

Report on Bush Grant Proposal
Summer Project 2004: ACSM Endorsement Application for HPER Department

The purpose of this project was to complete the American College of Sports Medicine (ACSM) curriculum endorsement application for the Exercise Science and Fitness Management majors. ACSM endorsement is a mark of excellence for those programs that are able to meet the requirements. Curriculum endorsement is meant to indicate that courses required for these majors will address important knowledge, skills, and abilities (KSA) expected of professionals in the fitness profession. Students who graduate from our program are then eligible for special testing opportunities if they elect to try for ACSM certification as Health Fitness Instructor: they are exempt from the practical portion of the exam and are allowed to take the written exam at a discounted rate here on the Augustana campus.

The application required submission of a syllabus for each of the courses which addressed the various KSAs. These needed to be submitted in a standardized syllabus format with reference to the KSAs covered in the particular class. A curriculum vita for each course instructor was also included. Many hours were spent compiling all of the necessary information. The application and all required documentation was completed and submitted for review early in the fall of 2004. We were excited to receive word in November that our program had been granted the desired Certificate of Endorsement for the Exercise Science and Fitness Management majors. This endorsement is good through December, 2009. Augustana College is now included in the list of institutions with University Connection status. From this standpoint the grant was successful. Bruce Conley wrote about our achievements for the Mirror and posted them on the Augie home page. We will also highlight this information in the HPER web site as that is developed.

Since endorsement allows us to offer the Health Fitness Instructor examination to our graduating seniors, I checked with this group of students regarding their interest in taking the test this past spring. Three of my top students were going on to graduate school, PT school, and medical school and elected not to take the test. Four other students did take the test. While none of this group obtained a passing score on the test, two were very close. Although it is disappointing that none of our students were able to pass the certification exam, the national pass rate for those taking this test for the first time is only 39%. I was happy that we had so many students willing to make the effort to take the exam. I anticipate that in the future, when our students have had years rather than months to consider taking this exam before they graduate, that our pass rates will be higher.

Respectfully submitted,
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HPER Department