

## Dept - (PE) Kinesiology

**2018-19 Annual Program Review Update Submitted By:** Coleen Lee-Wheat/Eric Mendoza

**APRU Complete for:** 2018-19

**Program Mission Statement:** The mission of the Physical Education and Athletics Division, is the development of the total individual by offering a comprehensive program emphasizing health, intellect, character building and lifelong learning through exercise, sports skill development and critical thinking. The Division is committed to providing vocational training opportunities to prepare students for employment, achieve educational goals, transfer and become vibrant participants in a diverse and changing world.

I.A.1 What is the Primary Focus of Your Program?: Transfer

I.A.2 Choose a Secondary Focus of Your Program?: Personal Enrichment

I.B.1 Number Certificates of Achievement Awarded:

I.B.2 Number Certif of Achievement-Advanced Awarded:

I.B.3 #ADTs (Associate Degrees for Transfer) Awarded: 37

I.B.4 # AA and/or AS Degrees Awarded:

I.B.5 Strategies to Increase Awards :

I.C.1. CTE Programs: Review of Perkins Core Indicator and SWP Outcomes Metrics:

I.C.2 CTE Programs: Labor Market Demand and Industry Trends ::

I.D.1 Academic Services & Learning Resources: #Faculty served:

I.D.2 Academic Services & Learning Resources: #Students served:

I.D.3 Academic Services & Learning Resources: #Staff Served:

I.E.1 Full time faculty (FTEF): 9.3

I.E.2 #Student Employees:

I.E.3 Ratio % of Full -time Faculty Compared to % Part-time Faculty Teaching: FT decreased 9.0%; PT decreased 5% ; one year -9% FTEF; 11.0% increase

I.E.4 # Staff Employees:

I.E.4 #Staff Employees: 0

I.E.5 Changes in Employees/Resources: Our department has had four (4) FTEF "Physical Education instructors" retired within the last five years. 1.5 FTEF as replaced by 3 coaches who stepped into 1.5 PE positions. The 1 FTEF from Massage Therapy and .5 FTEF from an employee who has a portion of their load in APE has been absorbed by APE. We hired a new Men's Soccer Coach (Fall 2017) who carries 50% of his load in Physical Education/Kinesiology. The new Dean of Physical Education & Athletics started on March 1, 2019, and this program review report was submitted April 15, 2019.

II.A Enrollment Trends: It is important to note Fall 2016, a significant name change for the Division took place. Physical Education now consists of three distinct departments: Physical Education (PE prefix) represents; only athletics related classes; Massage Therapy (MASG prefix) only represents massage core related classes; Kinesiology (KNES prefix). Thus the huge decreases in the data as represented on the IR program review sheets.

A 10% decrease in enrollment between 14-15 and 15-16 and a 4 year decrease of 33% are due to several reasons:

The effects of "Repeatability legislation". For example, the Fitness Center's enrollment decreased from 250 students per quarter to less than 10 students. Recruitment of memberships is a major goal of the staff member at this time. Membership data has just recently been organized so we can track them more effectively. This is the first quarter 2016-17 data. We collected \$10,350 in revenue from the monthly, quarterly and annual memberships. The new Community Services Director has helped us advertise and offer memberships at a reasonable price. We have created a learning environment conducive to gaining a healthy body and lifestyle that is non-threatening to participants. However, as of July 1, 2019, our Fitness Center Coordinator will be retiring and the Center will be closing for memberships.

Currently, we are now offering activity courses in the Fitness Center. A portion of the facility is designated for members, and the instructors run small group and individual programs. In this way the facility has become multi-functional. Enrollments in these classes have been strong: filled during prime times and 32/40 at 2:30pm. This facility also has the potential to become a state of the art teaching facility as we have completed the installation of a computer network that will allow instructors to tap into internet content broadcast on all the TV screens in the facility. There are many resources through "Connect Now" that are linked with the class textbook, Fit and Well that can be utilized during the class period. As the Fitness Center closes for memberships, the Division will discuss plans to re-purpose the facility (potential space for Athletics Weight Room).

In addition, during the Fall of 2016, we attempted to increase the number of 1 unit offerings (3 hours per week). So we had less sections for students to choose from. But, the potential increase in productivity and, the opportunity for students to clear their Physical Education activity requirement with one class were important considerations in making this decision. We will never really know what caused the very severe drop in enrollment this fall as the Flint Center parking project may also have affected enrollment. For example, we were not able to offer golf. In the past, there were at least 5 filled sections per quarter (seat count 24/section). However, the current data shows a 2.05 increase between 2016-17 and 2017-18 in the Kinesiology department.

Enrollment patterns have changed. More students seem to enroll later. Also there has been an odd pattern of strong class enrollments at the start of the quarter, but by census numbers have dropped. Surprisingly prime time courses, 9:30 to 1:30 do not have filled wait-lists as they have in the past. Yoga is the only course that remains predictably strong.

There is an increase in the number of students interested in our online offerings. We have increased our Introduction to Kinesiology sections from 4 per year to 7 and they are filled with 39-45 students. Physical Stress Management and Sociology of Sport have also been filling regularly, one section per quarter. Enrollment in the face-to face sections of KNES50A and KNES 50AL, Orientation to Lifetime Fitness however, have decreased dramatically. One face-to face section per quarter is barely filling to 20 while the online sections are filling but, we have dropped the number of those sections from 6 sections to 3 sections per year.

During the Flint Center parking renovation, the football/track and field stadium has been well used. Use of the wellness center and stadium have helped us maintain a variety of offerings. New curriculum in the strength and conditioning areas, Core Conditioning and Body Sculpting for example have increased numbers of males participating in our courses.

II.B Overall Success Rate: Rates were the same the last two years at 81%.

II.C Changes Imposed by Internal/External Regulations: Fall, 2013 the State mandated "limited repeatability" of Physical Education classes. Also required by the State was the creation of "Families" for our courses. Students can only take a class one time but will be allowed to take classes from one family up to 6 times. Also they must take like courses in sequence of order such as level 1, level 2, level 3 etc.. We noticed, as expected about a 15% drop in enrollment during the first year of this law's implementation. After two years, we are now down 22%. We have lost all of our community members who took classes with us for many years. Audits in courses before 8 am and in Karate courses have increased dramatically.

In the Fall of 2016, we suffered another decrease as a name change to Kinesiology was implemented. This was an unexpected side-effect of curricular changes. ETS has helped us revise the website as much as we can. Limitations in the Banner system hampers our efforts.

It is important to note that in 2010, Physical Education was asked to reduce their FTE by 10% during the recession. We lost very popular courses: bowling, advanced golf (taught on the golf course), lacrosse (program in its infancy) and archery. We have also retired Water Safety Instruction and Lifeguarding.

III.A.1 Growth and Decline of Targeted Student Populations: 2017-18 Enrollment:

III.A.2 Targeted Student Populations: Growth and Decline:

III.B.1 Closing the Student Equity Gap: Success Rates:

2016-17 Non-Targeted Group Success Rate: 83%

2016-17 Targeted Group Success Rate: 77%

2017-18 Non-Targeted Group Success Rate: 83%

2017-18 Targeted Group Success Rate: 78%

III.B.2 Closing the Student Equity Gap: Withdrawal Rates:

2016-17 Non-Targeted Group Withdrawal Rate: 10%

2016-17 Targeted Group Withdrawal Rate: 11%

2017-18 Non-Targeted Group Withdrawal Rate: 10%

2017-18 Targeted Group Withdrawal Rate: 11%

III.B.3 Closing the Student Equity Gap: 2017-18 Gap:

III.C Action Plan for Targeted Group(s):

III.D Departmental Equity Planning and Progress: In May of 2016, the division equity team met and created a 5-year equity plan. Some of the highlights are; continued support for the FAST program--equity funding for 16-17 was secured; additional recruitment of instructors for the REACH program--we are working on a second cohort of REACH with late afternoon course scheduling; and to start tutorial program for the massage therapy program--an allied health professional was hired to fill this position this year. The addition of the division's new counselor

has improve communication and guidance regarding "ed planning" and individual support for students in our division -- athletics, kinesiology majors and massage therapy.

III.E Assistance Needed to close Equity Gap:

III.F Integrated Plan goals: current student equity data and action plan:

IV.A Cycle 2 PLOAC Summary (since June 30, 2014): 100%

IV.B Cycle 2 SLOAC Summary (since June 30, 2014): 95% or so. One class was just brought back after a number of years. Part-time instructor are working on several assessments.

V.A Budget Trends: The effect of the College reductions since 2010 has had an effect on the Department's enrollment. We were asked to eliminate our offerings in bowling, archery and the course sequence related to the Personal Trainer Certificate was suspended. However, the increased additional funding through Instructional Lottery and Equipment has greatly helped our programs purchase replacement equipment for existing curriculum.

V.B Funding Impact on Enrollment Trends: Declining enrollment has mostly occurred due to legislation and internal curriculum requirements. We have been given the opportunity to increase Certificate and Degree attainment due to the fact that the College has supported us with a Division specific counselor.

V.C.1 Faculty Position(s) Needed: None Needed Unless Vacancy

V.C.2 Justification for Faculty Position(s): We do not need FTEF for Kinesiology.

V.D.1 Staff Position(s) Needed: None needed unless vacancy

V.D.2 Justification for Staff Position(s)::

V.E.1 Equipment Requests: Under \$1,000

V.E.2 Equipment Title, Description, and Quantity: A padded assailant armor used for Karate, This piece of equipment would cost anywhere from \$1500.00 to \$2000.00 depending on the company it is purchased from and the materials it is made from.

Other items would be under 1,000 with multiple items exceeding 1,000.

Wireless microphones replacements for PE14 and 15

Replacement equipment for classes, include: cardio kick towers, golf mats, exercise mats, bands, weighted medicine balls, jump ropes, Bosu balls, Bender balls, "Resistaballs", bikes and bike parts for cycling classes, kickboards, deep water running vests, fins and hand paddles for swimming classes, badminton rackets, yoga straps used in a variety of classes, weights and dumbbells for strength development, body sculpting related equipment, sandbells for total fitness and related classes, pilates rings for pilates classes. Replacement of fencing jackets, foil blades, rubber tips, breast plates. Replacement of exercise mats, sliders, volleyballs, basketballs, weighted bars, ladders, agility equipment, treadmills, rowing machines, elipiticals, bikes (upright and recumbent), versa climber and an assault bike.

2 Flat screen TV's for PE11L, VGA cable, computer and blueray/video machine.

1 Flat screen TV mounted on a cart, VGA cable and blueray/video machine

WI Fi that serves the entire are in PE 21 especially at the top center of the bleachers.

5 IPADs to videotape students in classes as they perform.

Plan to slowly replace exercise equipment in the Wellness Center: bikes, ellipticals, recumbent bikes, treadmills, and weight lifting machines - 3-5 per year. \$10,000 per year of instructional equipment funding is requested.

Weight machines in both the Strength development classroom and the fitness center. There are a variety of machine in both rooms that are over used, as well as lack of maintenance to them, they are starting to break down. We have have Tri-cep, Bi-cep, Adductor, abductor, leg extensions, leg curl (hamstring), squat racks/and machines, deltoid, barbells and dumbbells, bumper weights and attachments to each set of machines in both facilities.

New weight training equipment are kettle bells, TRX system, Bigger medicine balls -- storage is an issue with new equipment.

New ice machine in PE 1 - \$4,000.

Bleachers in PE 21 have been motorized, however, bench coverings to the existing bleachers and rails need to be added.

V.E.3 Equipment Justification: -Self defense as protection for someone acting as a perpetrator is a very worthwhile and important equipment request. The numbers have increased in both Karate and self defense classes. New curriculum is being written to continue growth in student enrollment in our family of combative offerings for both Karate and self defense. This would give the students close to a “real” experience of what it would be like to protect one self when and if someone were to try to assault him/her. The padded suit would allow a true to life experience to happen and would be a tremendous learning tool to enhance each student’s learning curve.

- Wi-Fi will increase instructor access to updated research from the internet. Students will benefit from visualization: seeing examples of techniques, e.g. cycling in a virtual environment are some of the examples of motivational techniques that could be provided by this equipment. Wear and tear on all fitness equipment takes their toll over time. Replacement and repair of various pieces are usually ordered in half-dozen to dozens of each item. The life expectancy of each item depends on how many classes utilize the item. Machines in the Fitness Center are starting to break down on a regular basis. A replacement plan should be implemented starting in 2018-19 at the latest. All of our equipment request for our PE classes are to enhance, ensure safety and help grow our curriculum. Stay in the upper scale of the fitness world.

V.F.1 Facility Request: Set up Wi-Fi in PE21, pool deck and surrounding quad area.

Maintenance and repair-resurface tennis courts.

Maintenance and repair-recoat/resurface gym floors, PE21, PE14, & PE15.

Addition of a new gymnasium or demolish and replace PE 1 and PE 2 to provide a complex that houses 2 large gymnasiums, one providing additional seating for 1,000 spectators, 3 - 4 auxillary gyms, a weight room for activity classes and a weight room for athletes; activity classes, smart classrooms, office space, equipment storage.

Replace hardwood floors in all gymnasiums the next 20 years. Proper annual care and maintenance on a weekly basis will prolong the life of the floors. OR build a new L-shaped complex that would surround the pool quad. This building should supply new classroom space. a larger weight training space for athletics, new showers, locker rooms. athletic training room and team rooms and gymnasiums.

Redesign the pool gutter system to bring the pool up to modern racing standards. Increase the shallow end area currently only one lane has a depth of 4 feet, recommend increasing to 5 lanes or more. Add a ramp entrance at the southend of the pool for wheelchair bound students.

Smart classroom set up for PE11L, PE15, and PE14. All three rooms can benefit from the use of accessing technology while in class as class content can be embellished through visual media.

V.F.2 Facility Justification: Maintenance and Repair-Resurface tennis courts. The courts should be resurfaced every 7 to 10 years. There are unexplained bumps that have arisen mysteriously 1-2 feet in diameter, 1-3" high. These bumps have been dug out and refilled a number of times and new ones continue to show up. One of the main tennis court vendors in the area recommends that the courts be completely redone. Court resurfacing (about \$90,000) may be the solution that the District elects to do. The courts are currently approaching a non- functional and non-safe status.

Addition of a new gymnasium or demolish and replace PE 1 and PE 2. Our gymnasiums are currently at their maximum capacity and the floors are within 10-15 years of needing to be replaced. A new complex with two large gymnasiums would provide our classes, our athletic teams, the community and our student body greater access. A large classroom is needed. For example, we do not have enough classroom space to provide the massage program adequate space for students to practice their skills. 30 or more students are gathering around one massage table to see a demonstration by the instructor. In the introduction class it is not uncommon for 3 students to have to share a table, but then there is not enough room to move between tables. PE 11L should be expanded or another facility for athletics would assist students in attaining their educational goals. The current weight room facility is utilized by over 40 football players or track athletes. There is not enough safe space for athletes to work out.

These facility requests support the college's mission to provide all students the opportunity to communicate and express themselves physically; to become proficient in utilizing technology to seek and critically assess written works; engender tools to maintain and improve physical/mental wellness and personal responsibility for one's own health within a diverse social environment. These facilities serve the community, our students and provide venues for community events. These facilities also provide potential revenue for the college and division. Maintenance and upkeep are also necessary to ensure safety for those who participate on or in them.

Revamping the pool gutter system would serve many purposes. For ADA compliance a ramp to roll wheelchairs into the shallow end. Currently, novice swim classes and APE classes have about 3 lanes or less to work within. We could schedule APE and aquaexercise classes simultaneously during prime time hours thus increasing the potential for building mid-morning swimming classes. Currently APE needs the shallow end for their use.

V.G Equity Planning and Support: Massage Therapy and Athletics are currently implementing equity plans and assessments. Physical Education Department will be meeting with the Equity team members who have been attending Equity meetings to discuss a plan for the Physical Education department. Our counselor is supporting Kinesiology, Massage Therapy and athletes.

V.H.1 Other Needed Resources:

V.H.2 Other Needed Resources Justification:

V.J. "B" Budget Augmentation: Currently, the college has augmented the "B" budget with instructional equipment and lottery money. These dollars have been critical to assisting us in replacing broken, worn equipment as well as to provide new equipment to supplement new curriculum. Many of the pieces of equipment provide the foundation to our courses.

V.K.1 Staff Development Needs: We need help with learning how to use our computers. Developing SLO and PLO assessments of students to increase retention and decrease the equity gap. Also, now that all reporting including personal leave, grades, census, etc. are done on line, staff development workshops should be ongoing to provide instructors with the tools they need to complete all documents.

V.K.2 Staff Development Needs Justification: We need help with learning how to use our computers. Developing SLO and PLO assessments of students to increase retention and decrease the equity gap. Also, now that all reporting including personal leave, grades, census, etc. are done on line, staff development workshops should be ongoing to provide instructors with the tools they need to complete all documents.

V.L Closing the Loop: Assessment occurs in a variety of ways: enrollment trend assessment, student demand for classes and a corresponding requirement to review equipment and facility needs. Outside requirements by agencies for safety and ADA greatly affect our division. We perform a PLO student survey to determine student interest and demand for a diverse curriculum.

Last Updated: 04/15/2019

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