Program Assessment Report Program: Personal Trainer - Advanced Certificate 　　Year: 23/24 Division: Health and Wellness Contact: Kara Jimenez	**Delta College**

Actions Taken in Response to Last Year's Report

Incorporated Pocket Prep into the course. Pocket Prep is an app that students can quiz themselves daily with test questions that cover the content that is covered on the NSCA CPT exam.

Rationale for Current Assessments

Assessment 1 of 1

Goal / Project

Graduates of the Personal Trainer Advanced Certificate Program will demonstrate competency in applying evidenc

Outcome(s)

Demonstrate content knowledge associated with the National Strength and Conditioning Association Certified Personal Trainer exam.

Standard / Objective

75% of students who take the NSCA CPT exam will pass the exam with an average scaled score of 70 or greater.

Method of assessment

Professional Certification

Comment/Details about the method of assessment

Students took the NSCA CPT national exam in April of 2024.

Courses Affected

LWT 240 and LWT 214

Time Frame

Winter 2024

Submitted By

Result

Result

(0) Results far below expectation/standard

How many students	Average Score	Percent that met standard
6	68	

For GenEd Only   Level 0: ____   Level 1: ____   Level 2: ____   Level 3: ____

Data Collection (general or specific stats regarding results)

Pass rates for the exam was 50% (3 out of 6 students). The average scaled score on the exam was 68. The scores in each domain on the exam as as follows: Domain #1 Client Consultation and Assessment: 60%. Domain #2 Program Planning: 67%. Domain #3 Techniques of Exercise: 69% and Domain #4 Safety, Emergency, Procedures and Legal Issues: 75%.

What We Learned (areas for improvements, strengths, etc.)

Students scored the lowest on the client consultation and assessment domain on the exam (60%). They scored the highest on the safety, emergency procedures and legal issues domain (75%).

Use of Data to Improve Student Success

"Application for Endowed Teaching Chair has been submitted. This project will allow faculty/staff to create eLearning modules and additional learning support resources for healthcare students to promote "academic wellness," program retention/completion, and national board licensing or certification exam success. Framed as a preventative care plan, modules will integrate learning, study, and test-taking strategies to improve healthcare studentpreparedness, metacognition, and resilience. In class review sessions and out of class review sessions have been scheduled to also assist students in preparing for the exam."

Institutional Student Learning Outcome	Action plan items of what is planned based on the data and results	
☑ Apply Knowledge and Skills	☑ Change assignments/activities	☐ Update course or CC prog conte
☑ Think Critically	☐ Change materials provided	☐ Update course or CC prog outc
☐ Communicate Effectively	☐ Adjust grading rubric	☐ Change course sequence or prerequisites
☐ Act Responsibly	☑ Continue to monitor and assess next outcome	☐ Other
	☐ Review or update assessment process	

Comments and Action Plan

Discipline/Program Comments

Pass rates went down from 2023 (70% 7 out of 10 students) to 2024 (50% 3 out of 6 students).

Advisory Board Comments

Advisory board members are happy our students are taking a national certification exam in this program. Certified personal trainers are in demand and they would be happy to hire any one of our students who took this program and passed the national exam.

Assessment Committee Comments

Curriculum Council Comments

Action Plan

Once the endowed teaching chair project is complete faculty will incorporate these modules and test taking strategies into the course. The instructor is also requiring students to spend a certain amount of time on the Pocket prep app answering test questions every week as a course requirement. Last time the class was offered this was not a requirement but encouraged by the faculty weekly. Students were not spending hardly any time on the APP even with the instructor stressing how important it was. Hopefully this new requirement along with the addition of the other items will assist in improving pass rates.

Actions Taken in Response to Older Reports