



Kinesiology 2013-2014

Year Five Focus Area: PROGRAM SELF EVALUATION and SUMMARY¹

Program review should model a miniature accreditation self-evaluation process within a designated area of the campus. In essence, it provides a model and practice that generates and analyzes evidence about specific programs. Eventually this work should guide the larger work of the accreditation self-evaluation as well as guiding planning and budgeting decisions. The review should be a candid self-evaluation supported by evidence, including both qualitative and quantitative data. It should honestly document the positive aspects of the program and establish a process to review and improve the less effective aspects of a program.

Program Review: Setting A Standard – The Academic Senate for California Community Colleges

I. Program Description

Kinesiology studies human anatomy and physiology and the mechanics of body movement both theoretically and in practice through physical activities. A diverse curriculum includes lower division theory courses designed for students who want:

- To complete an associate in science degree in Kinesiology and transfer,
- To complete an associate of arts-transfer degree in Kinesiology and transfer,
- A basic instructional program with a wide variety of movement experiences for the development of physical activity skills and the knowledge necessary for lifetime wellness,
- An adapted activities curriculum for students with disabilities,
- An intercollegiate athletic program which offers performance-oriented students opportunities for competition.

Kinesiology courses satisfy general education requirements for an associate in science degree and lower division transfer. The Honors Program includes one Kinesiology course: *KIN 171h Health Science - Honors*.

II. Discuss progress toward objectives identified in the Educational and Facilities Master Plan 2011 - 2020.

The goal of updating the Top Codes, SAM Codes and developing families of courses by working with faculty, Dean curriculum committee and CCCPE peer group was accomplished.

¹ Reference to Accrediting Commission for Community and Junior Colleges (ACCJC) Standards:

Standard IIA.2 (b) The institution relies on faculty expertise and the assistance of advisory committees when appropriate to identify competency levels and measurable student learning outcomes for courses, certificates, programs including general and vocational education, and degrees. The institution regularly assesses student progress towards achieving these outcomes.

Each of the athletic courses was taken through curriculum and top coded as athletics and each was given a new identifier of KINC. Kinesiology courses considered active participatory were grouped into the following families:

Aquatics:	KIN 142, 143, 141, 144
Individual Sports:	KIN 101, 102, 103, 106, 108
Team Sports:	KIN 130, 134, 135
Aerobic Fitness:	KIN 147, 151, 153, 159
Resistance Training:	KIN 145, 152, 154
Progressive Relaxation:	KIN 116
Combatives:	KIN 104

The goal enhancing the facilities by an expanded indoor and/or outdoor weight room is still

something that is very important to the department. We were able to complete part of the goal with the addition of new equipment. This expansion would help to accommodate a high number of student athletes in their conditioning which should help limit the number of injuries and possible liability to the district.

We also requested the addition of a faculty position that would be responsible for developing and administering the strength and conditioning program for all sports. However, our request was not granted by the Faculty Needs Committee. The department felt with the high cost of injuries and its impact on insurance premiums, having a faculty member to safely conduct strength and conditioning programs would help limit the college's liability and enhance the program. This position would also have been responsible expand the curricular offerings and developing certificate programs.

III. Are there obstacles or barriers that restrict the rate of student completions or are delaying timely completion?

KIN AA degree courses are mainly offered in the morning or are offered at concurrent times which make it difficult for majors to complete their degree in a timely manner. Some of the major courses are only offered with one section per semester/year. An example would be KIN 174 and KIN 172 offered in the Fall with one section and KIN 175 and KIN 176 offered in the Spring. We are limited in the courses and times these courses can be offered because of extra assigned duties of the department faculty (curriculum chair/head coaches/asst. Athletic Directors).

IV. Identify three to five measurable self-improvement objectives to improve student retention and completion during the next five years.

Develop certificate programs in strength and conditioning, personal training, coaching or emerging fields of senior wellness. New courses for the curriculum will need to be written and approved for the programs. Students completing one of these certificate programs will be able to secure employment or transfer to a four year institution to further their education.

Develop and Education Plan for Kinesiology Majors. The plan would map out courses that need to be completed for their KIN AA degree. The plan would include the specific

semester a course would be offered to make it easier for majors to register in the correct course work and complete their degree in a timely manner.

Develop a mentoring program for Kinesiology majors. Because of new Title V requirements for declaring a major, we should be able to “identify” majors early by working with the counseling department. Majors could then be teamed with a full time or adjunct faculty member who would help guide them as a mentor. The development of a “Kinesiology Club” could also be another way of identifying majors early and helping them be successful and completing their degree. If they were able to meet and collaborate as part of group, with other students who were Kinesiology members, it may help them be more successful.

A previous department goal of hiring a new faculty member to serve as the director of the aquatics center and aquatics coach, was completed in 2012. This individual also develops and promotes the aquatics program. To help with development of the aquatics Program, reactivation of aquatics courses KIN 141, Lifeguard Training and KIN 144, Water Safety Instructor need to occur. These courses were deactivated because of budget constraints and pool maintenance. Completion of KIN 141 and KIN 144 courses will enable students to obtain employment as life guards or swim lesson instructors.

V. Discuss opportunities for change that may exist within the next five years

With more and more “Baby Boomers” reaching retirement age, there’s an increasingly older population that will need to become or remain active and mobile. Seniors will turn to fitness trainers as a way to maintain or restore their cardio endurance, strength, flexibility and range of motion, so they can continue to be active. Currently, many fitness centers cater to a young crowd with high-intensity programs designed to improve endurance and get maximum results in a short period of time. “Although baby boomers have typically been health conscious, the nature of their exercise regime will change as they age. Fitness centers will need to change the mix of their offerings, and instructors will need to become familiar with the challenges and limitations caused by aging as they prepare routines for their clients.” (U.S. News and World Report, August, 2012). This emerging field of “Senior Wellness” will create opportunities for employment for Kinesiology majors.

The Center for Disease Control (CDC, 2009) indicated that California’s adult obesity rates have risen from less than 10% in 1985 to 25% in 2012. As for children in California, the obesity rate was at 20% in 2011. Adult obesity rates in California are expected to increase to 46% in 2030 if current trends continue according to a report by the Robert Wood Johnson Foundation and the Trust for America’s Health. Higher rates of obesity come with higher rates of obesity related diseases such as diabetes, hypertension, and heart disease. The Johnson Foundation Study recommended making several changes to help U.S. residents lose weight, including “*making physical education a priority in schools*”. If these recommendations are followed, then more physical education instructors will be needed in the primary and secondary level which will create more opportunities for Kinesiology majors.