



Home (/tracdat/face...)

Department

General Information (Program Review)

Assignments (/tracdat/faces/assessm..)

Personnel (/tracdat/faces/assessm..)

Department Planning

Course/Service Plan..

Mapping

Reports

Documents



Dept - (PE) Physical Education > Department
> General Information (Program Review)



Department Chairs/Program Leads: Please press the edit symbol in the right-hand corner to update. Below, the text in bold corresponds both to the name of the box when editing this page and also to the first-column on the APRU worksheet. If you have questions, please contact: papemary@fhda.edu.



Dept - (PE) Physical Education



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: 23

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

I.C.1. CTE Programs: Impact of External Trends:

I.C.2 CTE Programs: Advisory Board Input:

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): 7.7

I.E.2 #Student Employees:

I.E.3 Full-time to Part-time Ratio % of Full-time Faculty Compared to % Part-time Faculty Teaching: FT decreased 18.2%; PT increased 37.4%

I.E.4 #Staff Employees:

I.E.5 Changes in Employees/Resources: Our department has had 5 Full Time Faculty members retire within the last two years. Three

FT coaches stepped into FT PE positions and three adjunct coaches were hired.

II.A Enrollment Trends: The effects of "Repeatability legislation" have and still are being felt. The Wellness 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. She has approached local doctor's offices, Weight Watchers, and other community organizations to recommend that they use our facility for their clients. We 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.

We are now offering activity courses in the Wellness 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 are anticipating the installation of a computer network that will allow instructors to tap into the internet content 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.

There is an increase in the number of students interested in PE30, Introduction to Kinesiology during the past 3 years. Annual enrollment trends at census: 2013-14: 4 sections, ave. 43 students; 2014-15: 5 sections, ave. 42 students; 2015-16: 6 sections, ave. 45 students. We added online and hybrid sections this year.

Enrollment in our campus sections of PE70A, Orientation to Lifetime Fitness however, is decreasing while online sections are filling. 2013-14: 4 sections, ave. 25 students; online 6 sections, ave. 39 students. 2014-15: 6 sections, ave. 25 students; online 5 sections, ave. 30 students; 2015-16: 3 sections, ave. 21 students; .

Seeing this trend, instructors are taking the initiative to train in catalyst and are planning to and have offered hybrid and online versions of PE070A/PE071, Orientation to Lifetime Fitness and its on-campus lab, Stress Management and Introduction to Kinesiology.

The completion of the football/track and field stadium has helped to increase the number of courses taught outdoors. New curriculum in the strength and conditioning areas, Core Conditioning and Body Sculpting for example have increased numbers of males participating in our courses.

Physical Education enrollment has decreased in the last three

years as mentioned previously; the decrease has matched that of the college but to a lesser degree. Non-targeted student enrollment decreased by 16% while targeted student enrollment decreased 14%. Repeatability legislation has caused about a 15% decrease in enrollment this academic year, however, as we study student interest and work on scheduling based on student interest/need we will be able to mediate some of the affects. The addition of hybrid classes and a clear message about the value of a Certificate-Advanced in Kinesiology and the AA-T have great potential for increasing enrollment.

II.B.1 Overall Success Rate: Increased from 81% to 82%.

II.B.2 Plan if Success Rate of Program is Below 60%:

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. We also 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 2014 the Implementation of the Priority Enrollment model really changed enrollment patterns. Students seem to enroll later. We have strong class enrollments when classes start, but by census numbers drop. In general, strength development, PE 70A/PE71, and step aerobics have been the hardest hit.

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.

Enrollment management has been a constant battle. We have co-listed courses in the same family and have offered less sections of courses after 3 quarters of not filling. 2015-16 is the first year that productivity has increased. And 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), lacross (program in its infancy) and archery. We have also retired Water Safety Instruction and Lifeguarding.

III.A Growth and Decline of Targeted Student Populations: Over the past 3 years we have had a decline in our department as a whole. We are down 15%, due to repeatability. Our decline in Non-targeted population is -16% and our Targeted population is down

-14%.

III.B Closing the Student Equity Gap: Our plan has been to create new curriculum to attract and retain students. We have built curricular sequences in soccer, yoga, and cycling. Our Program Level outcomes survey shows us that scheduling sequences of courses with strength development and cross training families e.g. core conditioning, body sculpting and total fitness will help to give students the opportunity to participate and achieve their fitness goals. Overall, we are seeing an increase in the number of males in classes such as yoga, cardio kick and Pilates, courses that, males have not traditionally taken. Offering curriculum that has shown to attract students of targeted groups is also a strategy for scheduling. Classes that attract groups of students based on ethnicity are badminton are soccer. Wi-Fi in the gymnasiums will assist instructors in reinforcing required readings and help students to grasp the complex terms and concepts related exercise physiology, conditioning and anatomy by accessing internet based media sources or instructor formulated materials. We currently have Wi-Fi in PE 1, the next step is to purchase a large flat screen TV, mount it on a special cart outfitted with a laptop and VGA cord through instructional equipment money. Instructors have been attending workshops in several of the newest training techniques. Tabata, core training techniques, ZUMBA, personal fitness training, and the newest in circuit training and yoga/pilates trends. New curriculum in the areas where students have shown strong interest has been developed that will be available to our students in the Fall of 2016 and 2017. We will continue to update our curriculum to the student's needs and utilize the newest trends in training techniques.

III.C Plan if Success Rate of Targeted Group(s) is Below 60%:

III.D Departmental Equity Planning and Progress: Currently, most of the equity planning and assessment is taking place in athletics and massage programs. The Physical Education equity team will be meeting this week 4/29/16 to plan an assessment. They don't quite understand the process involved in determining an "equity assessment".

IV.A Cycle 2 PLOAC Summary (since June 30, 2014): 0

IV.B Cycle 2 SLOAC Summary (since June 30, 2014): 4 complete SLOACs

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.

The increase in equity funding has helped our Division immensely.

We now have a FT counselor located in our area.

V.B Funding Impact on Enrollment Trends: We hope to increase recruitment and retention in all of our programs and cohorts due to the collaborative efforts of the academic advisor and the counselor, program coordinators and the counselor, Dean and the counselor.

Wellness Center's enrollment has modestly increased over the past 2 years, to a total of 438. An increase of 53 membership annually. Recruitment of memberships is a major goal of the staff member at this time. She has approached local doctor's offices, Weight Watchers, and other community organizations to recommend that they use our facility for their clients. We offer memberships at a reasonable price, knowledge, and an atmosphere conducive to gaining a healthy body and lifestyle that is non-threatening to participants. The hope is that enrollment trends increase with time and effort being applied towards our superior facility and programming within the facility.

V.C.1 Faculty Position(s) Needed: Replace due to vacancy

V.C.2 Justification for Faculty Position(s): Replacement of instructors in physical education need to be configured as coaching/instructor. In light of Title IX and serving female athletes equitably and the recent retirement of a Head Football coach, full-time support in this program rises to the top of our list. Assisting student-athletes in achieving their educational goals is now one of the top priorities in our Division. Programs such as Football consist of large numbers of underserved male athletes.

Statistically, Women's Softball also has a large percentage of underserved female athletes.

The Massage Program needs FT support (see Massage Therapy APRU)

2 coach/instructor positions at a minimum are on noted on our "non-prioritized" list in the APRU athletics for athletics.)

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 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, total fitness, pilates rings classes.

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.

New ice machine in PE 1 - \$4,000. Replacement of fencing jackets, foil blades, rubber tips, breast plates. Replacement of exercise mats, sliders, weighted bars, ladders, agility equipment.

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 Wellness Center are starting to break down on a regular basis. A replacement plan should be implemented starting in 2017-18 at the latest.

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 auxiliary 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.

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.

V.F.2 Facility Justification: 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.

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.

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 lottery money. These dollars are 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 of enrollment patterns, student responses to survey questions, assess accident rates on tennis courts if facility is not resurfaced. Instructors have confidence in writing equity and program review reports. More faculty are successfully teaching hybrid and online courses.

Submitted by: Arden Kragalott, Rachel Pacheco, Scott Hertler

Last Updated: 4/27/16

APRU Complete for 2015-16: Yes

#SLO STATEMENTS Archived from ECMS: 16