

# Assessment: Assessment Plan



## Operational (Acad Affairs) - Fitness Center

**GBC Mission:** Great Basin College enriches people's lives by providing student-centered, post-secondary education to rural Nevada. Educational, cultural, and related economic needs of the multicounty service area are met through programs of university transfer, applied science and technology, business and industry partnerships, developmental education, community service, and student support services in conjunction with certificates and associate and select baccalaureate degrees.

**Unit Mission:** The mission of Great Basin College Physical Education and Exercise program is to provide a natural extension of academic programs, enriching the lives of students, faculty, staff, and community members with the opportunity to participate in an individual or group fitness program, emphasizing safe and effective workouts and the importance of maintaining good health.

### Outcome: Fitness Center hours of operation

Fitness Center hours of operation meet the needs of GBC students, faculty, and staff.

**Outcome Status:** Active

**Assessment Year:** 2015-2016, 2018-2019, 2022-2023

**Start Date:** 08/27/2018

### Assessment Measures

**Data** - Fitness Center user-sign-in sheets are currently in use. Sheets have been re-located into the Fitness Center office. Student workers have been instructed to be vigilant in watching entry to Fitness Center and ensure that the Fitness Center users are signing in and out at the Fitness Center office during the Fall 2014 and Spring 2015 semesters. (Active)

**Criterion:** Based on information gathered from sign-in sheet data, at least 1 tracking result will be incorporated into setting the GBC-Elko Fitness center hours of operations, starting in Fall 2015.

**Notes:** Sign-in sheets are already in use. Sheets have been re-located into the Fitness Center office. Student workers have been instructed to be vigilant in watching entry to Fitness Center and ensure that the (vast majority of) Fitness Center users are signing in and out at the Fitness Center office during the Fall 2014 semester.

**Internal Tracking** - During Summer 2015, sign-in sheet data from Fall 2014 semester and Spring 2015 semester will be reckoned and evaluated as to usage-frequency of fitness center per each day of week and time of day. (Active)

**Criterion:** Based on information gathered from sign-in sheet data, at least 1 tracking result will be incorporated into setting the GBC-Elko Fitness center hours of operations, starting in Fall 2015.

**Notes:** Work with GBC Institutional Research and Effectiveness Department to develop a survey of student/staff desires regarding PEX courses or to include PEX questions as part of an overall GBC survey.

**Internal Tracking** - Through internal tracking, information will be collected from Fitness Center's user sign-in sheets during the Fall 2018 semester. Based on the gathered data, Fitness Center hours of operation will be adjusted for the Spring 2019 semester. (Active)

**Criterion:** The set hours of operation will correspond with times when 70% of students and faculty use the Fitness Center.

**Notes:** Fitness Center sign-in sheets are currently in use. Student workers will be instructed to ensure all gym users sign in and out. A spreadsheet will be created to track usage and participation from students, faculty and staff, and community members.

### Outcome: Fitness Center class scedule

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Fitness Center classes and schedule meet the needs of students, faculty and staff.

**Outcome Status:** Active

**Assessment Year:** 2016-2017, 2019-2020

**Start Date:** 07/01/2019

## Assessment Measures

**Survey** - Fitness Center sign-in sheets are currently in use. Student workers will be instructed to ensure all gym users sign in and out. A spreadsheet will be created to track usage and participation from students, faculty and staff, and community members. Work with IRE to develop a survey for students and faculty and staff to ask if current course offerings meet their needs. Ask about PEX courses as well as community courses through Continuing Education. (Active)

**Criterion:** 80% of students and staff who respond to the survey are satisfied with the current class schedule.

## Outcome: Personal wellness beyond physical fitness

Fitness center provides opportunities for personal wellness beyond physical fitness.

**Outcome Status:** Active

**Assessment Year:** 2021-2022

**Start Date:** 07/01/2021

## Assessment Measures

**Internal Tracking** - Internal tracking and student satisfaction surveys. Review of course offerings and activities. (Active)

**Criterion:** At least 5% of fitness center activities address aspects of wellness other than physical fitness.

**Notes:** Weekly recipes, Facebook posts, blood drives, instructor videos on health and wellness

## Outcome: Curriculum review of offerings

Curriculum review of offerings

**Outcome Status:** Active

**Assessment Year:** 2018-2019

**Start Date:** 03/26/2018

## Assessment Measures

**Internal Tracking** - Review courses in the catalog and what has been taught for the last three years for accuracy and congruence. (Active)

**Criterion:** 100% of the information about the PEX courses in the catalog represent what is taught.

## Outcome: Fitness (PEX) curriculum

Fitness (PEX) courses, including course titles, catalog descriptions, and course numbering and credits are accurate in the catalog and represent what is taught.

**Outcome Status:** Active

**Assessment Year:** 2020-2021

**Start Date:** 07/01/2020

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## *Assessment Measures*

**Internal Tracking** - Through internal tracking, review courses in the catalog and what has been taught in the last three years for accuracy and congruence. (Active)

**Criterion:** 100% of the information about the PEX courses in the catalog represent what is taught.

**Notes:** This will include collaborating with other NHSE institutions, reviewing for outdated titles and descriptions, course numbering problems and credit issues