



Physical Education Fitness Program Review

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Prepared for
Citrus Community College District

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PROGRAM DESCRIPTION

The courses in this program are designed to meet the needs of the following district audience:

- a) These courses serve a diverse population of the community as well as our Citrus College student population. Physical fitness is important for the health and well being of people of all ages.
- b) Coursework meets degree applicable requirements for students as well as compliments the lecture/lab experience which is common to the physical education transfer program.
- c) Coursework is available for individuals with physical disabilities. Students are provided opportunities to pursue their personal fitness goals and are exposed to learning experiences that promote lifelong fitness.

PROGRAM OBJECTIVES

1) Critical and Analytical Thinking

- a) Develop lifelong fitness goals while decreasing the risk of injury in a safe, structured environment to promote lifelong fitness.
- b) Improve knowledge and encourage the implementation of lifelong physical activity and wellness to promote a healthy lifestyle.
- c) Recommend strategies and methods to increase capacity and preparation for lifelong fitness activities in the pursuit of further personal development.
- d) Value a positive and enjoyable environment that is conducive to building confidence, social interaction, and self-esteem to develop physical fitness.
- e) Select and examine coursework based on changing interests as they relate to physical fitness activities (i.e. rock climbing, snowboarding, etc.) in order to develop a variety of personal interests.

2) Discipline

- a) Improve muscular strength, muscular endurance, flexibility, body composition, and cardiovascular endurance within limits of personal fitness levels to promote lifelong fitness.
- b) Participate in fitness activities that promote and enhance wellness and life long fitness.

3) Technology

- a) Use technology in the assessment and evaluation of fitness levels to increase awareness of individual fitness level.

MISSION

COMMENDATIONS:

- a) The physical education fitness program through its fitness-related class offerings fulfills the objectives of and generates outcomes in line with the mission of Citrus College.
- b) Physical education full-time faculty are highly qualified to instruct classes and are sensitive to the various needs of a diverse student population.
- c) The fitness-related courses of the physical education fitness program helps to make up one of the largest departments on campus and contributes substantially to the college's finances.
- d) Two new classes (PE 145 Strength Training, Agility and Balance, PE 154 Advanced Weight Training) have recently been added to the fitness area of the curriculum.
- e) The fitness classes serve an increasing number of students in the following capacities:
 - 1) benefits of lifelong activity
 - 2) improvement of fitness facilities
 - 3) offer a variety of course offerings to fulfill individual needs
- f) This fitness program serves as a community resource for non-traditional students.
- g) The physical education department works closely with DSP&S to accommodate students with disabilities.
- h) These courses provide students with rigorous fitness training within defined course work consistent with four-year colleges or university physical education requirements.
- i) Fitness programs have received Certificates of Recognition from the California State Assembly (offices of Bob Margett and Martin Gallegos) and the County of Los Angeles (office of Michael Antonovich).
- j) Students understand the importance of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition in relation to overall personal physical fitness. Courses currently offered include:
 - P.E. 145 Strength Training, Balance and Agility
 - P.E. 146 Water Exercise
 - P.E. 147 Swimming for Cardiovascular Improvement
 - P.E. 148 Adapted Aquatics
 - P.E. 150 Adapted Physical Education
 - P.E. 151 Body Conditioning
 - P.E. 152 Weight Training
 - P.E. 153 Coed Cardiovascular Fitness
 - P.E. 154 Advanced Weight Training
 - P.E. 156 Physical Conditioning for Intercollegiate Sports

P.E. 157 Intermediate Adapted Physical Education
P.E. 158 Advanced Adapted Physical Education
P.E. 159 Cardiovascular Training

MISSION

RECOMMENDATIONS:

- a) Review course outlines for consistency and continuity consistent with requirements of all four-year college or university systems so that full-time and adjunct instructors understand the objectives and requirements for all fitness related courses.
- b) Revise course outlines to measure student learning outcomes within three years.
- c) The physical education fitness program should continue to explore course scheduling options to ensure flexibility and access for all students.
- d) The physical education fitness program should continue to facilitate a positive working relationship between degree/credit based curriculum and non-degree/community based curriculum courses as it relates to scheduling, assessment, orientation, pedagogy, and evaluation.
- e) Explore new course offerings that will meet the needs of students' changing fitness interests.
- f) Increase community and student awareness of fitness related course offerings and encourage multidimensional approaches to participation.
- g) The physical education fitness program should continue to be sensitive to serving a culturally diverse student population.
- h) Incorporate cross discipline approaches to instruction of fitness instruction directed at meeting expectations and requirements of other disciplines.

QUALITY

COMMENDATIONS:

- a) Physical education instructors regularly consult with one another concerning course offerings and scheduling.
- b) Full-time instructors are regularly evaluated through the tenure and post-tenure review process during which time students also have the opportunity to express written observations and concerns about faculty performance and course content.
- c) The physical education faculty are current in their fields, dedicated to instruction, and set high standards for their students and themselves.

- d) Physical education faculty have opportunities to attend statewide and national fitness related conferences focused on improving instructional strategies.
- e) Transfer credits for the courses in this program are accepted by all CSU/UC systems.
- f) Fitness related instructional equipment has recently been upgraded in the Adapted Physical Education Center. Assessment lab and weight room maintain standards consistent with current curriculum.

RECOMMENDATIONS:

- a) All syllabi include clear grading policy, attendance and make-up policy, office locations, office hours, drop date policies and other information pertinent to district policies.
- b) Part-time faculty should be evaluated on a yearly basis by full-time faculty and the Department Dean to ensure quality and uniformity within the program.
- c) Students enrolled in fitness related courses should be given voluntary health history forms prior to participation in physical activity required by course curriculum.
- d) Maintain flexibility within the scheduling of classes to ensure availability of fitness related classes to meet students' needs.
- e) Maintenance of instructional and assessment equipment to meet professional standards, ensure proper function and safety.
- f) Offer an annual retreat for the purpose of discussing and improving pedagogy and methodology of fitness related courses.
- g) Implementation of student learning outcomes with appropriate standards of assessment in all fitness related courses over a three year period.
- h) Establish a liaison between credit class offerings and continuing education class offerings for purposes of academic integrity, scheduling of classes, feasibility, continuity and overall efficiency of both programs.
- i) Update college catalog course descriptions in course outlines of record and consider the deletion of "CR/NC" and "recommended for men/women" statements.

NEED

COMMENDATIONS:

- a) This program currently meets the needs of the students as stated in the mission statement.

- b) Specific instructional efforts have been made to accommodate students with disabilities through the physical education department's fitness related course offerings.
- c) Specific facility upgrades have been made to the Aquatic Center and Adapted Physical Education Center to ensure accessibility for all students.
- d) Fitness testing technology is available for instructors to assess each student's current level of fitness and to recommend fitness programs to attain personal fitness goals (i.e. blood pressure, muscular strength and endurance, cardiovascular endurance, flexibility and body composition).
- e) Two full-time faculty have been hired within the last three years allowing more diversity within the physical education department.
- f) To matriculate with four year college or university systems leading to a degree in physical education or general education.
- g) Explore the use of technology in the assessment and evaluation of student's level of fitness. The facilities are meeting the needs of the students.

RECOMMENDATIONS:

- a) The physical education faculty should explore the implementation of the current fitness assessment lab into all fitness related curriculum.
- b) The physical education program should provide instructional workshops facilitating the use of fitness testing technology available in the assessment lab to promote consistency throughout the fitness curriculum.
- c) Faculty should research current fitness assessment technology and testing protocols for use in the assessment lab.
- d) The physical education fitness program should explore the feasibility of expanding the current fitness related curriculum to meet students' needs in a non-traditional fitness setting.
- e) The Long Range Facilities plan should be coordinated to accommodate growth in the physical education and athletics program.

FEASIBILITY

COMMENDATIONS:

- a) Faculty keep courses up to date.
- b) The physical education fitness program has benefited from improvements in Adapted Physical Education facility, Aquatic Center and the Weight Room facility, and has a newly resurfaced track.
- c) Faculty network with professional colleagues both locally and statewide.

- d) Physical education faculty have demonstrated creativity in the implementation and continuation of traditional and non-traditional course curricula.
- e) An Adapted Physical Education link to the Citrus College webpage has been constructed providing information about this program.

RECOMMENDATIONS:

- a) Physical education faculty should explore the feasibility of adding a Personal Fitness Trainer Certification course in conjunction with the National Council on Strength and Fitness (NCFE) that would certify students to be personal trainers to enter the workforce.
- b) Courses should be evaluated as to their suitability for either distant education or other alternative modalities.
- c) Continue to seek grant funding and other sources to be used to update equipment/facilities.

COMPLIANCE

COMMENDATIONS:

- a) All Fitness related courses comply with district policies and mission statement.
- b) Fitness related courses articulate with California State Universities and University of California systems.
- c) Fitness related courses currently follow the Program Review mission.
- d) Fitness Center and Pool programs meet Americans with Disabilities Act & Title V regulations

RECOMMENDATIONS:

- a) Faculty should develop departmental course sample syllabi to comply with district course outlines to be used by all physical education faculty.
- b) Faculty should review course syllabi to ensure the implementation of student learning outcomes.