

**Vernon College**  
**Assessment Activity/Report Communication Form**  
**2018-2019**

**Evaluation of the CCC Fitness Center and**

**Title:** Usage

**Date of completion:** March 4, 2019

**Highlights of data:**

The Century City Fitness Center had a total of 13,835 visits from students, faculty, and community members for 2018 and 4010 personal training visits for a total number of 17,845 visits. This is a 6% increase in usage from 2017 and 4.8% increase in personal training numbers. Usage remains highest during the main semester months of February, March, April, and September, October, November. Paper sign in sheets remain in use for greater parts of January and August due to timing of semesters, and students to be confirmed in the Vernon College admissions system for free usage of the gym. Personal training data has now been provided for tracking purposes. It provides 22% of the usage of the gym.

**Use of data:**

Accudemia software is used to track the usage of Century City Fitness Center during the calendar year. We also use this tracking to aid instructors in fitness and health core courses for students. This data can also be broken down to daily and monthly usage.

**How associated to Student Success?**

Each Century City Center student has access to the CCC Fitness Center. Faculty and community can obtain memberships through CE or admissions. CCC Fitness Center provides a place for fitness classes and other ways to improve health. CCC Fitness staff helps VC instructors to create reports for attendance in specific fitness classes offered by Vernon College. Finally, in conjunction with CE the CCC Fitness Center has become a place for students to get information about upcoming events and other community events that put Vernon College on the community map.

**Where the report can be found:** Continuing Education office, CCC Fitness Center

**Submitted by:** Nina Feldman **Date:** 3/5/2019  
(Responsible Party)

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**Received by Office of Institutional Effectiveness:** March 5, 2019  
(Date)

**Posted to VC Website\*:** March 15, 2019  
(Date)

\* To be shared with the Student Success Data and College Effectiveness Committees as well as Vernon College constituents.