



Physical Education Aquatics Program Review

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2005-06

Prepared for
Citrus Community College

Prepared by
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Citrus College

AQUATICS PROGRAM REVIEW COMMITTEE MEMBERS

2005 - 2006

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LIST OF CERTIFICATES/AWARDS: None

LIST OF DEGREES: None

AQUATICS COURSES CURRENTLY OFFERED:

	<u>UNITS</u>
PE 141 Lifeguard Training	2
PE 142 Swimming – Beginning	1
PE 143 Swimming – Intermediate/Advanced	1
PE 144 Water Safety Instructor (WSI)	2

All classes have been taught within the last two years.

PROGRAM DESCRIPTION

Aquatics program is an organized sequence of courses designed to meet the district's mission to prepare students to:

- meet general education requirements for transfer and associate degrees;
- and meet the requirements to earn American Red Cross Certificates in Lifeguard Training and Water Safety Instructor (WSI).

PROGRAM OBJECTIVES

1) Critical and Analytical Thinking/Communication

- a) analyze body movements involved in various swim strokes to understand body and spatial awareness involved in these strokes through supervised evaluation and oral critiquing of fellow students and themselves.
- b) evaluate personal skill development of various swimming strokes to better understand their own swim mechanics through visual observation of personalized video tape recording.
- c) identify current water safety techniques to demonstrate survival skills through written and practical testing.
- d) design and implement written lesson plans to identify key elements and strategies for effective swim lessons through required reciprocal teaching under instructor supervision.
- e) demonstrate appropriate decision making skills to prevent and respond to aquatic emergencies through guided practice and practical examination.

2) Discipline

- a) improve muscular strength and endurance, flexibility, body composition, and cardiovascular endurance within limits of personal fitness levels to promote lifelong wellness by practicing various swim strokes.
- b) demonstrate the ability to suspend themselves in the water for specific time periods to show skill development through practical exams.
- c) swim three of the following swim strokes for a distance of 50 meters to demonstrate skill development: front crawl, back crawl, breast stroke, elementary back stroke or side stroke.
- d) assess and evaluate proper body mechanics of basic and advanced swim strokes through visual WSI peer observation and provide verbal feedback to demonstrate knowledge of strokes.
- e) perform through modeling the required three emergency skill scenarios (CPR/First Aid/Aquatic Rescue) to receive American Red Cross certification through written and practical exams.

3) Technology

- a) investigate American Red Cross web sites to obtain proper materials needed to complete the lifeguard training and water safety instructor courses successfully.

SLO TIMELINE

All aquatics course outlines have been reworked to include student learning outcomes. The course outlines have been submitted and approved by the Curriculum Committee.

MISSION

COMMENDATIONS:

- a) The physical education aquatics program through its aquatics class offerings fulfills the objectives of and generates outcomes in line with the mission of Citrus College.
- b) The aquatics center facility adequately serves diverse student population and the community.
- c) Aquatics classes serve a number of students by:
 - 1) encouraging lifelong activity
 - 2) providing a multi-dimensional instructional facility
 - 3) offering courses to fulfill individual needs
 - 4) serving as a community resource for non-traditional students.
 - 5) working with DSP&S to accommodate students with disabilities.
 - 6) providing students with fitness training within defined course work consistent with four-year colleges or university physical education requirements.
- d) The Lifeguard Training and Water Safety Instruction courses meet the requirements designed by the American Red Cross Association.
- e) The aquatics classes have a higher percentage of male students when compared to the overall college gender distribution.

- f) Eighty percent of the aquatics students are 24 years of age or younger which is younger than the overall college student population.
- g) Students enrolled in the aquatics courses have a higher transfer rate than the general student population.
- h) Courses currently offered include:
 - PE 141 Lifeguard Training
 - PE 142 Swimming - Beginning
 - PE 143 Swimming - Intermediate
 - PE 144 Water Safety Instructor

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 aquatics related courses.
- b) The physical education aquatics program should continue to explore course scheduling options to ensure flexibility and access for all students.
- c) The physical education aquatics 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.
- d) Explore new course offerings that will meet the needs of students' changing fitness interests.
- e) Increase community and student awareness of fitness related course offerings and encourage multidimensional approaches to participation.
- f) The physical education fitness program should continue to be sensitive to serving a culturally diverse student population.
- g) Incorporate cross discipline approaches to instruction of fitness instruction directed at meeting expectations and requirements of other disciplines.

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 aquatics related course offerings (i.e. general and adaptive physical education equipment purchased, scheduling of classes).
- c) Specific facility upgrades have been made to the Aquatic Center to ensure safety and Title V compliance (i.e. non-slip strips, hand rail adjustment, replacement parts for heater).
- d) Articulate courses with four-year college or university systems allowing students to transfer physical education major units and/or meet general education requirements.

PREVIOUS RECOMMENDATIONS COMPLETED:

- a) **An aquatics supervisor acts as a liaison between credit course offerings and continuing education course offerings. (1995)**

RECOMMENDATIONS:

- a) Faculty should continuously research current Red Cross recommendations and guidelines for use in the aquatics program.
- b) Aquatics program faculty should explore program expansion to meet future needs of students.
- c) Explore various outreach methods to market the aquatics program to the community to improve program growth.
- d) Long range aquatics facility plan should be coordinated to maintain efficient operation of the aquatics center.

QUALITY

COMMENDATIONS:

- a) The physical education aquatics course lecture and lab unit values are appropriate.
- b) Full-time instructors are regularly evaluated through the tenure and post-tenure review process during which time students have opportunities to express in written observations, concerns about faculty performances and course content.
- c) The physical education aquatics course prerequisites are validated.
- d) Physical education aquatics courses meet the stated objectives in the form of student learning outcomes.
- e) Aquatics course outlines have been updated to include student learning outcomes.
- f) Physical education faculty have opportunities to attend statewide and national fitness related conferences focused on improving instructional strategies.
- g) Transfer credits for the courses in this program are accepted by CSU/UC systems.
- h) Aquatics faculty stay current in their fields.

RECOMMENDATIONS:

- a) All aquatics course syllabi should be revised to include clear grading, attendance, make-up policies, office locations, office hours, drop date policies and other pertinent information.
- b) Syllabi will be revised Fall, 2006 semester to reflect recently approved student learning outcomes.
- c) Part-time faculty should be evaluated on a regular basis by full-time faculty and the Department Dean to ensure quality and uniformity within the program.
- d) Students enrolled in aquatics related courses should be given voluntary health history forms prior to participation in physical activity.

- e) Maintain flexibility within the scheduling of classes to ensure availability of aquatics related classes to meet students' needs.
- f) Maintenance of instructional and assessment equipment to meet professional standards and ensure proper function and safety.
- g) Update college catalog course descriptions and course outlines of record and consider the deletion of "CR/NC" options.
- h) Aquatics instructors need to regularly consult with one another concerning course offerings and scheduling.

FEASIBILITY

COMMENDATIONS:

- a) The physical education aquatics program has grown proportionately to the general college enrollment over the last decade.
- b) Aquatics faculty make use of audio visual and computer technology to enhance student learning.
- c) The faculty, who teach the aquatics classes, are highly qualified to instruct classes and are sensitive to the various needs of a diverse student population.
- d) Specific facility upgrades have been made to the Aquatic Center to ensure safety and Title V compliance (i.e. non-slip strips, hand rail adjustment, replacement parts for heater).

PREVIOUS RECOMMENDATIONS COMPLETED:

- a) The aquatics facility has been equipped with a multi-sport scoreboard. (1995)**

RECOMMENDATIONS:

- a) Faculty should improve networking with professional colleagues both locally and statewide for professional development.

- b) A Physical Education link to the Citrus College webpage should be constructed providing information about the aquatics program.
- c) Courses should be evaluated as to their suitability for integrated distance education or other alternative modalities.
- d) Communicate with the counseling department to increase awareness of aquatics curricular offerings.
- e) Library resources need to be reviewed and updated.

COMPLIANCE

COMMENDATIONS:

- a) All aquatics-related courses comply with district policies and mission.
- b) Aquatics-related courses articulate with California State Universities and University of California systems.
- c) Aquatics courses meet Americans with Disabilities Act & Title V regulations.
- d) Aquatics course outlines have been updated to include student learning outcomes.

RECOMMENDATIONS:

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

**CITRUS COLLEGE
AQUATICS PROGRAM REVIEW
2005-2006**

Key Performance Indicators

Key Performance Indicator	2000-2001	2001-2002	2002-2003	2003-2004	2004-2005
<i>Program Access</i>					
Courses Offered	7	7	7	5	6
Registrations	85	88	105	115	119
Weekly Student Contact Hours	212	175	260	302	296
Full-Time Equivalent Students	3.45	3.59	4.30	5.44	5.28
<i>Program Resources</i>					
Full-Time Equivalent Faculty	7	7	7	2.30	3.30
Credit Reimbursement Rate	\$2689	\$2795	\$2851	\$2791	\$2922
Revenue	\$9278	\$10,034	\$12,259	\$15,183	\$15,428
<i>Program Efficiency</i>					
Productivity = WSCH/FTEF	30.1	25	30.1	131.3	89.7
Average Class Size	12.14	12.6	15	23	19.8
Fill Rate	46.7%	44.3%	58.4	79.2%	70%
FTEs per FTEF	2.48	1.98	2.00	5.71	4.53
Cost per FTES*					
<i>Program Success</i>					
Course Success – C or better	63	67	84	111	96
Percent Success	77%	80%	83%	93%	88%

*Part of total physical education and athletics budget.