

# UNIT ASSESSMENT PLAN

Fitness Center 2007-2008

## Mission Statement

The Mission of the WCU Fitness Center is to provide activities that contribute to the health, well-being and social development that enhance the students' learning outcomes. The Fitness Center facilities provide a positive and healthy environment in which participants can engage in strength training, cardiovascular training, educational programs, incentives, and special events. With a personal commitment, the Fitness Center and its services will help participants achieve a healthy lifestyle in a diverse and inclusive learning community. The Fitness Center is committed to providing extensive access to the facility and opportunities for students to develop lifetime fitness skills.

## Plan & Assessment Cycle

• Fitness Center Participant Survey	September/October	Annually
• Group Exercise Participant Survey	October/February	Annually
• Reid Pool Participant Survey	October	Annually
• Breese Pool Participant Survey	February	Annually
• Personal Training Client Survey	Fall & Spring	Each Session
• Fitness Leadership Class Survey	Spring	Annually
• Employee Learning Outcomes Survey	Spring	Annually

## Outcomes

Participant:

Learning Outcomes:

- Benefits of Physical Activity
- Safe and Effective Exercise

Satisfaction Outcomes:

- Variety of Equipment
- Variety of Activities
- Staff Customer Service

Student Staff:

Learning Outcomes:

- Development of Team and Positive Relationships
- Leadership Development
- Professional Growth and Development

## Assessment Measures

- Direct Observations      Survey Research      Utilization Statistics

## Assessment Criteria

Participant:

- 90% of Fitness Center participants will be very satisfied/satisfied with the variety of equipment.
- 90% of Fitness Center participants will be very satisfied/satisfied with the programs and services.
- 90% of Fitness Center participants will be very satisfied/satisfied with the customer service received at the Fitness Center and in the program and services.

Student Staff:

- 90% of the Fitness Center staff will strongly agree/agree they have developed a sense of team and established positive relationships by working at the Fitness Center.
- 90% of the Fitness Center staff will strongly agree/agree they have had the opportunity to develop leadership skills by working at the Fitness Center.

- 90% of the Fitness Center staff will strongly agree/agree that by working at the Fitness Center they have contributed to their professional growth and development.