Program: **Personal Training Strength and Conditioning Certificate**

Department: **Kinesiology and Health Science**

Number of students enrolled in the program in Fall, 2011: **n/a (Please see #1 below)**

Faculty member completing template: **Harry Theodorides**  
Date: **Jan 19th, 2012**

*Period of reference in the template: 2006-07 to present*

1. Please describe your program’s learning-outcomes trajectory since 2006-07: Has there been a transformation of organizational culture regarding the establishment of learning outcomes and the capacity to assess progress toward their achievement? If so, during which academic year would you say the transformation became noticeable? What lies ahead; what is the next likely step in developing a learning-outcomes organizational culture within the program?

   To date, no formal assessment has been done for the certificate program and a tracking system of awarded applicants has been done in house. A plan is being created for formal assessment. An application for enrollment and an application for completion of the certificate is being created for Spring 2012. Currently, how students do in each course is the only assessment at this time. In addition, students must receive a “C” or better in all coursework to receive the certificate. Future assessment includes an interview at the end of taking all courses and an assessment of the content from the learning outcomes in each course in the certificate program. The Kinesiology Department has been recognized in the past by the National Strength and Conditioning Association (NSCA) for having a program in strength and conditioning. That recognition has lapsed and is currently in the process of reapplying.

2. Please list in prioritized order (or indicate no prioritization regarding) up to four desired learning outcomes (“takeaways” concerning such elements of curriculum as perspectives, specific content knowledge, skill sets, confidence levels) for students completing the program. For each stated outcome, please provide the reason that it was designated as desired by the faculty associated with the program.

   a. Although the following below is listed in no particular prioritization order, all are considered important.

      i. Demonstrate a basic understanding of the human musculoskeletal system and its relation to exercise and sport. Reason: Students need to have an understanding of how the musculoskeletal system responds to basic exercise and how activities that affect the body in sport.

      ii. Demonstrate a basic understanding of the human physiological response and its relation to exercise and sport. Reason: Students need to have an understanding how the human physiological response to basic exercise and how activities affect the body in sport.

      iii. Demonstrate the ability to develop and implement exercise prescription. Reason: Students need to have an understanding of how develop and
implement exercise prescription to achieve the goals of the individual or team that is being trained.

iv. Develop a basic understanding of injury and rehabilitation principles associated with sport and exercise. Students need to have a basic understanding of injury and rehabilitation principles to be most effective when training teams or individuals.

3. For undergraduate programs only, in what ways are the set of desired learning outcomes described above aligned with the University’s Baccalaureate Learning Goals? Please be as specific as possible.

Exercise Science and Personal Trainer/Strength and Conditioning Certificate Learning Outcomes

Human Movement: To examine and analyze physical activity and motor skill performance as they relate to the physiological, psychological as well as the social responses and adaptations to exercise, health promotion, and disease prevention

Application: To demonstrate knowledge of the basic sciences and application to Exercise Science and develop the skills necessary to collect, analyze, interpret, and present data.

Exercise testing and prescription: To demonstrate the ability to measure physiological outcomes and exercise prescriptive techniques related to the skeletal, neuromuscular, metabolic, and/or cardio-respiratory systems. To be able to perform exercise testing and exercise prescription and programming for primary and secondary prevention and rehabilitation of chronic disease or sport injury

Health Management: To demonstrate an understanding about the importance of regular physical activity associated with good health management.

Integrative Learning: To demonstrate the ability to integrate learned competencies and skills as part of prescribed integrative learning activities and experiences throughout the curriculum.

4. For each desired outcome indicated in item 2 above, please:
   a) Describe the method(s) by which its ongoing pursuit is monitored and measured.
   b) Include a description of the sample of students (e.g., random sample of transfer students declaring the major; graduating seniors) from whom data were/will be collected and the frequency and schedule with which the data in question were/will be collected.
   c) Describe and append a sample (or samples) of the “instrument” (e.g., survey or test), “artifact” (e.g., writing sample and evaluative protocol, performance review sheet), or other device used to assess the status of the learning outcomes desired by the program.

(If the requested data and/or analysis are not yet available for any of the learning outcomes, please explain why and describe the plan by which these will occur.

At this moment, there is no method for monitoring or measuring. The process in the future will be to create:

   a) Learning objective assessment tool
b) Sample of students will include a periodic assessment of Juniors and Seniors in an assessment of content from the learning outcomes in each course in the certificate program and at the end of graduation through a questionnaire.

c) No data has been received and examined at this point. A periodic assessment tool will be created during the Spring 2012 and data will begin to be examined starting in the Fall 2012.

5. Regarding each outcome and method discussed in items 2 and 4 above, please provide examples of how findings from the learning outcomes process have been utilized to address decisions to revise or maintain elements of the curriculum (including decisions to alter the program’s desired outcomes). If such decision-making has not yet occurred, please describe the plan by which it will occur.

Currently, there is no formal plan to assess the learning outcomes process. Informally, a process is being created to assess students through a student objective questionnaire that would link learning outcomes to specific questions. The data would allow a system to be created by which an evaluative process may take place and allow alterations to the certificate curriculum to be suggested. This is currently in progress.

6. Has the program systematically sought data from alumni to measure the longer-term effects of accomplishment of the program’s learning outcomes? If so, please describe the approach to this information-gathering and the ways in which the information will be applied to the program’s curriculum. If such activity has not yet occurred, please describe the plan by which it will occur.

The program will be using Office of Institutional Research Fall 2012 Alumni survey of results design for Kinesiology and Health Science.

7. Does the program pursue learning outcomes identified by an accrediting or other professional discipline-related organization as important? Does the set of outcomes pursued by your program exceed those identified as important by your accrediting or other professional discipline-related organization?

It does not follow learning outcomes for an accrediting or other professional discipline-related organization, but the Kinesiology Department has been recognized in the past by the National Strength and Conditioning Association for have a curriculum in strength and conditioning. The curriculum is currently the same as it has been recognized.

8. Finally, what additional information would you like to share with the Senate Committee on Instructional Program Priorities regarding the program’s desired learning outcomes and assessment of their accomplishment?

The certificate program will continue to pursue assessment and use the data to make modifications to the curriculum for the future. Since the Kinesiology Department has been recognized in the past by the National Strength and Conditioning Association for have a curriculum in strength and conditioning we feel that the program is strong but could always be assessed and improved using the methods described previously.