



# Physical Education – Individual and Team Program Review



**2004-05**

*Prepared for*  
Citrus Community College District

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**PROGRAM DESCRIPTION**

Careers in physical education have provided satisfying occupations for physical education majors in past years and will continue into the future. However, the ability to engage in curriculum effectively is clearly the challenge in any occupation the college graduate may pursue. Professional schools find that students who have specialized narrowly in their undergraduate educations often enter the workplace without sufficient background knowledge and without the skills necessary for success in their chosen profession. Results of extended studies indicate that students majoring in physical education are particularly effective as Pre-Professional trainers in the medical studies of Physical Therapy, Nursing and Chiropractic Rehabilitation.

- a) These courses serve student an affordability to sharpen their individual and team skills.
- b) Physical education curriculum helps to develop an appreciation of various sport activities, which fosters strong opportunities to engage with diverse ethnic populations.
- c) Diverse ethnic opportunities give students cultural enrichment and a further understanding of sports original historical development.

## **PROGRAM OBJECTIVES:**

General Education competencies serve as a common set of core curricular components identified and defined by faculty. Student learning outcomes are behaviors based on these competencies.

Any student transferring, completing a degree or certificates from Citrus College, must demonstrate effectively assessed awareness, understanding, knowledge, skills, and abilities in the selected competencies.

### **Communication**

- a) Demonstrate language skills (listening, writing) needed to be successful in sports

### **Computation**

- b) Compute scores for individual and team sports to understand fundamentals of scorekeeping

### **Critical, and Analytical Thinking**

- c) Upgrade knowledge of rules and regulations and physical skills to reflect an appreciation of individual and team activities
- d) Evaluate rules and guidelines associated with individual and team activities to enhance participation in sport events.
- e) Improve knowledge and provide healthful activities that encourage the implementation of lifelong physical activity and wellness to promote a healthy lifestyle.

### **Community**

- f) Matriculate with four year college or university systems leading to a degree in physical education or general education.
- g) Demonstrate understanding and adopt acceptable means for enjoying team activities by learning to play by correct rules and by employing proper etiquette.

### **Discipline**

- h) Provide instruction, practice, and preparation for effective skill level development.
- i) Advance skill levels in individual and team activities by providing introductory and advanced experiences.
- j) Advance skill development through instruction and practice by participating in individual and team activities..
- k) Promote self-esteem and enjoyment of body movement through participation in individual and team sports.

## **MISSION**

### COMMENDATIONS:

- a) The physical education full-time faculty is highly qualified to instruct classes with each full-time faculty member holding at least a Master Degree.
- b) The physical education Individual and Team program provides students with rigorous training within defined course work toward individual and team activities consistent with the California State University and University of California physical education requirements.
- c) The Physical Education Individual and Team program fulfills the objectives of and generates outcomes in line with the mission of Citrus College.
- d) The Physical Education Individual and Team program has students refer to sport authors to enhance their appreciation of individual and sport activities.
- e) The Physical Education Individual and Team program is one of the largest on campus and contributes substantially to the college finances.
- f) The Physical Education Individual and Team program works closely with DSP&S to accommodate students with learning disabilities.
- g) The Physical Education Individual and Team program course outlines have been updated and revised to keep current with state and federal guidelines.
- h) The Physical Education Individual and Team program currently offers fifteen traditional courses and three non-traditional adapted physical education courses. Multiple goals are kept in mind when teaching these multi-dimensional individual and team sport courses.

Traditional courses are the following:

- PE101 - Badminton
- PE102 - Bowling
- PE103 – Golf
- PE104 - Self Defense
- PE106 – Racquetball
- PE108 – Tennis
- PE110 - Shao-Lin Kung Fu
- PE112 - Tai Chi Chuan
- PE115 - Snowboarding/Skiing
- PE130 – Basketball
- PE132 - Flag Football
- PE133 – Soccer
- PE134 – Softball
- PE135 – Volleyball
- PE136 - Water Polo

Non-traditional adapted physical education community represents the following:

- PE105 - Adapted Golf
- PE148 - Adapted Aquatics
- PE150 - Adapted Physical Education

- i) The Citrus College physical education complex includes an aquatic center, fitness center, golf driving range, all weather track, tennis courts, football stadium, locker rooms, baseball stadium, soccer field, gymnasium, softball field, and weight room.

#### RECOMMENDATIONS:

- a) The Physical Education Individual and Team program should review course outlines and course content for rigor, consistency and continuity consistent with requirements of the State and University systems so that incoming professors will understand the objectives and requirements for all activity courses.
- b) The physical education faculty should be encouraged to collaborate with the counseling faculty in addressing any needs of individual students.
- c) The Physical Education Individual and Team program should continue to educate students about the importance of improving and appreciating personal skill development with overall educational success in college.
- d) The physical education curriculum should be linked to student learning outcomes for the WASC Accreditation review. Revise course outlines to measure student outcomes.
- e) The Physical Education Individual and Team program should revise course outlines to measure student learning outcomes. Completion should occur in a three- year cycle.
- f) The Physical Education Individual and Team program should encourage students to pursue a habit of life-long physical activities for personal development and recreating through community activities.
- g) The Physical Education Individual and Team program should continue to explore scheduling options such as distance education and additional technology to ensure access for all students.
- h) The Physical Education Individual and Team program should continue to engage all full-time colleagues to participate in the transfer center and in counseling sessions to discuss student needs and class offerings for matriculation success.
- i) The Physical Education Individual and Team program should continue to promote a culturally diverse student population.

#### **NEED**

#### COMMENDATIONS:

- a) The Physical Education Department has had expansion in its individual and team sports curriculum offering to include ski and snowboarding, self defense, and tai chi.

- b) The physical education faculty should be commended for their hard work in accommodating the ESL speaking student population and integrating the cultural and academic needs of its population.
- c) The physical education full-time faculty should be commended for incorporating technology into its basic skill instruction.

#### RECOMMENDATIONS:

- a) The Physical Education Department should offer more course selection of individual and team activities during the evening hours to accommodate the needs of an increasingly large working population
- b) The Physical Education Department should continue to research graduation transfer rates of students so that we can monitor our progress in meeting our physical education student needs.
- c) The physical education faculty should explore a mentorship program for adjunct professors to help meet objectives of course outlines.
- d) The physical education faculty should update or originate an adjunct faculty handbook.
- e) The physical education faculty should work in conjunction with district personnel to hire more full-time physical education faculty.

#### **QUALITY**

#### COMMENDATIONS:

- a) The Physical Education Individual and Team program has expanded the breadth and scope of course curricular classes that will serve various community needs.
- b) The physical education full-time faculty attend department meetings regularly consulting with each other concerning course curriculum and scheduling.
- c) The physical education course syllabi conform to district standards for transfer requirements.
- d) The physical education full-time instructors receive evaluations through the district's tenure and post-tenure process. Students have the opportunity to express written observations and concerns about faculty performances and course content.
- e) The physical education faculty has the opportunity to attend statewide and national educational conferences.
- f) The physical education instructors are current in their field of educational discipline, dedicated, and set high standards for their students and themselves.
- g) The physical education faculty and staff have been certified in first aid and C.P.R. Training.

## RECOMMENDATIONS:

- a) The physical education course syllabi should include a clear grading policy, attendance policy, make-up policy, drop date, office hours, homework policy, office location, as well as guidelines for academic honesty.
- b) The physical education full-time faculty should evaluate adjunct faculty yearly.
- c) The physical education faculty should develop a department statement of integrity as to deter unethical behavior.
- d) The Physical Education Department should provide an in-service opportunity for coordination of life saving, triaging, and emergency situations.
- e) The Physical Education Individual and Team program should explore opportunities and the feasibility for community outreach programs to use as lab assistant opportunities for classroom students.
- f) The Physical Education Individual and Team program should train supervisory classroom assistants to better serve the objectives of the classroom professor and to ensure uniformity within the Physical Education Department.
- g) The physical education faculty should continue to involve the library faculty and staff regarding instructional support offerings and provisions of print and non-print resources for all course offerings.
- h) The Physical Education Individual and Team Program should establish a committee that meets each semester to make recommendations for textbook course changes.
- i) The Physical Education Individual and Team program should offer an annual off campus retreat for the purpose of discussing teaching philosophies and methods.

## **FEASIBILITY**

### COMMENDATIONS:

- a) Improvements in the physical education Individual and Team program review have been made feasible through the commitment and creativity of the physical education faculty.
- b) The physical education Individual and Team program has benefited from improvements in the Library and Learning Resource Center and from a dedicated library staff that works in conjunction with the Physical Education Department to provide course-specific texts, materials, and technologies.
- c) The physical education faculty network information with colleagues both on campus and with various sport associations.

- d) The courses of the Physical Education individual and team program help make up one of the largest generators of FTE'S for the Physical Education Department.

RECOMMENDATIONS:

- a) The Physical Education Department should collaborate and write grant funding so that each full-time faculty member can utilize district information through a lap top computer.
- b) The Physical Education Individual and Team program should continue the library's commitment to purchasing new books and videotapes that support old and new courses to increase breadth and scope of coverage.
- c) The Physical Education Individual and Team Program will try to increase the number of female students in the individual and team sports classes in order to more closely mirror the gender populations of the student population.

**COMPLIANCE**

COMMENDATIONS:

- a) The Physical Education Individual and Team program should continue to strive for compliance with Title IX requirements in existing federal laws.

RECOMMENDATIONS:

- a) The Physical Education Individual and Team program should continue to strive for conformity of instruction through beginning, intermediate, and advanced class levels among adjunct instructors to ensure all students receive conformity with progression of skill advancement.
- b) The Physical Education Individual and Team program should continue to articulate with the local high schools as well as the California State and University system when changes are made at the state educational system.