

2010-2011 Assessment Cycle (2010-2011Assessment 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 11

Key/Responsible Personnel:

- ▼ 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 11

Key/Responsible Personnel:

#### 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 11

Key/Responsible Personnel:

- ▼ 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 11

Key/Responsible Personnel:

#### 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 11

Key/Responsible Personnel:

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Program level: Direct - Exam

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Implementation Plan (timeline): Spring 11

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