Assessment Plan

Adult Fitness Program
College of Education
Kean University

Mission:
The Adult Fitness Program at Kean University has several related goals that are aligned with the University Mission. The Adult Fitness option prepares students for professional careers in fitness. Thanks to our unique, scientific-based program, Adult Fitness majors can take advantage of rapidly growing employment opportunities in exercise and health programs. Many graduates of this program enjoy successful careers as fitness specialists at health clubs and sports-medicine centers. They also find employment as fitness leaders, technicians, health-promotion specialists and directors in corporate fitness and health-promotion programs. Several students who have completed the program have gone on to become certified exercise instructors or personal trainers certified by reputable organizations such as the American College of Sports Medicine (ACSM) and the American Council on Exercise (ACE).

Assessment Process:
Adult Fitness students have 16 core courses and two internships to take as part of the requirements for the major. These core courses provide a sound backbone of the discipline with regard to the research and theoretical aspects of adult fitness as well as the various areas of study within the field. As such, the core courses are the primary vehicle for assessing the knowledge of our students. Beyond the 16 core courses, students have supervised field experiences that provide the evidence of students applying the student learning outcomes in practice.

Each core course has assessment tools such as exams, clinic-based assignments, portfolio work, group work products, etc., as part of the evaluation process and the program has used results of assessment for making improvements to program practices aimed at increasing student learning. For example, recently we revised and updated the handbook for students’ clinical experiences for the students and their supervisors so that it includes not only how assessment in their fieldwork assignments aligns with their program student learning outcomes, but also to outline other program expectations as well.

The assessment done during the culminating internship in the Capstone Course, PED 4629 has been identified as a direct measure for assessing attainment of our program Student Learning Outcomes. In this course, assessment data is collected from a clinic-based assessment tool that requires students to provide the evidence of meeting program goals. Each semester, composite data from scored assessments will be collected and analyzed to address areas of program strengths and weaknesses and to inform our decisions ultimately resulting in program improvements. In addition, a systematic process for gathering data utilizing an indirect measure, the Graduating Student Survey, was established. Data from the student survey will also help inform our decisions regarding program improvement to increase student learning.

Program Student Learning Outcomes (SLOs) – as aligned with KU SLOs* derived from the Institutional Mission and GE SLOs**. (Data from Direct and Indirect Measures collected each semester in the Capstone Course or a designated, end-of-program course.)
Students who graduate with a degree in Adult Fitness should be able to:

**SLO1:** apply, evaluate, and prescribe exercise programs.

Direct Measure: PED 4629: Senior Internship Evaluation
Indirect Measure: Graduating Student Survey

**SLO2:** apply business organizational and management skills necessary to pursue a career as an adult fitness trainer.

Direct Measure: PED 4629: Senior Internship Evaluation
Indirect Measure: Graduating Student Survey

**SLO3:** analyze and evaluate the way muscles perform during various exercise movements.

Direct Measure: PED 4629: Senior Internship Evaluation
Indirect Measure: Graduating Student Survey

**SLO4:** demonstrate personal fitness in its different components: muscle strength, endurance, and flexibility; cardio fitness, weight management, and balance.

Direct Measure: PED 4629: Senior Internship Evaluation
Indirect Measure: Graduating Student Survey

**SLO5:** develop fitness programs for people of all ages.

Direct Measure: PED 4629: Senior Internship Evaluation
Indirect Measure: Graduating Student Survey

* **KU Student Outcomes:** Kean University graduates should be able to:
  1. Think critically, creatively and globally;
  2. Adapt to changing social, economic, and technological environments;
  3. Serve as active and contributing members of their communities; and
  4. Advance their knowledge in the traditional disciplines (GE) and enhance their skills in professional areas (Prof. pgms)

**General Education Student Learning Outcomes**

*Student Learning Outcomes – Knowledge: Students will demonstrate proficiency in knowledge and content by:

(K1) applying the scientific method to comprehend natural concepts and processes;
(K2) evaluating major theories and concepts in social sciences;
(K3) relating historical references to literature; and
(K4) evaluating major theories and concepts in the fine arts.*
Student Learning Outcomes – Skills: Students will demonstrate the skills necessary to:
(S1) write to communicate and clarify learning;
(S2) communicate effectively through speech;
(S3) solve problems using quantitative reasoning;
(S4) think critically about concepts in multiple disciplines; and
(S5) show information literacy.