cardio Kick Boxing II–practical skills final KINE 1179 Physical Conditioning–practical skills final</p>
	<p>Achievement Target for this Measure Achievement of 80% or better on Final Exam for KINE1338. Achievement of 80% or better on Final Exam for KINE1304. Completion of all skills tests in required Level II KINE activity courses with grade of 80% or better</p>
	<p>Findings 83% of certification applicants achieved a grade of 80% or better on the final exam for KINE1338 92% of certification applicants achieved a grade of 80% or better on the final exam for KINE1304 87% of certification applicants completed all skills tests in required Level II KINE activity courses with grade of 80% or better</p>
	<p>Related Action Plans Create two learning outcomes to replace this outcome for the next assessment cycle:</p> <ol style="list-style-type: none"> <li>1. The student will demonstrate cognitive and practical understanding of the components of various training techniques to enhance fitness levels</li> <li>2. The student will demonstrate knowledge to promote sound fundamental aspects of fitness and to advocate participation in lifelong fitness activities.</li> </ol> <p>Create test blue prints specifying items on the KINE 1338 and KINE 1304 that address each of these outcomes. Create a common rubric for all skills tests in required level II KINE activity courses that measures each of these outcomes. Instructors will remind certification applicants of the need to do well on both physical and knowledge aspects of KINE activity courses.</p>
#2	<p>Physical Fitness Specialist II Certificate Student Learning Outcome The student will identify and explain ways drugs affect physical fitness and wellness.</p>



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	<p>Courses in the degree plan that address this outcome</p> <p>KINE 1338, KINE 1346, KINE 1304</p>
	<p>Assessment Measure for this Outcome</p> <p>KINE 1338 Concepts of Physical Fitness-Final Exam</p> <p>KINE 1346 Substance Abuse-Final Exam</p> <p>KINE 1304 Personal Health-Final Exam</p>
	<p>Achievement Target for this Measure</p> <p>Achievement of 80% or better on Final Exam for KINE1338.</p> <p>Achievement of 80% or better on Final Exam for KINE1304.</p> <p>Achievement of 80% or better on Final Exam for KINE1346.</p>
	<p>Findings</p> <p>83% of certification applicants achieved a grade of 80% or better on the final exam for KINE1338</p> <p>92% of certification applicants achieved a grade of 80% or better on the final exam for KINE1304</p> <p>85% of certification applicants achieved a grade of 80% or better on the final exam for KINE1346</p>
	<p>Related Action Plans</p> <p>A test blue print for the finals in KINE 1338, KINE 1304, KINE 1346 showing specific items on these finals that address this outcome will be developed for the next assessment cycle.</p> <p>Instructors and advisors will make new efforts to emphasize the development of a solid knowledge base in discipline-related classes to certification applicants.</p>
#3	<p>Physical Fitness Specialist II Certificate Student Learning Outcome</p> <p>The student will develop the ability to properly screen and evaluate individuals for safe participation in an exercise program and the student will design and implement exercise prescriptions for multiple populations and successful goal attainment.</p>
	<p>Courses in the degree plan that address this outcome</p> <p>KINE 1338, KINE 2101, KINE 2103, KINE 1179, KINE 2136</p>
	<p>Assessment Measure for this Outcome</p> <p>KINE 1338 Concepts of Physical Fitness –practical skills assignment</p> <p>KINE 2101 Aerobics II–practical skills final</p> <p>KINE 2103 Cardio Kick Boxing II–practical skills final</p> <p>KINE 1179 Physical Conditioning–practical skills final</p> <p>KINE 2136 Yoga II–practical skills final</p>
	<p>Achievement Target for this Measure</p> <p>Completion of all practical skills tests in KINE 1338 and required Level II KINE activity courses with grade of 80% or better</p>



	<p>Findings</p> <p>87% of certification applicants completed all practical skills tests in required Level II KINE activity courses with grade of 80% or better</p> <p>83% of certification applicants completed all practical skills tests in KINE 1338 with grade of 80% or better</p>
	<p>Related Action Plans</p> <p>Create two learning outcomes to replace this outcome for the next assessment cycle:</p> <ol style="list-style-type: none"><li>1. The student will develop the ability to properly screen and evaluate individuals for safe participation in an exercise program</li><li>2. The student will design and implement exercise prescriptions for multiple populations and successful goal attainment.</li></ol> <p>A common rubric will be developed for the practical skills final that will measure both of these outcomes for all the courses highlighted in the assessment measure for the next program assessment cycle.</p> <p>Instructors will remind certification applicants of the need to do well on both physical and knowledge aspects of KINE activity courses.</p>