

Program Outcomes and Assessment

Degree Program: Health & Fitness Management

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Program Mission Statement: The mission of this program is to prepare students for a variety of entry and mid-level management positions within the broad field of health and fitness. To this end, the curriculum covers a wide scope from the scientific basis of exercise as a tool for health promotion, to the management of health and wellness facilities and personnel. Students will be afforded numerous opportunities to learn about the role of physical activity in health promotions including pregnant women and the elderly persons with chronic disease. An interdisciplinary approach involving several areas in Health & Fitness is used in addressing health care issues prevalent in today's society and in building the intellectual and practical framework necessary to become successful in corporate fitness, personal training, health education/promotion, and other areas of health and fitness services. Students wishing to pursue graduate education in the fields of Exercise Science or Business will find this undergraduate degree forms a solid foundation upon which to build. This mission of the Program is consistent with the University's mission of meeting the needs of the community. The community is typically identified as the Southern Crescent of the metropolitan Atlanta. Located within the Southern Crescent are a great number and variety of health care delivery systems that are growing and expanding as the population of this part of Georgia keeps increasing. The need to educate and provide managers for these institutions also is increasing and, thus serves as impetus for us to complete our mission.

Specialty Program Outcomes

1. Identify and portray ethical behaviors and values consistent with the health and fitness profession and the professional standards of the American College of Sports Medicine and the National Strength and Conditioning Association.
2. Collect and analyze data concerning an individual's medical history, conduct baseline fitness testing and make appropriate decisions concerning the design of an exercise program; further, recognize the need for medical clearance/referral.
3. Provide planned educational services using appropriate interpersonal communication skills, educational strategies, and computer techniques to promote optimal physical, mental, and emotional health and fitness programs.

4. Possess the interpersonal communication skills required for successful performance in negotiating, counseling, bargaining, dealing with clients, selling ideas, and listening.
5. Use strategies of health promotions, illness/injury prevention, and illness/injury rehabilitation to maximize healthy outcomes of individuals, families and communities in a multicultural society.
6. Integrate critical thinking strategies with a theoretical knowledge base in health and fitness, business, the liberal arts, and physical and behavioral sciences to make decisions which promote health and facilitate caring for self, client, and society.
7. Acquire and synthesize health and fitness information in a critical, scientific, and effective manner.
8. Assess, plan, implement, and evaluate the need for local businesses to incorporate wellness programs for their employees.
9. Specify strategic goals and objectives, provide essential organization structure, establish proper management controls, and effect continuous management improvement to achieve an effective health and fitness program.
10. Influence employee's behavior in an effective, efficient and ethical manner that elicits full performance potential, respects human dignity, accommodates individual differences, and promotes team building.
11. Explain and demonstrate a broad range of assessment procedures utilized in health and fitness environment.
12. Integrate critical thinking strategies with a theoretical knowledge base in health and fitness to make decisions that promote health.
13. Explain and demonstrate first aid and emergency procedures for an injured/ill victim.

Assessment Methods/Type of Evidence

Data Collection 1: ACSM Certification Examination

Data Collection 2: Practical testing (skills check) / ACSM Certification Examination / case studies

Data Collection 3: Practicum and skills check

Data Collection 4: See data collection 3

Data Collection 5: see data collection 1

Data Collection 6: see data collection 1

Data Collection 7: written testing

Data Collection 8: Presentation & Report (Business Plan)

Data Collection 9: See data collection 8

Data Collection 10: See data collection 3

Data Collection 11: See data collection 1

Data Collection 12: see data collection 7

Data Collection 13: See data collection 1

Data Collection Overview

Learning Outcome	Assessment Method/Type of Evidence	When/Where will Data Collection Take Place	Who will collect data
#1	ACSM exam	Senior year/ computer	Pearson Vue/ACSM
#2	ACSM exam Practical skills check Case studies	Senior year/ computer In Class	Pearson Vue/ACSM HFMG faculty
#3	Practical skills check	In Class	HFMG faculty
#4	Practical skills check	In Class	HFMG faculty
#5	ACSM exam	Senior year/ computer	Pearson Vue/ACSM
#6	ACSM exam	Senior year/ computer	Pearson Vue/ACSM
#7	Written testing	In Class Senior year/ computer	HFMG faculty Pearson Vue/ACSM
#8	Presentation and report	In Class	HFMG faculty
#9	Presentation and report	In Class	HFMG faculty
#10	Practical skills check	In Class	HFMG faculty
#11	ACSM exam	Senior year/ computer	Pearson Vue/ACSM
#12	Written testing	In Class Senior year/ computer	HFMG faculty Pearson Vue/ACSM
#13	ACSM exam	Pearson Vue/ACSM	Pearson Vue/ACSM

Course Mapping Matrix

Courses	Outco me 1	Outco me 2	Outco me 3	Outco me 4	Outco me 5	Outco me 6	Outco me 7	Outco me 8	Outco me 9	Outco me 10	Outco me 11	Outco me 12	Outco me 13
HFMG 1101	√		√		√	√	√						
HFMG 2110	√		√	√	√	√	√				√	√	√
HFMG 3101	√				√	√				√	√	√	
HFMG 3102	√	√				√				√	√	√	
HFMG 3110	√	√	√	√	√	√				√	√	√	
HFMG 3121	√	√	√	√	√	√				√	√	√	√
HFMG 3130	√	√	√	√		√	√			√	√	√	
HFMG 3382	√	√			√	√	√			√		√	
HFMG 4060	√	√	√	√	√	√	√			√	√	√	
HFMG 4800	√	√			√	√	√			√	√	√	
HFMG 4400	√	√	√	√	√	√				√	√	√	
HFMG 4110	√		√	√		√	√	√	√	√		√	

HFMG 4970	√	√	√	√	√	√	√	√	√	√	√	√	√
HFMG 3970	√	√	√	√	√	√	√	√	√	√	√	√	√
HFMG 4999	√	√	√	√	√	√	√	√	√	√	√	√	√

Discussion of Results and Changes

In the spring 2010, the HFMG program will undergo its first accreditation visit with the COAES (The Committee on Accreditation for the Exercise Sciences) for the Commission on Accreditation of Allied Health Education Programs (CAAHEP). From the spring 2010, the report of results and changes will follow the CAAHEP format.

Learning Outcome 1:

Identify and portray ethical behaviors and values consistent with the health and fitness profession and the professional standards of the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association.

Results and Changes (listed by year – from 2005 to present):

- 2005-2006: - Creation of the Health & Fitness Management Bachelor of Science, approval by BOR
- 2006-2007: - Faculty in HFMG program requested to become certified with ACSM or NSCA to teach in the program
- 2007:2008: - Students first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999
- 2008- Present: - Creation of HFMG 3970 to increase ACSM practicum skill checks as requested from students' survey dissemination

Learning Outcome 2:

Collect and analyze data concerning an individual's medical history, conduct baseline fitness testing and make appropriate decisions concerning the design of an exercise program; further, recognize the need for medical clearance/referral.

Results and Changes (listed by year – from 2005 to present):

- 2005-2006: - Creation of the Health & Fitness Management Bachelor of Science, approval by BOR
- 2007-2008: - Laboratory skill checks created in HFMG 3121, 3130 with the hiring of a faculty specialized in exercise/muscle physiology
 - Students first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999
- 2008- Present: - More than 30 internship preceptors have been recruited and sponsored the Program students for completion of internship in HFMG 4970

- Skills check in HFMG 4970, Internship and new course HFMG 3970, Health & Fitness Practicum created. In the spring 2010, the HFMG program will welcome a larger laboratory space in Clayton Hall Room 200 to accommodate the needs of the growing program. The first laboratory space was established in fall 2008 and has reached maximum capacity.

Learning Outcome 3:

Provide planned educational services using appropriate interpersonal communication skills, educational strategies, and computer techniques to promote optimal physical, mental, and emotional health and fitness programs.

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR

2006-2007:- HFMG 1101: Presentation after visiting a health & Fitness facility

2007:2008: - HFMG 2110: Introduction of case studies drills in relation to the field of Health & Fitness and cardiovascular events happening in fitness facilities

2008- Present: - Creation of HFMG 4800, Selected topics in Health & Fitness to respond to the pending CAAHEP accreditation section on Research education in Health & Fitness as well as computer techniques. In the spring 2010, the HFMG program will welcome a larger laboratory space in Clayton Hall Room 200 to accommodate the needs of the growing program. The first laboratory space was established in fall 2008 and has reached maximum capacity.

Learning Outcome 4:

Possess the interpersonal communication skills required for successful performance in negotiating, counseling, bargaining, dealing with clients, selling ideas, and listening.

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR

2007-2008: - Laboratory skill checks created in HFMG 3121, 3130 with the hiring of a faculty specialized in exercise/muscle physiology

2007:2008: - HFMG 4110: Creation of a business plan including a marketing section on selling ideas in Health & Fitness
2008- Present: - Creation of HFMG 4400, Exercise & Sport Psychology to respond to the pending CAAHEP accreditation section on Counseling for Health & Fitness Specialists. In the spring 2010, the HFMG program will welcome a larger laboratory space in Clayton Hall Room 200 to accommodate the needs of the growing program. The first laboratory space was established in fall 2008 and has reached maximum capacity.

Learning Outcome 5:

Use strategies of health promotions, illness/injury prevention, and illness/injury rehabilitation to maximize healthy outcomes of individuals, families and communities in a multicultural society

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR
2006-2007: Laboratory skill checks created in HFMG 3121, 3130 with the hiring of a faculty specialized in exercise/muscle physiology
2007:2008: HFMG 4110: Creation of a business plan including a marketing section on the creation of Health Promotion events. Student's first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999
2008- Present: - Creation of HFMG 3382: Substance Use in Health & Fitness as well as creation of HFMG 4060, Personal Nutrition to address strategies to promote health and illness prevention/rehabilitation through healthier choices. Creation of HFMG 4800. Selected topics in Health & Fitness to address community research involving the HFMG students (partnership between Clayton county schools and our program)

Learning Outcome 6:

Integrate critical thinking strategies with a theoretical knowledge base in health and fitness, business, the liberal arts, and physical and behavioral sciences to make decisions which promote health and facilitate caring for self, client, and society.

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR
2006-2007: Faculty in HFMG program requested to become certified with ACSM or NSCA to teach in the program
2007:2008: - Students first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999
2008- Present: - Creation of HFMG 3970 to increase ACSM practicum skill checks as requested from students' survey dissemination. Creation of HFMG 3382: Substance Use in Health & Fitness as well as creation of HFMG 4060, Personal Nutrition to address

strategies to promote health and illness prevention/rehabilitation through healthier choices. Creation of HFMG 4800. Selected topics in Health & Fitness to address community research involving the HFMG students (partnership between Clayton county schools and our program). Creation of HFMG 4400, Exercise & Sport Psychology to respond to the pending CAAHEP accreditation section on Counseling for Health & Fitness Specialists.

Learning Outcome 7:

Acquire and synthesize health and fitness information in a critical, scientific, and effective manner.

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR

2006-2007: Creation of a Pre- and Post-test in HFMG 1101, Surveys of Health & Fitness Professions and HFMG 4999, Capstone

2007:2008: Students first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999

2008- Present: Creation of HFMG 4800, selected topics in Health & Fitness to respond to the pending CAAHEP accreditation section on Research education in Health & Fitness as well as computer techniques

Learning Outcome 8:

Assess, plan, implement, and evaluate the need for local businesses to incorporate wellness programs for their employees.

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR

2006-2007: Creation of a Pre- and Post-test in HFMG 1101, Surveys of Health & Fitness Professions and HFMG 4999, Capstone

2007:2008: HFMG 4110: Creation of a business plan including a marketing section on the creation of Health Promotion events

2008- Present: Creation of HFMG 3970 to increase ACSM practicum skill checks as requested from students' survey dissemination.

Learning Outcome 9:

Specify strategic goals and objectives provide essential organization structure, establish proper management controls, and effect continuous management improvement to achieve an effective health and fitness program.

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR

2006-2007: Creation of a Pre- and Post-test in HFMG 1101, Surveys of Health & Fitness Professions and HFMG 4999, Capstone.

2007:2008: HFMG 4110: Creation of a business plan including a marketing section on the creation of Health Promotion events. Student's first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999
2008- Present: Creation of HFMG 3970 to increase ACSM practicum skill checks as requested from students' survey dissemination. In the fall 2009, the Health Care Management courses were replaced by Business courses equivalent in content but with a broader content towards business to equip students with higher level of managerial skills.

Learning Outcome 10:

Influence employee's behavior in an effective, efficient and ethical manner that elicits full performance potential, respects human dignity, accommodates individual differences, and promotes team building

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR
2006-2007: Creation of a Pre- and Post-test in HFMG 1101, Surveys of Health & Fitness Professions and HFMG 4999, Capstone.
2007:2008: Students first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999
2008- Present: Creation of HFMG 3382: Substance Use in Health & Fitness as well as creation of HFMG 4060, Personal Nutrition to address strategies to promote health and illness prevention/rehabilitation through healthier choices within the scope of practice of a fitness specialist. Creation of HFMG 4400, Exercise & Sport Psychology to respond to the pending CAAHEP accreditation section on Counseling for Health & Fitness Specialists.

Learning Outcome 11:

Explain and demonstrate a broad range of assessment procedures utilized in health and fitness environment.

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR
2006-2007: Creation of a Pre- and Post-test in HFMG 1101, Surveys of Health & Fitness Professions and HFMG 4999, Capstone.
2007:2008: Students first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999
2008- Present: Creation of HFMG 3970 to increase ACSM practicum skill checks as requested from students' survey dissemination.

Learning Outcome 12:

Integrate critical thinking strategies with a theoretical knowledge base in health and fitness to make decisions that promote health

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR

2006-2007: Creation of a Pre- and Post-test in HFMG 1101, Surveys of Health & Fitness Professions and HFMG 4999, Capstone

2007:2008: Students first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999

2008- Present: Creation of HFMG 4800, selected topics in Health & Fitness to respond to the pending CAAHEP accreditation section on Research education in Health & Fitness as well as computer techniques. Creation of HFMG 3970 to increase ACSM practicum skill checks as requested from students' survey dissemination.

Learning Outcome 13:

Explain and demonstrate first aid and emergency procedures for an injured/ill victim.

Results and Changes (listed by year – from 2005 to present):

2005-2006: Creation of the Health & Fitness Management Bachelor of Science, approval by BOR

2006-2007:- HFMG 2110, Instructor must follow and become certified with the Red Cross and American Heart Association Instructor training.

2007:2008: HFMG 2110: Introduction of case studies drills in relation to the field of Health & Fitness and cardiovascular events happening in fitness facilities. Student's first enrollment into the Health & Fitness Specialist Certification from ACSM in HFMG 4999

2008- Present: NA
