

Fitness Staff Application of Learning Audit

Are Fitness Floor Supervisors (FFS) adequately trained to competently carry out the responsibilities of their position?

Learning Outcome

- Students who participate in Fitness Floor Supervisor training will demonstrate application of knowledge and skills in the job context.

Methodology

- In Spring 2019, supervisors used an internally-created audit form to assess each FFS's ability to complete tasks related to supervision, safety and policy.
- Auditors assigned each task item points based upon level of mastery of each component and subcomponent of responsibility.
- Students who received 80% or more of total possible points were considered successful.

Demographics

- All 28 FFSs participated in the audit process.
- All FFSs completed training for the position at least one academic quarter previous to the audit.
- The audit group consisted of 6 seniors (21%), 8 juniors (29%), 12 sophomores (43%), and 2 freshmen (7%).
- Of the participants, 5 (18%) had worked as an FFS for 8 or more quarters, 3 (11%) for 6-7 quarters, 12 (43%) for 3-4 quarters, and 8 (29%) for 1-2 quarters.

Key Findings

- 23 (82%) participants demonstrated a passing or acceptable level of learning and application.
- 9 (32%) scored over 90% on the audit.
- 12 (43%) were able to communicate the “Core Four” Ray principles that are central to staff mission and performance and newly introduced to Campus Recreation staff in 2019.
- Only 6 (21%) successfully passed all six parts of the safety component which included recognizing a health emergency situation and communicating emergency information effectively.

Plan of Action

- The overall high scores for a large majority of the FFS staff in most responsibility areas supports the effectiveness of current training methods.
- Audit results will be shared with FFS staff and used to assist in the development of in-service topics for staff meetings held throughout the school year.
- A training instrument to improve student staff's ability to recognize and handle emergency situations has been developed that will be used in the training of all student staff, including the FFS role.
- The Audit Form has been adopted as a tool for annual assessment of the FFS staff.

“I was really nervous before they did the audit but I ended up learning a lot both about what I'm good at and what areas I needed to work on. I'm glad we did it!”

Social Media Information