

Mission Statement

Measures

Health and Fitness Specialist Outcome Set

Learning Outcome

Learning Outcome: Program Planning

Goal-specific program design for optimal results

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

Details/Description:

Acceptable Target: 80% or greater of the students score above a 70% on the program management sub-score.

Ideal Target: 90% or greater of the students score above a 70% on the program management sub-score.

Implementation Plan (timeline): Spring 20

Key/Responsible Personnel: Lanners

Learning Outcome: Accurate Assessment

Accurate assessment – Client Consultation

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

Details/Description:

Acceptable Target: 80% or greater of the students score above a 70% on the Accurate Assessment sub-score.

Ideal Target: 90% or greater of the students score above a 70% on the Accurate Assessment sub-score.

Implementation Plan (timeline): Spring 20

Key/Responsible Personnel: Lanners

Learning Outcome: Safe Exercise

Developing and modifying exercises in a safe and effective manner that is adaptable to any client

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

Details/Description:

Acceptable Target: 80% or greater of the students score above a 70% on the Safe Exercise sub-score.

Ideal Target: 90% or greater of the students score above a 70% on the Safe Exercise sub-score.

Implementation Plan (timeline): Spring 20

Key/Responsible Personnel: Lanners

Learning Outcome: Exercise Techniques

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

Details/Description:

Acceptable Target: 80% or greater of the students score above a 70% on the Exercise Technique sub-score.

Ideal Target: 90% or greater of the students score above a 70% on the Exercise Technique sub-score.

Implementation Plan (timeline): Spring 20

Key/Responsible Personnel: Lanners

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