

Bergen Community College

Assessment Report

Assessment Report For: Wellness & Exercise Science Department

Assessment Cycle: 2008-2010

Department Head: Professor Compton Jenkins

Liaison: Professor Kathy Pignatelli

Date Submitted: April 28, 2010

Program(s), if applicable (AAS, Interdepartmental, etc.):

Mission/Goal statement of the department or program:

The Wellness/Exercise Science Department shall offer a wide variety of courses designed to enhance knowledge of lifestyle issues affecting health, fitness and individual growth in dimensions of wellness, such as physical, emotional, social and intellectual. Opportunity to earn a certificate or degree in a variety of professional fields, including Exercise Science, is available for those who choose to pursue these career options.

Objectives- 2010-2011

1. To pursue the development of new programs relating to health services such as, Massage Therapy and Life Coaching. (Strategic Plan 4.2)
2. To increase opportunities for students in the Exercise Science program and Fitness Club for volunteerism to benefit students, faculty and staff. (Strategic Plan 4.3)
3. To actively pursue Perkins Grant funding to support needs in the Exercise Science curriculum, eg., equipment, technology. (Strategic Plan 5.3)

4. To develop new courses for on-line/campus offering, eg., Contemporary Health Issues, The Environment and Well-being. (Strategic Plan 3.4)

SEMESTER 1: Create the Assessment Plan

Learning objective being assessed:

Students will apply what they have learned in theory in WEX-101 course in subsequent laboratory experiences; e.g., Weight Training Course.

Core Competencies: (check as many as apply)

☐ Communication

☐ Critical Thinking

☒ Applied knowledge

☐ Creativity and Aesthetic Appreciation

Means of Assessment:

Student performance will be evaluated by a team of faculty on the criteria set forth in a rubric for skill analysis on various weight training machines.

SEMESTER 2: Develop an Assessment Strategy

Criterion for success:

70% of students completing one of the second level courses mentioned will achieve 4 (above average) on evaluation criteria. A Rubric for skill analysis will be created for the evaluation.

Dean's Comments:

VPAA's Comments:

SEMESTER 3: Implement Assessment Plan & Strategy

Summary and analysis of data collected:

Based on a Rubric created to assess the skills in WEX-206, Weight Training, two faculty used the Rubric Criteria to evaluate weight lifting skill (20) students were tested with the Rubric. 100% of the students tested surpassed the evaluation criteria. The average grade of the 20 students for the first Professor was 3.9 out of 5.00 and 4.0 for the second Professor. The use of the Rubric for the two professors was 0.01 differential for the two professors. The goal for this second level course met the criteria for success. The reliability of the Rubric was excellent as a tool being used independently by two professors.

(The Summary should appear here. Use attachments only to provide information to support the summary.)

SEMESTER 4: Reporting and Revising

Use of results:

The creation of a Rubric for Weight Training Skill analysis by two professors clearly indicated that the Rubric defined the criteria for successful skill evaluation. The difference between the two professors being 1/100 of a difference for skill analysis. One professor mentioned this helped students and instructors focus on the essential criteria for skill assessment.

Dean's Comments:

VPAA's Comments: