
PLEASE NOTE THAT THE ASSESSMENT LIAISON HAS BEEN WORKING WITH HER DEPT AND HER ASSESSMENT FELLOW. We have decided to submit this as is until the liaison can meet with her dept to discuss steps 5 & 6.

Bergen Community College

ASSESSMENT REPORT FORM FOR ACADEMIC PROGRAM

Assessment Period: Spring, 2014

Department/Program: WEX- Exercise Science Certificate and AS Degree

Department Chair: Prof. Bernard Fuersich

Department Assessment Liaison: Prof. Kathy Pignatelli

Date Submitted: December 18, 2013

❖ **Program Description or mission/goal statement of the Department/Program:**

To provide a comprehensive exposure to those courses basic to understanding and applying the scientific basis of exercise and its effects on the human condition.

❖ **Program Learning Goals/Outcomes:**

1. Use an appropriate theoretical framework for determining exercise needs and goals for individuals.
2. Use appropriate methodology in health/fitness appraisal of specified parameters.
3. Create an appropriate program design relative to the needs and desires of individuals including nutritional recommendations.
4. Implement appropriate knowledge and skill in the treatment of exercise related injury and emergencies.
5. Demonstrate proficiency in the knowledge base and skills necessary for employment, agency certification and transfer to a four year institution.

SEMESTER 1: CREATING PROGRAM-LEVEL ASSESSMENT PLAN

1. **Program Learning Goal(s) or Outcome(s) to be assessed (from the above section):**

WEX 184- Implement appropriate knowledge and skill in the treatment of exercise related injury.

WEX 182- Use of appropriate methodology in health/fitness appraisal of specified parameter s.

2. Means of Assessment:

Assessment rubrics have been developed to be used in WEX 184 and WEX 182

- **Feedback from Dean:**

SEMESTER 2: DEVELOPING ASSESSMENT TOOL (s) and TIMELINE

3A. Describe or attach assessment tool (s), including sources of data, timeline for data collection and how data will be analyzed.

Sources of data will be the students enrolled in WEX 184 and WEX 182 during Spring, 2014. Three faculty will observe skill execution and score performance by students.

3B. Desired results faculty would like to see.

70% of students will demonstrate competency in specified skills and cognitive competency.

- **Feedback from CIE:**

SEMESTER 3: COLLECTING AND ANALYZING DATA

4. Summary of Results (attach aggregated data table, survey tool, etc., to support the summary)

WEX-182 - Assessment 2014 Summary of Results

1. Sixteen students participated in the Body Composition Analysis Assessment in WEX-182 – Fitness Measurement and Interpretation in Spring 2014.

2. The rubric presented an opportunity to score 30 points when all procedures were performed correctly. A score of 21 (70% of 30) was considered successful.
3. Three faculty members observed the procedures and scored independently. The range of scores for all students was 20 to 30. The largest difference between students was 2. For one student all three evaluators scored 30.
4. There was 90.5% agreement on all scores. All students scored above the 70% level (21 points out of 30).
5. The rubric was a successful tool for the assessment process.
6. The methods of instruction and practice in the use of calipers should be regarded as successful.
7. The ability of students to use the results of skinfold measurement in determining fat weight, lean body weight, and optimal body weight should be regarded as successful.
8. The rubric should be refined to incorporate greater scoring opportunities based on nuances observed during caliper use by students. Perhaps a 5, 4, 3, 2, 1, 0 scoring option should be explored.

Fitness Measurement & Interpretation (Wex-182)

Assessment Rubric – Body composition

The rubric is based on the standardized Jackson-Pollack protocol which involves three anatomical sites for skinfold measurement – triceps, suprailiac, anterior thigh for women; and anterior thigh, pectoral and abdominal for men.

Scoring: total of possible 30

5 – Procedures entirely correct

3 – Performed but not entirely correct. (2 procedures correct)

1 – Performed incorrectly (3 or more procedures incorrect)

Successful completion – minimum score of 21 (70% of 30)

Using calipers the student will demonstrate the procedure of measuring skinfold thickness and related criteria:

1. Appropriately locates anatomical sites to be measured on the side of the body

5 points	3 points	1 point	0 points
All sites located appropriately	3 sites located appropriately	1 of 3 sites located appropriately	No sites located appropriately

2. Uses thumb and fore finger of left hand to form correct skinfold – vertical, horizontal or oblique relative to the site.

5 points	3 points	1 point	0 points
All sites located appropriately	2 of 3 sites located appropriately	1 of 3 sites located appropriately	No sites located appropriately

3. Places calipers appropriately on skinfold perpendicular to fold and reads results after 2-3 seconds.

5 points	3 points	1 point	0 points
Places calipers on all skinfolds appropriately	Places calipers on 2 skinfolds appropriately	Places calipers on 1 skinfold appropriately	No skinfolds measured appropriately

4. Takes 3 measurements at each site until all 3 measurements are within 2 mm of each other.

5 points	3 points	1 point	0 points
Correctly measures 3 sites 3 times.	Correctly measures 2 of 3 sites	Correctly measures 1 of 3 sites	Incorrect measure of 3 sites

5. Uses Jackson-Pollack nomogram to determine percent fat for the subject.

5 points	3 points	1 point	0 points
Correctly uses nomogram adjusting age and total skinfold.	Correctly uses nomogram but does not adjust for total and age	Uses nomogram to determine percent fat.	Does not use nomogram correctly.

6. Student will calculate fat weight in pounds, lean body weight in pounds, and an optimal weight at a lesser percent of fat.

5 points	3 points	1 point	0 points
All calculations performed correctly.	2 calculations performed correctly.	1 calculation performed correctly.	No calculations performed correctly.

5. Recommendations for Improvement:

- **Feedback from Dean:**

SEMESTER 4: CLOSING THE LOOP AND SHARING KNOWLEDGE

6. Use of Results:

- **Feedback from CIE:**