Summary of Certification Activities through December 31, 2008

In an effort to certify industry professionals, the National Exercise Trainer's Association – Personal Trainer Certification Board (NETA-PTCB) developed and implemented certification examinations for personal trainers. These certification examinations were reviewed and approved, resulting in the accreditation through the National Commission of Certifying Agencies (NCCA) in 2007.

In September 2008, the National Exercise Trainer's Association – Group Exercise Certification Board (NETA-GECB) has undertaken the task of developing and implementing certification examinations for group exercise instructors.

Since its inception, the content of NETA-GECB's certification examination has been keyed to training program curricula and training materials providing comprehensive instruction for exercise professionals working as group exercise instructors. In 2008, NETA-GECB decided to change the foundation of the examination from "curriculum-based" to "practice-based". In so doing the organization seeks to enhance the legal defensibility of the group exercise certification program and, in addition, make it eligible for national accreditation. A necessary first step in the process of changing to a practice-based examination program is to perform a practice (job) analysis identifying the domains of practice, tasks, and knowledge required fro safe and effective performance on the job. In other words, identify the knowledge that a competent group exercise instructor needs to know. Once in place, these Domains, Tasks and Knowledge Statements form the basis for item (question) writing and examination construction.

In the Summer of 2008, a workshop was conducted in Minneapolis, MN wherein a diverse group of 9 subject-matter experts (SMEs) selected by and representing NETA-GECB met to conduct the practice analysis for the Group Exercise Instructor examination program. A representative panel was assembled by selecting individuals who had been educated or trained and who had worked in various regions of the United States.

Specifically, the purpose of this meeting was to produce a document delineating the knowledge required for the safe and effective performance of the tasks carried out by the entry-level group exercise instructor. An additional goal of the workshop was to identify a weighting factor associated with each Domain and Task. The weighting factors represent the pooled judgments of the SMEs of the relative importance of, and time spent on, each of the Tasks typically performed by the entry-level group exercise instructor.

The product of this workshop represented the work of 9 SME reviewers. The practice analysis document was then validated by submitting it to a randomly selected group of 260 professionals, all group exercise instructors. The group of 260 group exercise instructor respondents were asked to review the practice analysis document and: 1) identify those Domains, Tasks and/or Knowledge Statements they would like to eliminate, reword, or revise; 2) suggest any additional Domains, Tasks and/or Knowledge Statements that they would like to add to the practice analysis; and 3) confirm or suggest changes to the Domain weights based upon their assessment of the importance of the Tasks and knowledge base underlying each of the Domains. The SMEs then reviewed all comments and made some modifications. The final product of this role delineation workshop was a draft practice analysis that represents the knowledge base required for group exercise instructors.

A new exam was constructed based on the criteria identified in the Practice Analysis process. In October 2008, NETA-GECB began administering the new exam. The results of the first 164 exams were psychometrically analyzed by Dr. Gerald A. Rosen and found to be statistically sound. The results of the statistical analysis are posted in the NETA-GECB-CGEI Aggregate Score Report.

NETA-GECB-CGEI AGGREGATE SCORE REPORT

Report Period: October 1, 2008 – December 31, 2008
Total of NETA-GECB Exam Candidates: 164

Exam	Total	Pass	Fail	Passing %
NETA-CGEI	164	137	27	83%

EXAM STATISTICS

Exam Mean	76.54
Standard Deviation	8.05
Standard Error of Measurement	3.63
KR-20 Reliability Estimate	.80
Decision Consistency Estimate	.88

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