2013-2014 Assessment Cycle

Assessment Plan

Mission Statement

Learning Outcomes and Measures

Health and Fitness Specialist Outcome Set

Learning Outcome

Goal Specific Training

Goal-specific program design for optimal results

Measure: National Academy of Sports Medicine, Certified Personal Trainer Exam
Program level; Direct - Exam

Details/Description:

Acceptable Target: 80% pass rate

Ideal Target: 90% pass rate

Implementation Plan (timeline): Spring 14

Key/Responsible Personnel: Lanners

Measure: National Strength and Conditioning Association- Personal Trainer
Program level; Direct - Exam

Details/Description:

Acceptable Target: 80% pass rate

Ideal Target: 90% pass rate

Implementation Plan (timeline): Spring 14

Key/Responsible Personnel: Lanners

Accurate Assessment

Accurate assessment — from first-time health club members to high-performance athletes

Measure: National Academy of Sports Medicine, Certified Personal Trainer Exam
Program level; Direct - Exam

Details/Description:

Acceptable Target: 80% pass rate

Ideal Target: 90% pass rate

Implementation Plan (timeline): Spring 14

Key/Responsible Personnel: Lanners

Measure: National Strength and Conditioning Association- Personal Trainer
Program level; Direct - Exam

Details/Description:

Acceptable Target: 80% pass rate

Ideal Target: 90% pass rate

Implementation Plan (timeline): Spring 14

Key/Responsible Personnel: Lanners

Safe Exercise

Developing and modifying exercises in a safe and

Measure: National Academy of Sports Medicine, Certified Personal Trainer Exam
Program level; Direct - Exam

effective manner that is adaptable to any client

Details/Description:

Acceptable Target: 80% pass rate

Ideal Target: 90% pass rate

Implementation Plan (timeline): Spring 14

Key/Responsible Personnel: Lanners

Measure: National Academy of Sports Medicine, Certified Personal Trainer Exam
Program level; Direct - Exam

Details/Description:

Acceptable Target: 80% pass rate

Ideal Target: 90% pass rate

Implementation Plan (timeline): Spring 14

Key/Responsible Personnel: Lanners