



# Recreation FitLife Fitness Instructor Training

## Program



Public

**Name of Assessment** Recreation FitLife Fitness Instructor Training Program

**Project:**

**Name(s) of Person(s)  
Responsible for  
Assessment Project:**

**Role**

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**Providing** Campus Recreation

**Department:**

**Other**

**Units/Departments**

**Involved in**

**Assessment Project:**

### Program, Service, or Event Related to Assessment Project

The Recreation FitLife Fitness Instructor Training Program is a 50 hour training that occurs during the winter and spring quarters. The objective of the program is to train participants how to design and implement group fitness classes that are safe and effective. The program is based on didactic class work, additional reading, practical internship and periodic testing (both written and practical). The program is designed to prepare a participant for the American College on Exercise (ACE) Group Fitness Instructor certification exam. This is a nationally recognized certification. The program is available to students, faculty, staff and the community. There is a fee to participate.

### Assessment Project Description

The program participants are assessed for their readiness to teach group fitness classes that are safe and effective. Participants' knowledge and skills are assessed prior to the program through interviews with the program coordinator. Throughout the program the participants are given written tests based on the class work and homework assignments. At the end of the program they are given a final written exam that they must pass with a 70% or greater in order to receive a certificate of completion. Throughout the program they receive feedback from their practical mentors on their communication, exercise design and implementation. At the end they receive a final written report from their mentor. They are also required to perform a practical demonstration for the coordinator.

The results of the project are used to improve the program.

### Unit/Program Specific Goals and Learning Outcomes

As a result of successfully completing in the FitLife Fitness Instructor Training Program, a trainee will be able to:

1. Demonstrate knowledge of physiology and exercise science.
2. Demonstrate ability to design and implement a safe and effective group exercise class.
3. Demonstrate ability to work with different populations and modify exercise as needed

**Relationship to Student Affairs** Communicate Effectively, Advance a Plan for Personal, Academic, and Professional Success, Engage in a Healthy Lifestyle

**Learning Outcomes:**

**Assessment Project Start:** 1/7/2013

**Assessment Project End:** 6/30/2013

**Population/Sample**

Five participants completed the Fitness Instructor Training program for 2013. One was a student, two were UCSD staff, and two were community members.

**Type of Assessment:** Tracking usage , Benchmarking , Measuring effectiveness relative to professional standards (e.g., CAS standards)

**Other Assessment**

**Type(s):**

**Assessment Methods:** Interviews, Observation, Rating of Skills (e.g., rubrics), Document Analysis, Participant Counter

**Other Assessment**




**Method(s):**

**Data Collection Tools**

The two multiple choice exams are delivered electronically from the Fitness Coordinator to the participants. The exams tests the participants knowledge of exercise physiology, anatomy, learning theory, class design and class safety. Participants return exams to Fitness Coordinator either in person or electronically.

A practical exam is also given where the Fitness Coordinator observes the trainee teaching a fitness class. The exam evaluates the trainee's movement and communication abilities.

Trainees are also required to attend six practical training session and 40 fitness classes which are tracked with log sheets. Attendance is mandatory to complete the program.

-  FITP Exam 1
-  FITP Exam 2
-  FITP Practical Exam

**Data Analysis Methods**

The results of the written and practical exams are collected and analyzed by Fitness Coordinator. Trainees must pass the multiple choice exam with 70% correct answers in order to continue the program. The practical exam uses a simple objective grading scale and Likert scale. The results are used to identify the areas of growth for trainees in delivering a safe, effective group fitness class.

## Presentation of Findings

Exam results and practical evaluations are shared with individual trainees to help with their understanding and progress.

**Progress:**  100%

## Link Assessment Project in Campus Labs Baseline

Source Name	Project Name
No items to display.	

## Summary of Findings

Of the seven participants that started the program, two have not completed the program due to conflicts with work and other personal matters. The remaining five completed the program and passed both written exams, and the practical exam. Three of the participants are actively teaching fitness classes now as a result of the Fitness Instructor Training Program. Three of the participants are registered to sit for the Group Fitness Instructor Certification exam with the American Council on Exercise (ACE).

## Impact of Assessment

As of now FitLife does not have the pass/fail rate for participants who are planning to sit for the ACE exam. The program graduates are planning to take the exam in summer 2013.

## Lessons Learned

Overall, participants who completed the program have the knowledge and skill to begin teaching group fitness. They received a certification of completion from UCSD Recreation FitLife and are encouraged to sit for the ACE exam.

## Supplemental Information

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