



**PROGRAM REVIEW**

**Department of Kinesiology, Athletics & Dance**

**3/11/11**

**Review Committee Chair  
Ana Miladinova**

**Review Committee  
Ana Miladinova, Cindy Jimenez, Sally McGill, Nick Carr, Vera Quijano,  
Jill Daly, Mike Garcia**

**CAÑADA COLLEGE**  
**ANNUAL DEPT/PROGRAM PLAN (INSTRUCTIONAL)**  
 ADOPTED SPRING 2009

The purpose of this document is to collect information to be used by the college planning bodies CPC, IPC, SSPC. Attach the dept/program data package provided by the Office of Institutional Planning & Research. Complete this document in consultation with your Dean and then submit a copy to the IPC. The deadline for submission of the annual program review to the IPC is March 31. Once received by the IPC the IPC will comment on the document and return the comments to the author for use in the next program review.

The ultimate evaluation of this document is in how useful it is to the planning bodies. This document replaces the previous hiring justification document and equipment requests documents. It is expected that a typical instructional department would take less than three hours to complete this document.

- 1) **Department Name: Physical Education and Athletics**
- 2) **Completed By: Cindy Jimenez, Ana Miladinova, Vera Quijano, Jill Daly, Nick Carr, Sally McGill, Mike Garcia.**
- 3) **Curricular Offerings**

Guidelines: This section should include the following

- Status of curriculum updates for all courses
- Status of SLOAC for all courses
- A description of the complete curriculum offering cycle
- A plan for necessary curriculum development

Course Prefix	Course Number	Course Title	NEW	Delete	Bank	Unbank	Modified
FITN	680CG	Total Fitness Circuit Training	X				
FITN	320	Walking and Jogging for Fitness					X
FITN	240	Vocabulary of Exercise Physiology		x			
DANC	230	Body Movement		x			
DANC	205	Beginning Jazz					X
DANC	210	Beginning /Intermediate Jazz					X
DANC	215	Intermediate Jazz					X
DANC	125	Beginning Salsa					X
DANC	126	Intermediate Salsa					X
DANC	127	Advanced Salsa					X
FITN	340	Aerobic Cycling			X		
INDV	251	Beginning Tennis			X		

INDV	252	Beginning/Intermediate Tennis			X		
INDV	254	Intermediate/Advanced Tennis			X		
INDV	256	Expert Tennis Training			X		
COMB	401	Self Defense			X		
TEAM	101	Beginning Baseball					X
TEAM	102	Intermediate Baseball					X

All current offerings except those previously identified in section A

Course Prefix	Course Number	Course Title	Date of last revision	SLO Cycle completed *
DANC	125	Beginning Salsa	2010	
DANC	126	Intermediate Salsa	2010	
DANC	127	Advanced Salsa	2010	
DANC	140	Ballet	02/2009	x
DANC	143	Intermediate Ballet	2009	x
DANC	150	Hip Hop Dance	2009	
DANC	151	Beginning Social Dance	2009	x
DANC	153	Intermediate Social Dance	2009	x
DANC	156	Advanced Social Dance	2009	x
DANC	205	Beginning Jazz	2011	
DANC	210	Beginning/Intermediate Jazz	2011	
DANC	215	Intermediate Jazz	2011	
DANC	220	Dance Conditioning	2010	x
DANC	391	Dance Composition - Theory and Choreography	2009	
DANC	400	Dance Production	2000	
FITN	112	Cross Training	2009	x
FITN	122	Total Body Burn	2009	x
FITN	117	Fitness Assessment and Conditioning	2009	
FITN	118	Beginning Fitness Center	2009	
FITN	119	Intermediate Fitness Center	2009	

FITN	129	Strength Training on the Ball	2009	x
FITN	128	Get on the Ball Exercising	09/2005	x
FITN	123	Cardio Pump Fitness	2009	x
FITN	124	Pilates Training	2010	x
FITN	127	Dance Aerobics	2010	
FITN	151	Beginning Step Aerobics	2009	x
FITN	153	Soccer Conditioning	02/2002	
FITN	154	Volleyball Conditioning	02/2005	
FITN	210	Varsity Weight Conditioning	2009	
FITN	235	Boot Camp	2009	x
FITN	245	Principles and Techniques of Resistance, Balance and Flexibility Training	2010	x
FITN	250	Personal Trainer Preparation: Anatomy and Physiology	09/2008	x
FITN	251	Personal Trainer: Health Appraisal and Exercise Prescription	09/2008	x
FITN	320	Walking and Jogging for Fitness	2010	
FITN	332	Flexibility and Stretching	2009	x
FITN	334	Yoga	2009	x
P.E.	308	Prevention and Care of Athletic Injury	2009	x
INDV	161	Beginning Golf	2009	
INDV	164	Intermediate/Advanced Golf	2009	
INDV	166	Expert Golf Training	2009	
TEAM	101	Beginning Baseball	2010	
TEAM	102	Intermediate/Advanced Baseball	2010	
TEAM	105	Advanced Baseball	2009	
TEAM	111	Beginning Basketball	2008	
TEAM	115	Advanced Basketball	2008	
TEAM	141	Beginning Soccer	2008	
TEAM	143	Advanced Soccer	2008	
TEAM	180	Competition Volleyball I		
TEAM	181	Competition Volleyball II		

TEAM	185	Expert Volleyball Training		
VARS	104	Varsity Baseball	2008	
VARS	114	Varsity Basketball		
VARS	140	Varsity Golf		
VARS	154	Varsity Soccer	2009	
VARS	340	Varsity Women's Volleyball		

The goal is to offer a rich selection of classes that evolves with both the changing interests of the Cañada College student body and the latest advances in physical education, fitness, and pedagogy. In addition, a growing enrollment, as well as changing student interests, dictates a need for new part-time faculty and faculty enrichment.

- New course offerings include: spinning (purchase spin bikes), developing individualized fitness program, Health, Fitness and Lifetime Wellness, new fitness and conditioning, volleyball classes, new dance classes (History of Dance, Tap Dance, Modern Dance, Dance Pedagogy), Sports Nutrition and Introduction to Kinesiology (transfer opportunity).

#### 4) Enrollment Data

Guidelines: The data is prepared by the office of Research and Planning and is to be attached to this document. This section should include the following:

- Identification of trends
- Thoughtful reflection on trends and analysis of causes of trends

This analysis is based on data from fall 2005 through fall 2010 which was provided by the Office of Institutional Research, Cañada College. The data is divided into 6 divisions (Dance, Fitness, Individual Sports, Physical Education, Team Sports and Varsity Sports) that comprise the total Physical Education/Athletics Department.

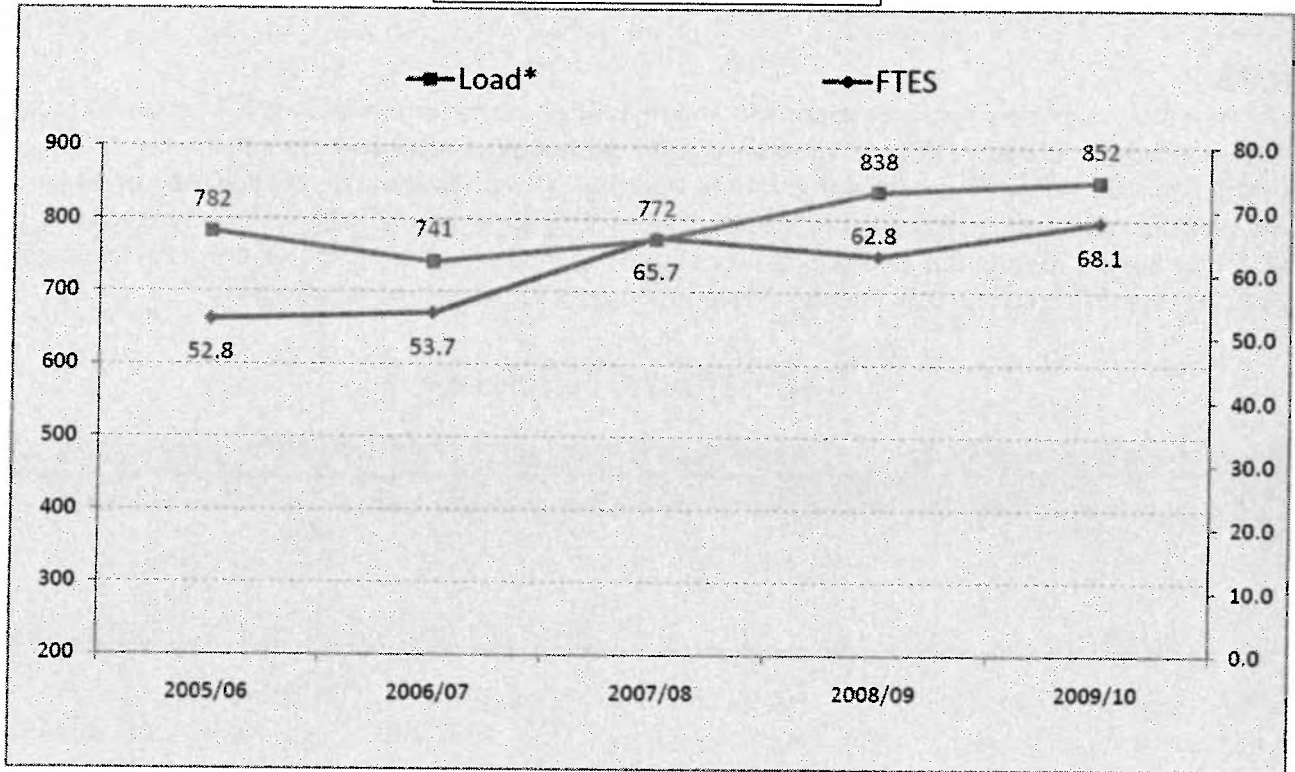
#### DANCE

The Dance Program includes a variety of courses including salsa, jazz, dance aerobics, dance production, ballet, social dance and conditioning for dance technique. The aerobic nature of the dance classes definitely supports the importance of the “healthy body, healthy mind” philosophy.

Department	Metric	Academic Year				
		2005/06	2006/07	2007/08	2008/09	2009/10
DANC	WSCH	1583	1612	1969	1885	2044
	FTES	52.8	53.7	65.7	62.8	68.1
	FTE	2.03	2.18	2.55	2.25	2.4
	Load*	782	741	772	838	852

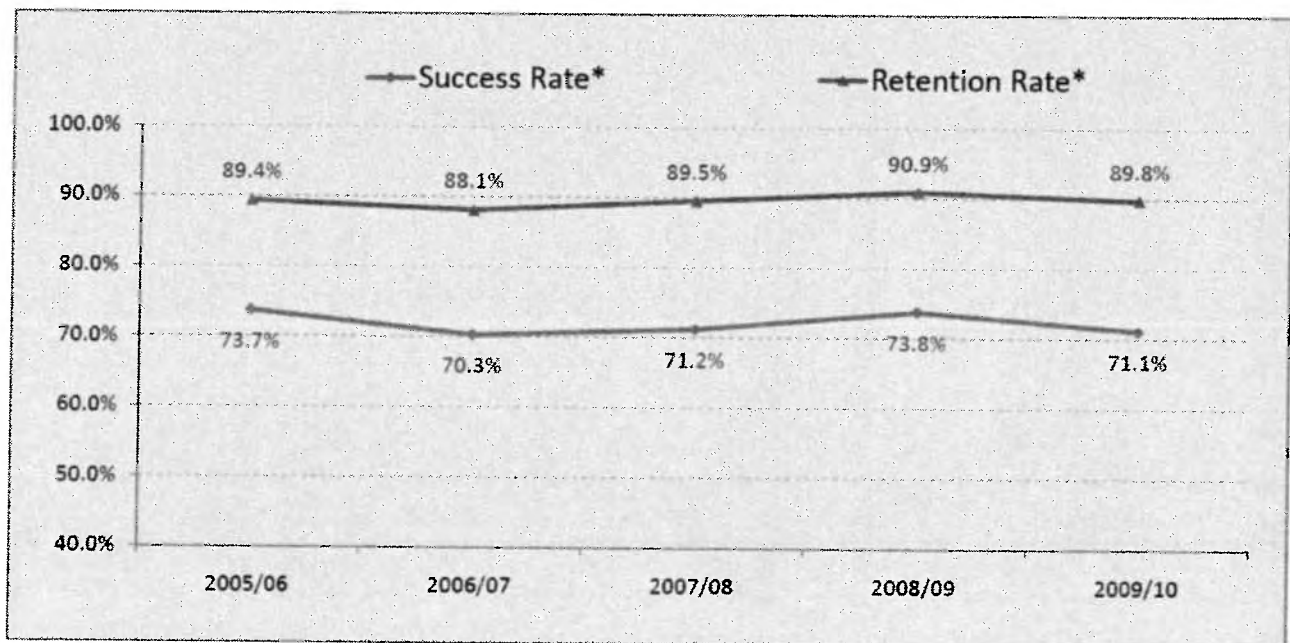
WSCH has steadily increased from a low 1583 to a high of 2044. The FTE only increased slightly from 2.03 to 2.4.

### Dance Department Overview



The FTES has increased from a high of 68.1 in 2009/2010 from a low of 52.8 in 2005/2006. The LOAD (a measure of efficiency) is very high in all years compared to the College goal of 525. A low of 741 in 2006/2007 has increased steadily to a high of 852 in 2009/2010. The Dance Department hired a full time Fitness/Dance Instructor in the 2007/2008 which resulted in offering more variety in dance courses.

### Student Performance Profile



The numbers in student success and retention rate did not significantly vary. The goal of the dance department should be increasing the student's success.

### FITNESS

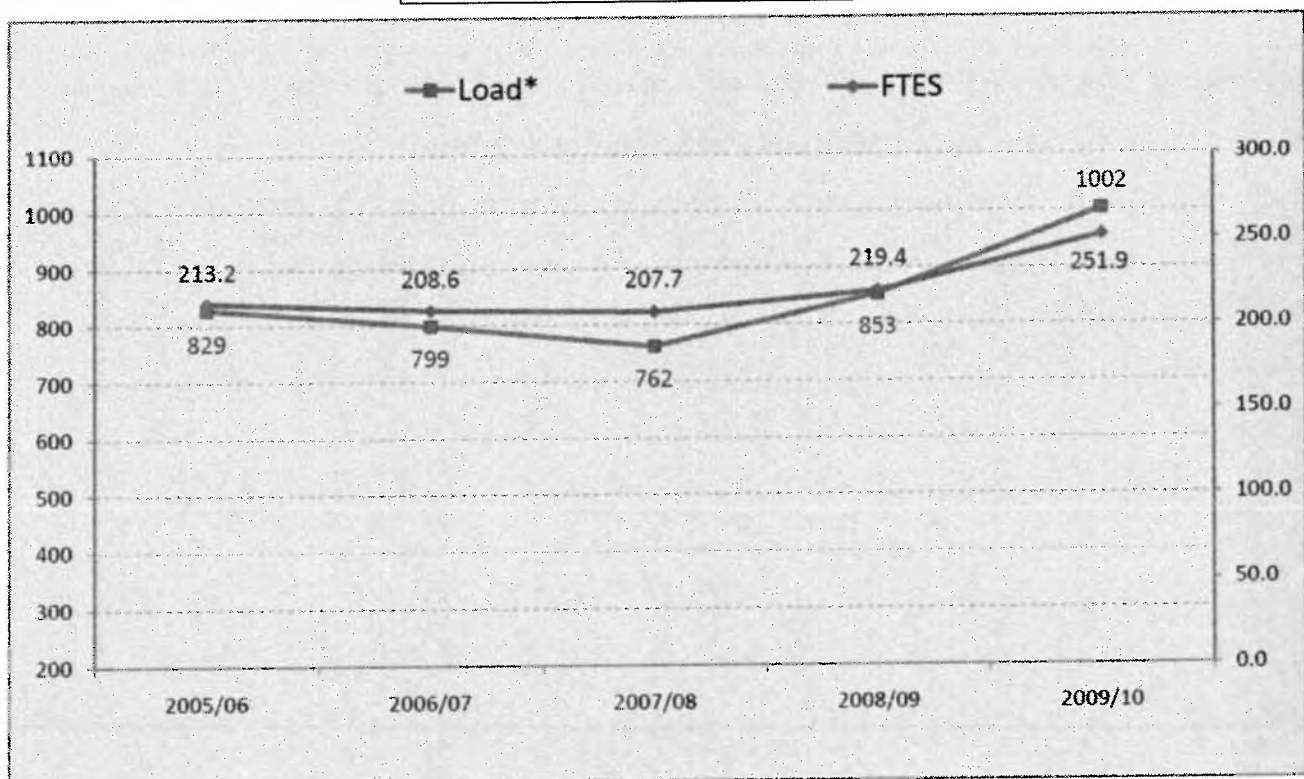
The Fitness Program is the biggest department and includes a variety of courses including cardio pump, the fitness center, boot camp, Pilates, varsity weight conditioning, yoga, cross training, flexibility/stretching, soccer conditioning, fitness walking, strength training on the ball, and personal trainer courses. The wide variety of courses offers something for everyone who wants an exercise/ fitness class. The Fitness Program ranges from aerobic activity to strength training to flexibility enhancement to specialized types of exercise to academic classroom courses to train personal trainers.

### Department Efficiency

Department	Metric	Academic Year				
		2005/06	2006/07	2007/08	2008/09	2009/10
FITN	WSCH	6397	6258	6230	6582	7557
	FTES	213.2	208.6	207.7	219.4	251.9
	FTE	7.71	7.84	8.18	7.71	7.54
	Load*	829	799	762	853	1002

The WSCH dipped slightly to 6230 in 2007/2008 but increased to a high of 7557 in 2009/2010. The FTE has been relatively constant. There was a high FTE in 2007/2008 due to addition of one Full time faculty member.

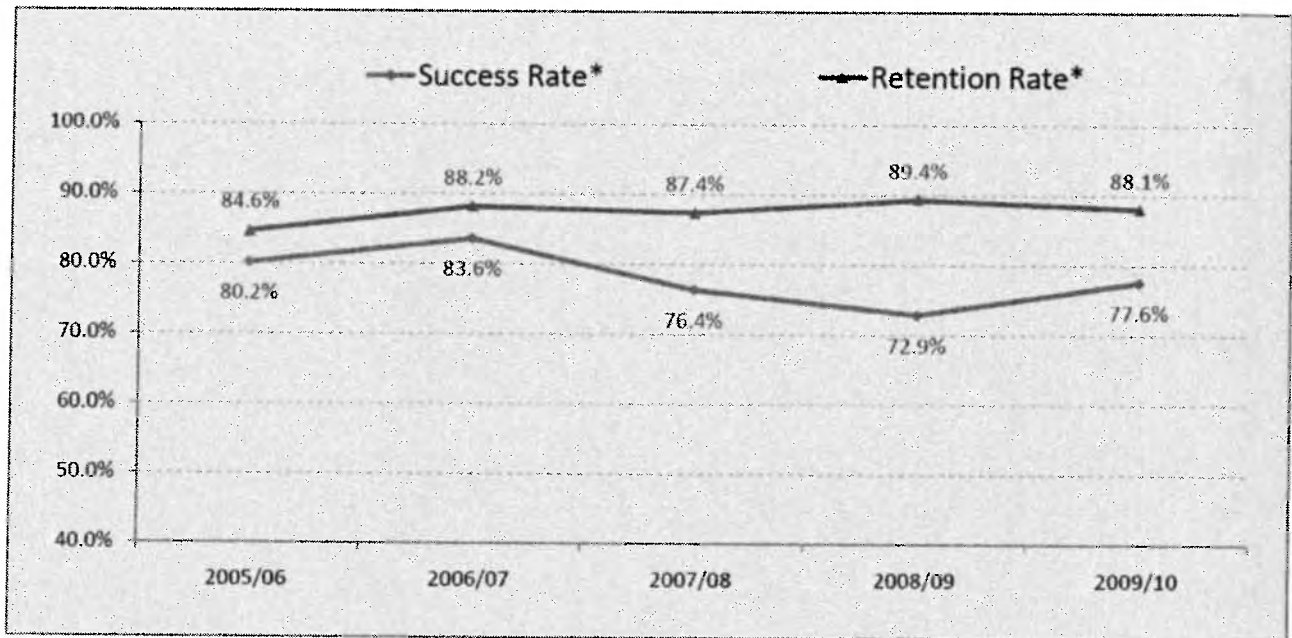
Fitness Department Overview



The FTES and the LOAD show a similar pattern with a low in 2007/2008 to a high in 2009/2010. However, the fitness department has an excellent load every year compared to the college goal of 525 with a low of 762 in 2007/2008 to a high of 1002 in 2009/2010.



## Student Performance Profile



The retention rate has remained constant over the 5 year period. Success rate went had slight dip in 2008/2009. The Fitness Center contributes the greatest number of students in the fitness department and has the greatest challenges in student retention and success. Students can workout in the Fitness Center whenever is open. Therefore, the student does not have to be there at a specific time. This requires more self motivation and for many students behavioral modification.

### INDIVIDUAL SPORTS

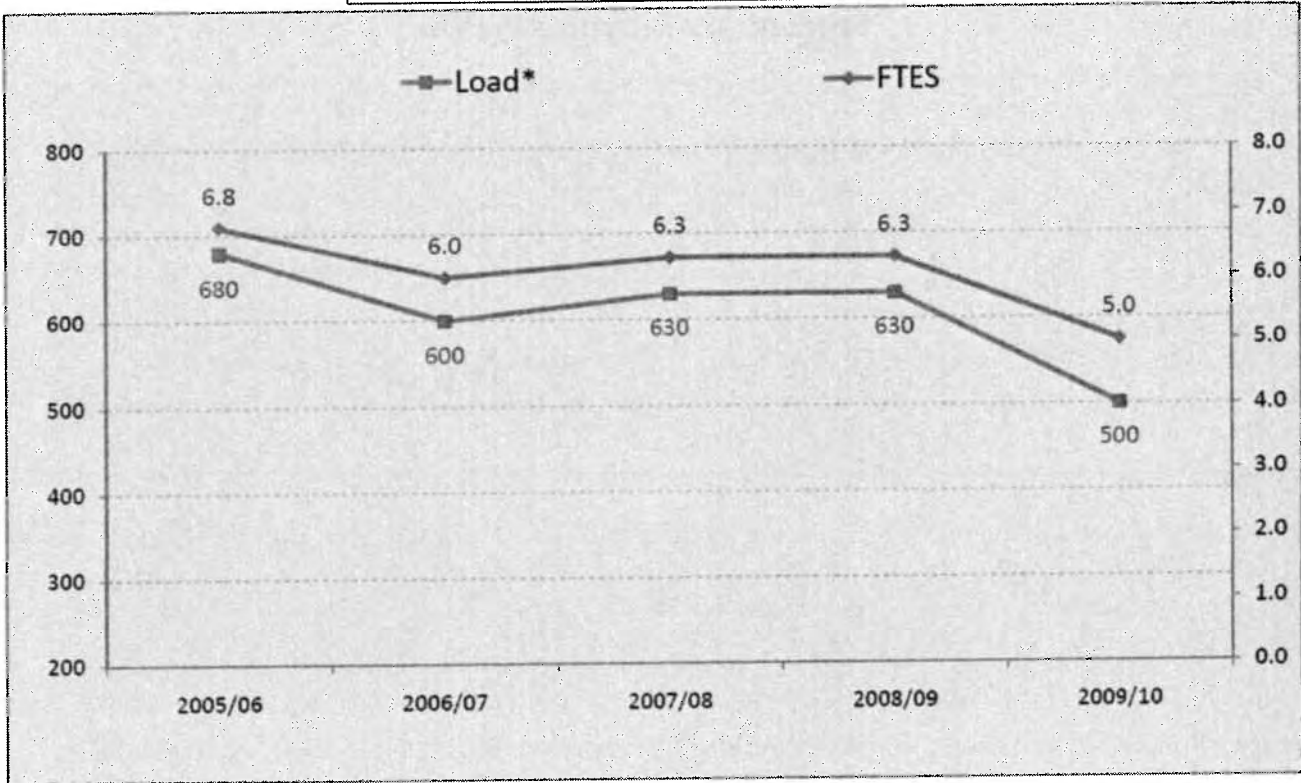
Individual sports include beginning, intermediate/advanced and expert golf.

## Department Efficiency

Department	Metric	Academic Year				
		2005/06	2006/07	2007/08	2008/09	2009/10
INDV	WSCH	204	180	189	189	150
	FTES	6.8	6.0	6.3	6.3	5.0
	FTE	0.3	0.3	0.3	0.3	0.3
	Load*	680	600	630	630	500

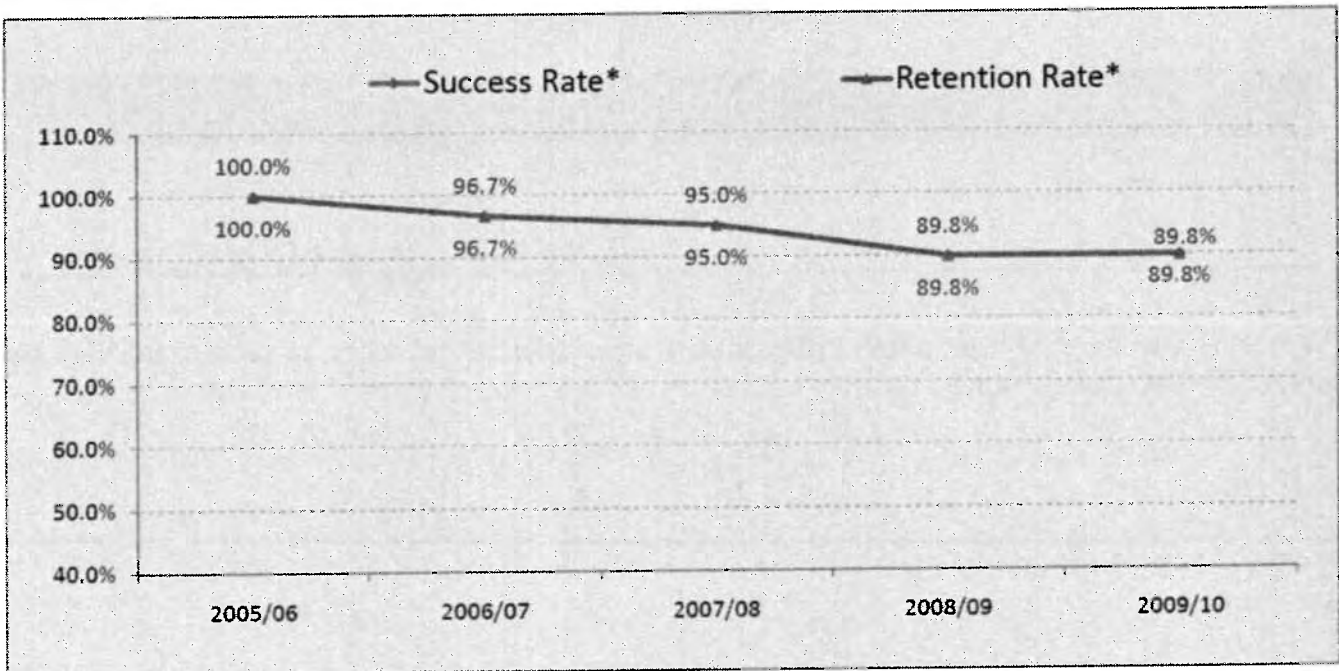
The WSCH have dropped from 204 to 150 because of a reduction in the number of sections in INDV 680 (golf). FTE remained the same.

## Individual Sports Department Overview



FTES dropped from 6.8 in 2005/2006 to 5.0 in 2009/2010 with the elimination of a section (INDV 680). The LOAD dropped in the same pattern. The LOAD of 600 to 680 has been above the college goal of 525. The LOAD dropped in 2009/2010 to 500.

## Student Performance Profile



The success and retention rates have dropped from 100% to 89.8% in the five years.

### PHYSICAL EDUCATION

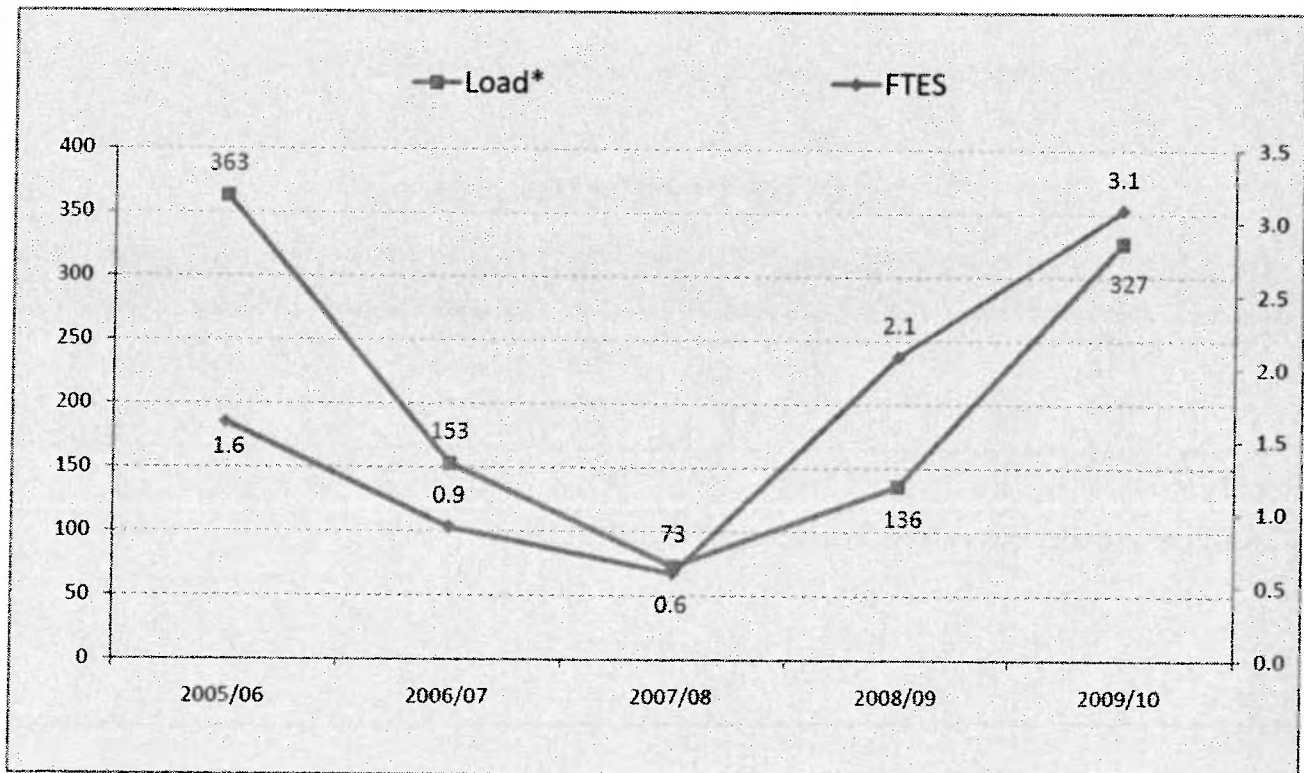
Includes classes such as Prevention and Care of Athletic Injuries, and Adaptive PE classes which went through the PIV process and Adaptive PE courses are no longer offered at the College beginning Fall 2010.

## Department Efficiency

Department	Metric	Academic Year				
		2005/06	2006/07	2007/08	2008/09	2009/10
P.E.	WSCH	48	27	18	62	93
	FTES	1.6	0.9	0.6	2.1	3.1
	FTE	0.13	0.18	0.24	0.46	0.28
	Load*	363	153	73	136	327

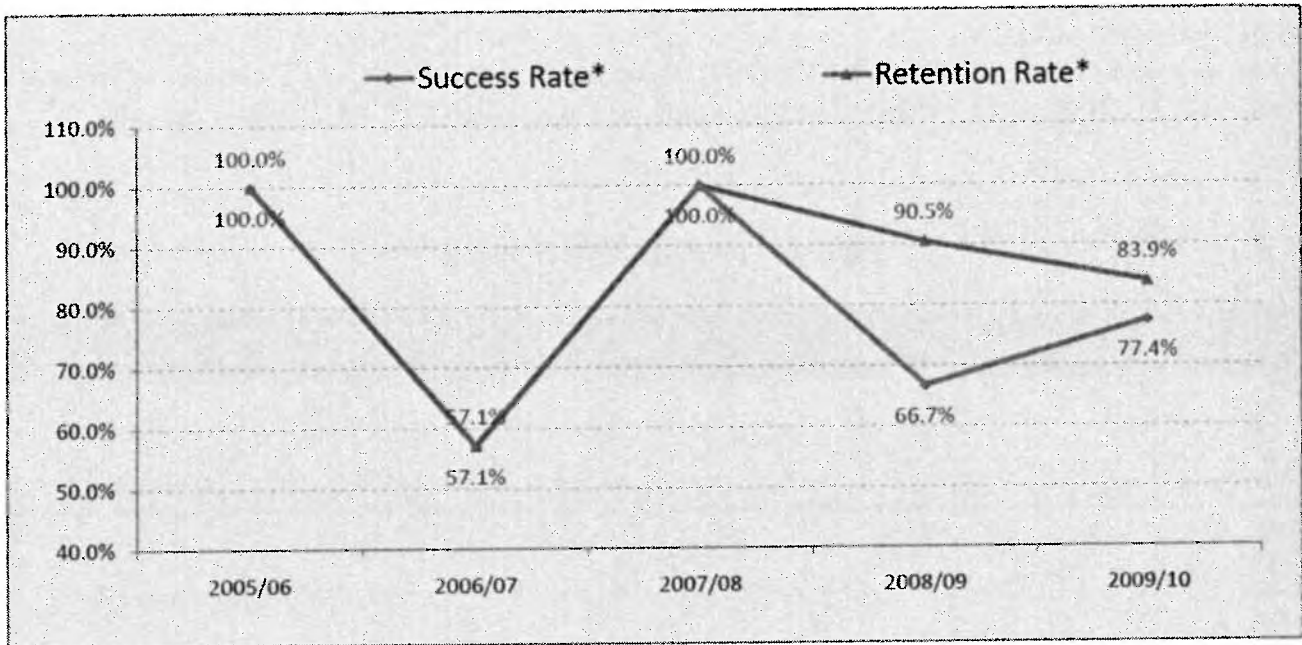
The WSCH dropped significantly in 2007/2008 due to decreases in Adaptive PE program and a total increase in FTE.

Physical Education Department Overview



The LOAD had a low of 73 in 2007/2008 and high of 363 in 2005/2006. The LOAD improved in 2009/2010 to 327 due to increase in course offering of Prevention and Care of Athletic Injuries.

### Student Performance Profile



With the exception of 2006/2007 the success and retention rate are consistent with the entire Physical Education and Athletics Department.

### TEAM SPORTS

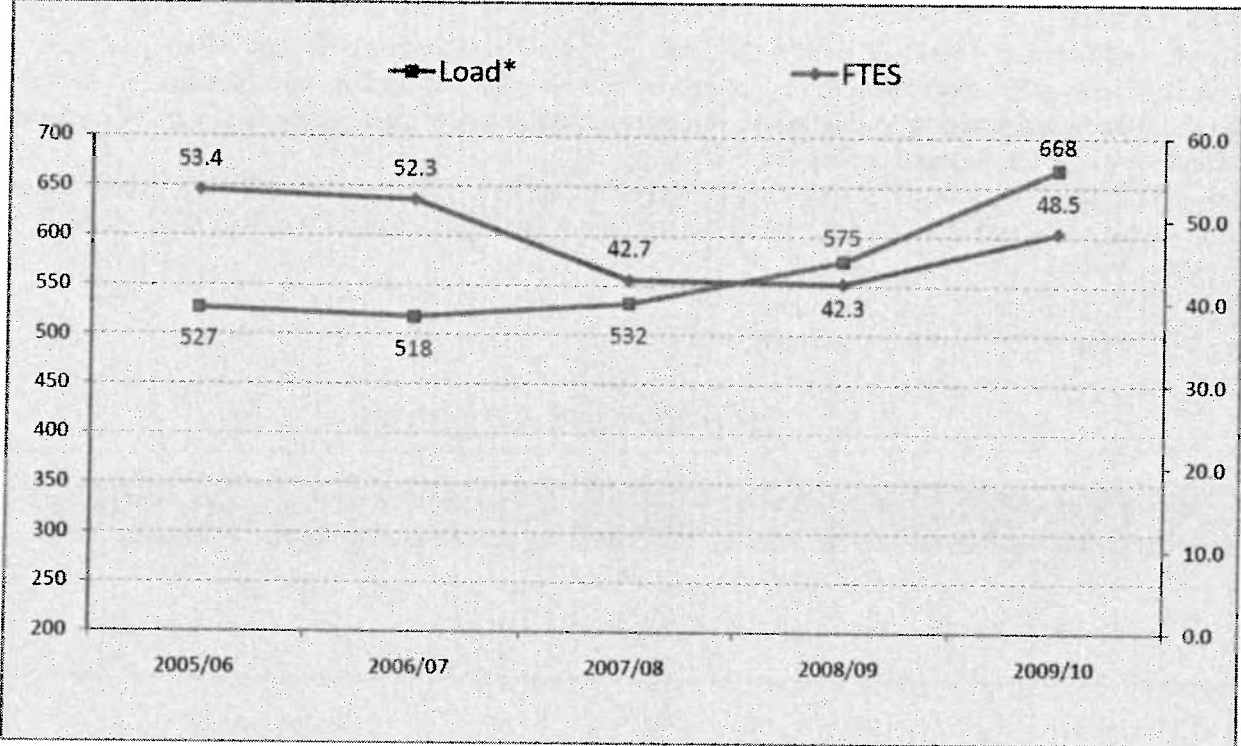
Team sports include basketball, baseball, golf, soccer, and volleyball.

### Department Efficiency

Department	Metric	Academic Year				
		2005/06	2006/07	2007/08	2008/09	2009/10
TEAM	WSCH	1603	1570	1281	1268	1454
	FTES	53.4	52.3	42.7	42.3	48.5
	FTE	3.04	3.03	2.41	2.21	2.18
	Load*	527	518	532	575	668

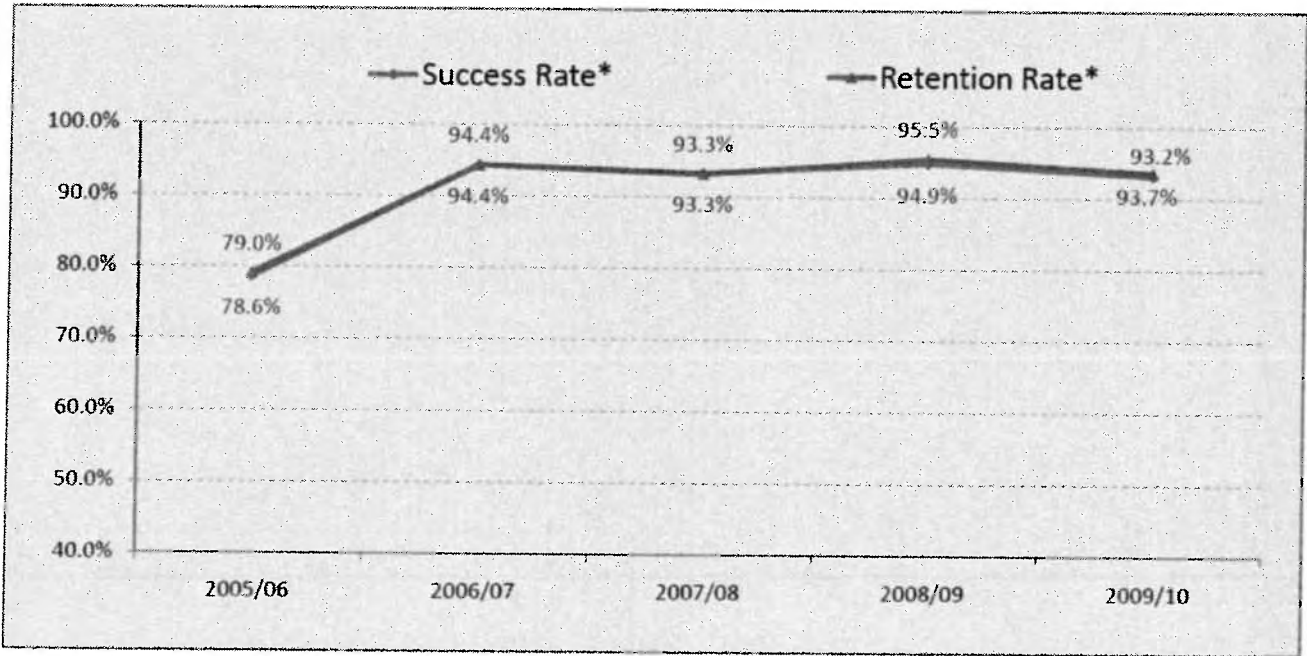
Volleyball was put on hiatus in 06/07 which has affected the FTE.

### Team Sports Department Overview



Team sport efficiency LOAD has grown from 518 (06/07) to 668 (09/10). The LOAD is higher than the college goal of 525.

### Student Performance Profile



The student retention and success rates are consistently high.

## VARSIITY TEAMS

Varsity teams include men's baseball, men's basketball, women's golf, men's golf, women's soccer, and men's soccer. Varsity team sports benefit the college in many ways. Each athlete must maintain academic standards (12.0 units, most taking 15.0 units per semester) in order to compete. There has been a fluctuation in which teams were offered during this time period.

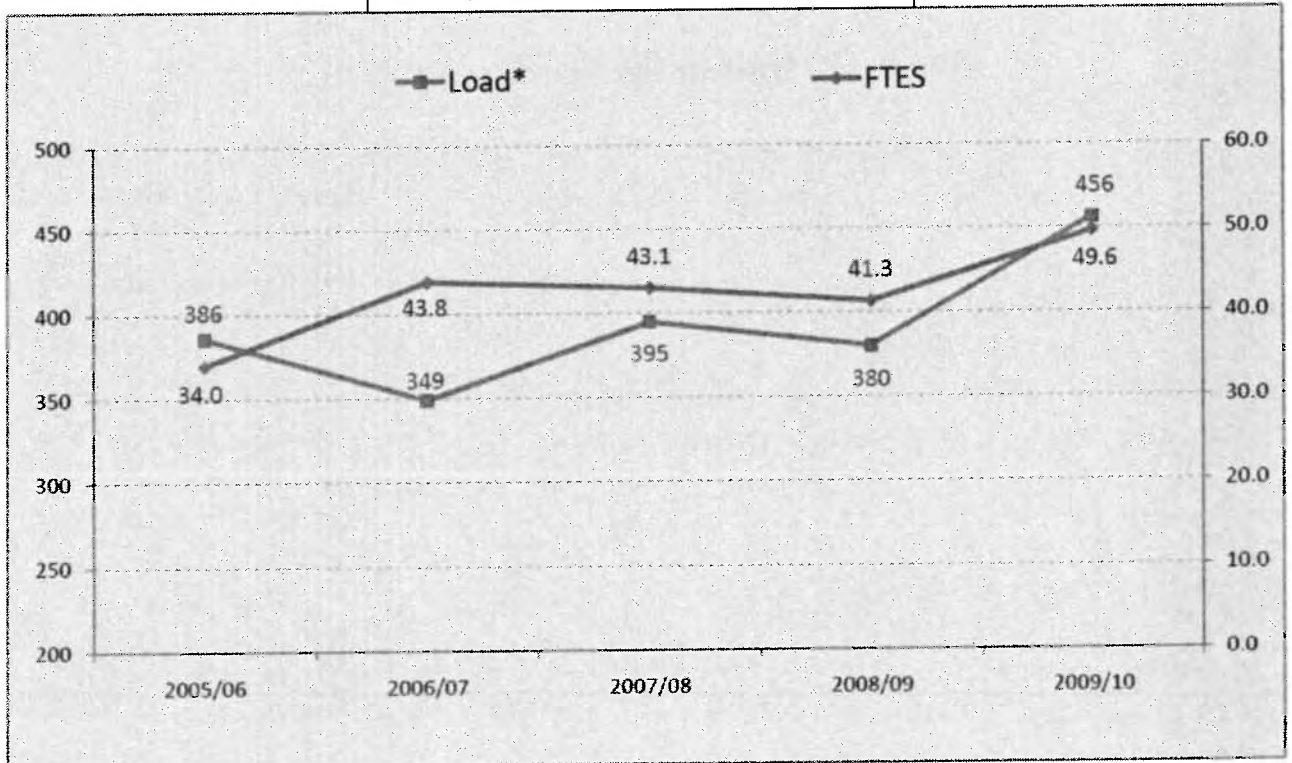
1. Women's Volleyball was placed on hiatus at the end of the spring 2007 year and continues to be on hiatus due to not finding a Volleyball coach who meets the minimum qualifications and is a fit in the college.
2. Fall of 2006, Women's Golf was added.
3. Spring of 2007, Men's Golf was re-instated.
4. Spring 2010, Men's Golf was put back on hiatus.

## Department Efficiency

Department	Metric	Academic Year				
		2005/06	2006/07	2007/08	2008/09	2009/10
VARS	WSCH	1019	1315	1291	1240	1489
	FTES	34.0	43.8	43.1	41.3	49.6
	FTE	2.64	3.77	3.27	3.27	3.27
	Load*	386	349	395	380	456

WSCH has increased from 1019 (05/06) to 1489 (09/10) and FTE has increased from 2.64 (05/06) to 3.27 (07/10) due to addition of Women's and Men's Golf.

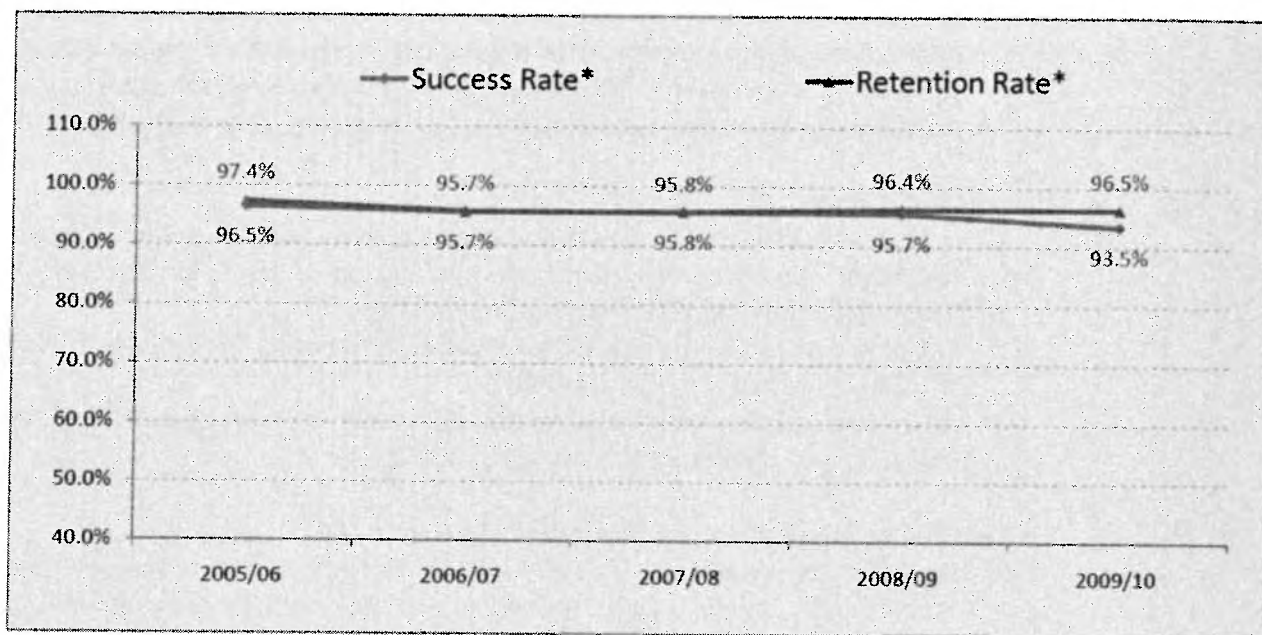
Varsity Team Department Overview





LOAD has increased from a low 349 in 2006/2007 to 456 in 2009/2010. The FTES has increased yearly from 34 to 49.6 in five years.

### Student Performance Profile



Student success and retention rates have stayed consistently above 95% with the changes in Varsity teams for 2005-2010.

#### 5) Three-year Action Plan

Guidelines: This section should include:

- Reflections on Dept/ Program needs and goals
- An action plan for what is to be accomplished in the next three-years

**GOAL A:** The goal is to offer a rich selection of classes that evolves with both the changing interests of the Cañada College student body and the latest advances in physical education, fitness, and pedagogy. In addition, a growing enrollment, as well as changing student interests, dictates a need for new part-time faculty and faculty enrichment.

- New course offerings include: spinning (purchase spin bikes), developing individualized fitness program, Health, Fitness and Lifetime Wellness, new fitness and conditioning, volleyball classes, new dance classes (History of Dance, Tap Dance, Modern Dance, Dance Pedagogy), Sports Nutrition and Introduction to Kinesiology (transfer opportunity).

We are also looking at restructuring PE degree into a Kinesiology degree with transferable coursework/units. This will help increase enrollment in our department because it will be attractive to students who are looking to complete degree requirements at lower cost before having to transfer to a 4-year university. The new name of the department will be Kinesiology, Athletics & Dance.

**GOAL B:** Fitness Professional program improvement:

- offer support to students and

- The Fitness Professional Program will allow support for students to smoothly transfer from college to obtaining a job in the Personal Trainer field via suggested course sequences, job postings, etc.
- There will be a better collaboration with the fitness sites and Cañada College Instructors which will allow high quality internship process that will be under the supervision and responsibility of the Fitness Professional Program instructors instead of Cooperative Education. This will involve development of a student handbook to be used for the duration of the students' time in the program.
- Program Promotion
  - A Fitness professional website that encourages avenues of communication between instructors, prospective students, alumni, current students, future employers.
  - The publication and distribution of a brochure
  - Become part of health fairs, be involved in community health fairs, include student activity coordinator to distribute fliers
  - Offer a short class of aerobics or any other activity class during student events with collaboration of student activity coordinator.
- Expand and re-organize Fitness Professional Program
  - the following course should be added to the program: Sports/Fitness Nutrition. Also re-organize the course offering so that they can be evenly spread out through the year.

**GOAL C:** Create one Saturday Fitness event/workshop (fundraiser or just free event) of the semester. Teachers will teach/volunteer to lead a class on one Saturday to promote their classes. Cañada College can collaborate with other colleges to have guest PE teacher.

**GOAL D:** Create intramural sports or club

- Organize mini tournaments – various sports involved
- Advertise through the Office of Student Activities

**GOAL E:** Add Academic component in the Fitness Center – expand the website by offering three modules that students are required to complete (exp. Self assessment, workout plan and wellness prescription, nutrition component, finals, etc.).

**GOAL F:** The Dance Degree should be approved by the state and promoted. The Dance Degree will contribute to strengthening the Dance classes and of course will attract new students who would like to focus on Dance Degree.

Also, the Dance department needs to hire the following faculty:

- Part Time Dance – Hip-hip, Modern Ballet and Choreography.  
Justification: The Dance Degree paperwork is being submitted to the State Chancellor's office and should be approved for Fall 2011 and if the college strives to provide quality of instruction (tied in the mission), it is crucial to hire expert faculty in the above mentioned discipline.

**GOAL G:** Hire or collaborate with a professional in the marketing field to assist us in promoting Kinesiology, Dance, Athletics, P.E., and Fitness Professional. Promoting will increase enrollment at the college.



- Create a pamphlet for the Kinesiology, Athletics & Dance Department's use
- Create a website for Fitness Professional Program and Kinesiology
- Reach out to the community

**GOAL H:** Continue looking for a women's Head Varsity Volleyball Coach.

**GOAL I:** Have all coaches and instructors become CPR/First Aid/AED certified, especially without out-of-season coverage.

**GOAL J:** Include -General Health Questionnaire for all physical activity classes

**GOAL K:** Restructuring PE degree into a Kinesiology degree with transferable coursework/units. This will help increase enrollment in our department because it will be attractive to students who are looking to complete degree requirements at lower cost before having to transfer to a 4-year university.

**6) Faculty and Staff hiring requests:**

Guidelines: The request should explain clearly and with supporting data how it will serve Department/Program/Division/College needs. Information from the most recent comprehensive program should be included.

- a. Part Time Dance – Hip-hip, Modern Ballet and Choreography.
  - i. The Dance Degree should be approved Fall 2011 and if the college strives to provide quality of instruction (tied in the mission), it is crucial to hire expert faculty in the above mentioned discipline.
- b. Part-time Staff Assistant with marketing background to promote programs and opportunities.
  - i. The assistant will help promote the Kinesiology, Athletics & Dance program (including brochures, reaching out to community for promoting dance, fitness professional). Also the person will be responsible for administrative work: answering department phone, scheduling and answering students' questions.
- c. Part time – Sports/Fitness Nutrition Instructor
  - i. The instructor will be needed to teach Sports Nutrition which will improve the Fitness Professional Program. It will be also beneficial for the athletes to gain knowledge in Sports Nutrition to improve their performance.
- d. Funding for substitute when athletic trainer is unavailable
  - i. Currently there is one certified athletic trainer on staff for the entire athletics program. In case of emergency (e.g. illness, injury), there is no other staff member who is qualified to provide medical coverage beyond first aid. Rules indicate that all hosting schools must have an athletic trainer on site during intercollegiate competition.

7) **Professional Development needs:**

Guidelines: The request should explain clearly how it will serve Department/Program/Division/College needs

- a. Continuing CEC for fitness/dance/ PE faculty and athletic trainer.
    - i. Attending conferences and workshops in the fitness, dance and athletics
      - 1. COST: each workshop costs about **\$400 /person**
        - a. Needs of the college: faculty needs to stay current in their discipline and maintain continuing education units required by their certifications
  - b. New certifications for national strength and conditioning.
    - i. Each certification costs about **\$500-1,500 person**
      - 1. NSCA certification , Instructional Aide II in Fitness Center
        - a. Needs of the college: improves quality of instruction in the Fitness Center. Assist team coaches with sports specific strength and conditioning programs.
      - 2. Yoga certification – Ana (in progress) –
        - a. Needs of the college: it will serve by improvement in teaching Yoga classes
      - 3. Spinning Certification – Cindy Jimenez (to include spinning classes in the curriculum)
- c. DVDs on file for professional development/education
  - 1. 10 DVDs x \$100 = \$ 1000 –
    - a. Needs of the college: improvement in teaching various classes. It will serve as educational component of faculty to discover in depth and broad knowledge of the discipline they are teaching

**8) Equipment Requests: (Item description, Number of Items, Total Cost)**

<b>Item Description</b>	<b>Number of Items</b>	<b>Total Cost</b>	<b>DEPT/Athletics</b>
Copier for Department Office	1	\$6000	PE/Athletics
Equipment Repairs	Various Equipment	\$ 5000	Fitness Center
Dumbbells	6-8 (6 and 7 lbs)	\$ 250	PE/Kurt D
Mats	30	\$ 1000	PE/Ana/Vera/Linda/Jill
Storage Rack for Mats	1	\$ 300	PE/Ana/Vera/Linda/Jill/Sally
CDs (Music)	45	\$ 1000	Dance and PE/All
Portable Dry Erase White Board for the Dance studio	1	\$ 250	FITN/ Ana/Vera/Linda
Portable Mirrors	3	\$ 2600	Vera (teaching salsa in the gym)
Tubing	30 (yellow and green)	\$ 500	PE/Ana/Linda/Jill
PT: Anatomy aids (complete muscles)	1	\$ 505	PT/ Ana/Cindy
PT: Anatomy aids (leg muscles)	1	\$ 635	PT/ Ana/Cindy
PT: Anatomy aids (arm muscles)	1	\$ 500	PT/ Ana/Cindy
PT: Anatomy/Skeleton with muscle attachments	1	\$ 830	PT/ Ana/Cindy
Body Composition Analyzer (Omron)	2	\$ 100	PT/Ana
Blood Pressure Cuffs and Stethoscopes	4	\$ 200	PT/Ana
Skinfold Calipers	2	\$ 500	PT/Ana
Airex Balance Pads	2	\$ 130	PT/Ana
Thera Band Rocker Board	1	\$ 60	PT/Ana
Cones	8	\$90	PT/Ana
Dyna Discs	4	\$ 200	PT/Ana
Half foam roller	4	\$ 130	PT/Ana
Aeromat Balance Wedge	1	\$ 80	PT/Ana
Agility Dots	1 set	\$ 20	PT/Ana
DVDs in Dance	5	\$ 150	Dance/Ana
Amplifier (gym)	1	\$ 500	PE/Sally M
Stretch Straps	25	\$300	PE/Sally M
General Athletic Supplies	Not known	\$ 4500	Training Room/Cindy M
Practice Goal Nets	4	\$ 400	VAR/Kurt D
Small goals	8	\$1600	VAR/Kurt D
Game nets	2	\$200	VAR/Kurt D
Soccer tennis nets	6	\$900	VAR/Kurt D
Extended soccer backstop system	1	\$4000	VAR/Kurt D
Medicine Balls	4	\$ 200	PE/Carr
Plyo / Power / Conditioning Ropes	2	\$ 500	PE/Carr
D-Ring Wall Anchor			
Treadmills	2	\$8000	PE/Carr
Precor or Ocatne Elliptical Trainers	2	\$ 10,000	PE/Carr
Concept 2 indoor Rowing Machines model D	2	\$ 1800	
Deteco Portable Physician Scale	1	\$300	PE/Carr
Reupholster Old Apex Equipment	15	\$ 2000	PE/Carr
Storage Boxes in Exercise Room	3	\$ 200	PE/Carr
Signage	6	Not known	PE/Carr
Gel Core Med Ball – Non Bounce	9	\$ 400	PE/Carr
Kettle bells	12	\$500	PE/Carr
3 tier Dumbbell Rack	1	\$4000	PE/Carr

5-75 lbs dumbbells	20 pairs	\$4000	PE/Carr
Jump ropes	12	\$ 40	PE/Carr
TRX 2x	2	\$ 200	PE/Carr
Thera-band	24	\$ 100	PE/Carr
Precor Back-Extension Machine	1	\$ 900	PE/Carr
Decline Bench Nautilus Precor	1	\$ 900	PE/Carr
Precor Nautilus Flat Bench	1	\$ 300	PE/Carr
Golf balls	25 DZN	\$ 675	VARs/Rick
Polo Shirts	15	\$300	VARs/Rick
Baseballs	30 DZN	\$ 1700	VARs/Tony/ Mike G
Practice Baseballs	40DZN	\$ 1700	VARs/Tony
Batting Helmets	12	\$800	VARs/Tony/Mike G
<b>TOTAL COST</b>		<b>\$ 72,945.00</b>	<b>ALL</b>

**9) Facilities Requests: (Either new or maintenance issues)**

Guidelines: The request should explain clearly how the request will serve Department/Program/Division/College needs

1. Two bright and spacious fitness/dance studios with audio equipment, fully equipped, temperature control, board and projector that will allow presentation of videos; The dance studios will be used for teaching fitness and dance classes. If there is two dance studios the time conflict of offering more classes at the same time will be eliminated
  - a. Windows for light, temperature located locally in the studio so it can be controlled by faculty, new audio and video system, projector and board for teaching (smart classroom for instructions)
  - b. Both studios will have their own **nearby organized storage**;
  
2. **Improve and completely remodel the storage area in every classroom area.** The new and improved storage area will open up space in the dance studio since currently some equipment is stored in the dance studio.  
 One facility issue is inadequate storage for existing equipment. Items need to be stored and locked but space is limited. This is a significant interference when it comes to offering new courses, such as Spin class, where a minimum of 20 bikes would need to be stored when not in use.
  
3. One classroom combined with lab space and storage for the Fitness Professional Program. The lab space will improve instructions in the Kinesiology and Fitness Professional certificate and degree coursework.
  - a. Need smart classroom fully equipped with speakers, etc.
  - b. Storage and lab space (skeleton, muscles, Blood Pressure cuff, Body Composition equipment) with workout equipment for instructor demonstration
  
4. New guest locker/team rooms for visiting teams and referees
  - a. The current set-up involves visiting teams being placed in room 101, which conflicts with evening courses also scheduled for the same room.

- b. The referees are currently placed in the tiny instructor dressing room adjacent to room 101, which is inadequate for 3 referees to be in there at the same time.
  
5. New athletic training room
  - a. The current training room has inadequate ventilation and locked storage. There are cabinets whose doors have been removed. Moreover, there are drains in the floor that emit foul odors intermittently when water is not consistently poured into them.
  - b. The new athletic room should be relocated to the south or west side of building for improved access of loading equipment and supplies into the Gator for game and practice coverage down at the fields. Currently, heavy coolers and other equipment have to be moved through the 101 classroom, which is occasionally occupied by a class in session.
  
6. Remodel basketball gym:
  - new bleachers (top priority)
  - repair both set of double doors that lead towards the fields so that they can remain open without the use of metal rods to prop them open. Currently, only 1 of the 4 doors do not need a metal rod. Install a 15' wide screen and have a smart classroom projection system from ceiling for college events and games
  - Projection system in gymnasium for instruction and varsity events
  
7. Additional space needed for outdoor activities and implement new exercise possibilities. Outdoor fitness workout facility:
  - a. rock climbing wall – (a popular new age exercise would bring younger students to the college).
  - b. new outdoor grass volleyball courts (a popular exercise venue would bring younger students to the college).
  - c. new outdoor soccer courts, (a popular exercise venue would bring younger students to the college).
    - Space for restrooms, locker rooms, concession stands etc
  - d. swimming pool (This addition will lead to aquatic activity courses, facility rental and varsity sport)
  
8. Request for improvement in the outdoor lower field
  - a. Development of the lower field for a combination soccer, lacross and athletic track field.
  - b. Construct a building between the two fields that would have locker rooms for home and visiting teams, a snack bar, two classrooms and a large storage rooms
  - c. Stands (bleachers) along the west side of the field that would have a roof covering the bleachers - making it a small stadium.
  
- 9. Available funds for the maintenance, upgrading and continuous refurbishment need to be considered while planning a new facility.**

10. Fitness Center facility – integrate adjacent outdoor areas for exercise, improve temperature control
11. New "indoor locker rooms" state of the art
  - improve shower stalls. Currently they have not been maintained and show signs of mold. Curtains have been replaced but they've been altered and ruined from daily use when people either remove them from their hooks or stick gum on them.
  - lockers. Maybe switch to all lockers being half-length instead of the square cubbie hole style. It appears that most people use the long ones more than the small one. If we want people to refrain from leaving their bags, purses, and other personal items in the fitness center while working out, the cubbie hole lockers provide insufficient storage capacity.
12. Provide keys/access to female coaches/instructors to locker room  
Objective: This is required to be in compliance with Title IX. Room 1-117 could easily be converted if the adjunct faculty were moved into a new location because a shower and toilet already exist into that room.
13. Add an elevator into the building. The reasons are: moving heavy equipment (i.e. like when Cindy has to set up for basketball games), and complying with ADA.
14. Remodel faculty and coaches' offices and create a small lounge for food and tea storage.
15. Add conference room for faculty meetings and student counseling.

**10) Reflections on comments made to previous reviews**

# CAÑADA COLLEGE

## COMPREHENSIVE PROGRAM REVIEW SELF-STUDY DOCUMENT

In preparing this Program Review, keep the college mission in mind as a reminder that Program Review is to ensure that all programs are aligned with the institutional mission.

**Cañada College's Mission:** It is the mission of Cañada College to ensure that students from diverse backgrounds achieve their educational goals by providing quality instruction in transfer and general education courses, professional/technical programs, basic skills and activities that foster students' personal development and academic success. Cañada College accepts responsibility for serving the community's diverse needs for lifelong enrichment and highly values close teacher to student teaching and learning relationships, support services and a co-curricular environment that contributes to personal growth and success for students.

**PROGRAM NAME: Physical Education and Athletics**

### PART A: Overview of Program

#### **1. If the program has completed a previous self-study, evaluate the progress made toward previous goals.**

We met the following Goals A, C, E, and F: Updated the curriculum, hired of two faculty members, expanded the fitness center, and develop advanced fitness center course. The athletic trainer position was also converted to full-time status.

We have removed goal B (develop AA degree and certificate for PE) in the near future. However, we developed an AS degree and certification program in Fitness Professional, which could replace the PE degree.

Due to deletion of the Adaptive PE faculty and courses, goal D (develop an adaptive fitness technician certification programs) is not attainable in near future as well.

#### **2. State the goals and focus of this program and explain how the program contributes to the mission, comprehensive academic offerings, and priorities of the College and District.**

**PE department and Athletics Mission:** The fitness, dance and athletic department is dedicated to promoting physical activity as an essential component in achieving educational goals, lifelong learning and self-development. The department strives to provide a variety of courses in fitness, dance, individual and team sports that will develop aerobic fitness, flexibility, strength coordination, balance, agility, a sense of body awareness, positive attitudes, and pride in individual and team achievement. The faculty and staff aim to inspire our students to believe in themselves and strive for excellence in personal growth, health and wellness.

**GOAL A:** The goal is to offer a rich selection of classes that evolves with both the changing interests of the Cañada College student body and the latest advances in physical education, fitness, and pedagogy. In addition, a growing enrollment, as well as changing student interests, dictates a need for new part-time faculty and faculty enrichment.

- New course offerings include: spinning (purchase spin bikes), developing individualized fitness program, Health, Fitness and Lifetime Wellness, new fitness and conditioning, volleyball classes, new dance classes (History of Dance, Tap Dance, Modern Dance, Dance Pedagogy), Sports Nutrition and Introduction to Kinesiology (transfer opportunity).

One part of the PE department is the Fitness Professional certificate and AS degree. Eventually as the Fitness Professional program expands, the following courses need to be created and approved by curriculum: Introduction to Kinesiology (transfer opportunity). We will continue to upgrade and edit so that the courses will be transferable to 4-year university programs. We are also looking at collaborating with Health and Science department to set up the class, allowing a current faculty member the opportunity to teach the class.

We are also looking at restructuring PE degree into a Kinesiology degree with transferable coursework/units. This will help increase enrollment in our department because it will be attractive to students who are looking to complete degree requirements at lower cost before having to transfer to a 4-year university. The new name of the department will be Kinesiology, Athletics & Dance.

**GOAL B: Fitness Professional program improvement:**

- offer support to students and
  - The Fitness Professional Program will allow support for students to smoothly transfer from college to obtaining a job in the Personal Trainer field via suggested course sequences, job postings, etc.
  - There will be a better collaboration with the fitness sites and Cañada College Instructors which will allow high quality internship process that will be under the supervision and responsibility of the Fitness Professional Program instructors instead of Cooperative Education. This will involve development of a student handbook to be used for the duration of the students' time in the program.
- Program Promotion
  - A Fitness professional website that encourages avenues of communication between instructors, prospective students, alumni, current students, future employers.
  - The publication and distribution of a brochure
  - Become part of health fairs, be involved in community health fairs, include student activity coordinator to distribute fliers
  - Offer a short class of aerobics or any other activity class during student events with collaboration of student activity coordinator.
- Expand and re-organize Fitness Professional Program
  - the following course should be added to the program: Sports/Fitness Nutrition. Also re-organize the course offering so that they can be evenly spread out through the year.

**GOAL C:** Create one Saturday Fitness event/workshop (fundraiser or just free event) of the semester. Teachers will teach/volunteer to lead a class on one Saturday to promote their classes. Cañada College can collaborate with other colleges to have guest PE teacher.

**GOAL D:** Create intramural sports or club

- Organize mini tournaments – various sports involved
- Advertise through the Office of Student Activities



**GOAL E:** Add Academic component in the Fitness Center – expand the website by offering three modules that students are required to complete (exp. Self assessment, workout plan and wellness prescription, nutrition component, finals, etc.).

**GOAL F:** The Dance Degree should be approved by the state and promoted. The Dance Degree will contribute to strengthening the Dance classes and of course will attract new students who would like to focus on Dance Degree.

Also, the Dance department needs to hire the following faculty:

- Part Time Dance – Hip-hop, Modern Ballet and Choreography.  
Justification: The Dance Degree paperwork is being submitted to the State Chancellor's office and should be approved for Fall 2011 and if the college strives to provide quality of instruction (tied in the mission), it is crucial to hire expert faculty in the above mentioned discipline.

**GOAL G:** Hire or collaborate with a professional in the marketing field to assist us in promoting Kinesiology, Dance, Athletics, P.E., and Fitness Professional. Promoting will increase enrollment at the college.

- Create a pamphlet for the Kinesiology, Athletics & Dance Department's use
- Create a website for Fitness Professional Program and Kinesiology.
- Reach out to the community

**GOAL H:** Continue looking for a women's Head Varsity Volleyball Coach.

**GOAL I:** Have all coaches and instructors become CPR/First Aid/AED certified, especially without out-of-season coverage.

**GOAL J:** Include General Health Questionnaire for all physical activity classes

**GOAL K:** Restructuring PE degree into a Kinesiology degree with transferable coursework/units. This will help increase enrollment in our department because it will be attractive to students who are looking to complete degree requirements at lower cost before having to transfer to a 4-year university.

**GOAL L:** Develop the Mini-Track into

- Grass volleyball pits
- Small size soccer fields

**GOAL M:** Add an Aquatics Program: Swimming Pool

- Aquatic activity courses and instructors
- Swimming Pool facility Rental
- Varsity Sports

**GOAL N:** Purchase spin bikes and add spin class to our course offerings.

**3. If the student population has changed, state how the program is addressing these changes. Document the demographic trends.**

Due to state budgetary distress, there has been an increase in enrollment at our community college due to the limited acceptance by the UC and CSU system. Consequently, we benefit from an increase in enrollment from students who are arriving after high school graduation. To better serve this population, we are working on tailoring our offerings to meet their interests by seeking to offer courses similar to the

currently popular classes found in national fitness gyms, such as Boot Camp, Zumba, and Spin. Our Fitness Professional Program serves as a means both for unemployed adults who are interested in career changes and younger students interested in the fitness industry.

**4. If the program utilizes advisory boards and/or professional organizations, describe their roles.**

The Fitness Professional Program utilizes an advisory board. Its role is to provide recommendation on improvement of the Fitness Professional. Based on certain recommendations, some of the Fitness Professional Program courses were modified to better suit students needs

## **PART B: Curriculum**

**1. Describe how the courses offered in the program meet the needs of the students and the relevant discipline(s). (This may be answered through narrative or quantitative evaluation).**

The Fitness Professional Program strives to provide information in its core courses that will prepare the students for certification exams through nationally recognized organizations such as the American College of Sports Medicine and the National Strength and Conditioning Association. The courses found in our department are available for all age groups, abilities and disabilities, demographics, and ethnicities. The variety offered allows all students to find courses that will meet their fitness levels and help obtain their fitness goals.

**2. State how the program has remained current in the discipline(s).**

We strive to offer courses that appeal to the majority of students on campus. Our instructors are continually attending conferences and workshops in their disciplines to stay up-to-date on the latest in their respective fields. Faculty and staff continue to participate in instructional and grant requests in order to purchase new fitness equipment for educational and training use.

**3. All course outlines in this program should be reviewed and, if appropriate, revised every six years. If this has not occurred, please list the courses and present a plan for completing the process.**

Faculty has worked on updating the curriculum over the past five years. All of the fitness and dance courses have been updated. The list of when the courses have been updated can be found under the annual program review – curricular program offerings.

**4. If external accreditation or certification is required, please state the certifying agency and status of the program.**

Not Applicable.

**5. Describe how your program is articulated with similar departments within SMCCD, the Sequoia High School District and/or other four year institutions. (Include articulation agreements, common course numbering etc.)**

Our fitness activity courses are transferable to the UC and CSU to meet physical education requirements.

## **6. Discuss plans for future curricular development and/or program modification.**

The new course offering list include: spinning, developing individualized fitness program, new fitness and conditioning, volleyball classes, athletic guidance, new dance classes (History of Dance, Tap Dance, Modern Dance, Dance Pedagogy), dance aerobics in the water, swimming classes, indoor soccer, rock climbing classes, outdoor volleyball, lacrosse. One limitation of what we can offer will be funding for professional development because some courses require certification before we can teach them as such (e.g. Spin, Zumba, etc)

One part of the PE department is the Fitness Professional certificate and AS degree. Eventually as the Fitness Professional program expands, the following courses need to be created and approved by curriculum: Sports Nutrition and Introduction to Kinesiology (transfer opportunity) and Kinesiology A.S.T. degree.

## **PART C: Student Outcomes**

- 1. Please attach all Bi-Annual State of the Department reports from the past six years.**
- 2. Update any analysis to include a summary of all years. Attach student learning outcomes here.**

Upon completion of the Physical education classes, the student will be able to:

1. Recognize the importance of physical activity in leading a healthy lifestyle and the importance of increasing sense of well being.
2. Demonstrate proper alignment while performing exercise movement.
3. Improve their flexibility, coordination, strength, balance or aerobic fitness level.
4. Promote positive attitude and develop pride in individual and team achievement.

## **PART D: Faculty and Staff**

- 1. List current faculty and staff members in the program, areas of expertise, and how positions contribute to the program success.**

### **Full-Time Faculty**

**Miladinova, Ana**– Fitness Dance instructor – develops curriculum, updates the Fitness Professional and Dance Degree, teaches fitness and dance classes, leads advisory meetings, works on improving the fitness professional program and internship

**Garcia, Mike**- Athletic Director

**Devlin, Kurt** – Women's Soccer Coach

## **Adjunct and Classified Faculty**

**Breen, Linda** – Dance Instructor

**Carr, Nick** – Instructional Aide II & Fitness Instructor - oversees Fitness Center operations and equipment maintenance, instructs and assists students in fitness assessments and program designs

**Daly, Jill** - Pilates Instructor

**Diepenbrock, Peter** – Men's Basketball Coach

**Graf, Ruedi** – Women's Soccer Coach

**Jimenez, Cindy**– Athletic Trainer - develops curriculum, updates the Fitness Professional, serves on advisory board, teaches fitness classes, provides medical coverage to intercollegiate athletes, and works on improving the fitness professional program and internship.

**Lucca, Anthony** – Baseball coach

**McGill, Sally** – Professor, Fitness

**Nicolopoulos, Steve** – Fitness

**Pena, Jose** – Volleyball, Fitness

**Quijano, Vera** – Salsa Instructor

**Velasquez, Rick** – Golf coach and instructor

## **2. List major professional development activities completed by faculty and staff in this program in the last six years and state what development is needed or proposed by faculty in this program.**

**Ana Miladinova:** Yoga Certification, Attending Fitness IDEA conferences, attending various dance classes and workshops in the summer, Corrective Exercise Specialist.

**Cindy Jimenez:** various Athletic Training and Strength and Conditioning conferences to obtain continuing education units (75 units for every 3 years to keep ATC certification, 6 units every 3 years for CSCS), CPR recertification every two years.

**Mike Garcia:** Attends Coast Conference Athletic Director meetings. Attends State Athletic Director Conventions

### **Proposed Faculty Development:**

- a. Continuing CEC for fitness/dance/adaptive PE faculty and athletic trainers.
  - i. Attending conferences and workshops in the fitness, dance and athletics
    1. COST: each workshop costs about **\$400 /person**
      - a. Needs of the college: faculty needs to stay current in their discipline
- b. New certifications for national strength and conditioning.
  - i. Each certification costs about **\$500-1,500 /person**
    1. NSCA certification – Nick –
      - a. Needs of the college: improves quality of instruction in the Fitness Center. Assist team coaches with sports specific strength and conditioning programs.
    2. Spinning Certification – Cindy Jimenez (to include spinning classes in the curriculum)
- c. DVDs on file for professional development/education
  1. 10 DVDs x \$100 = \$ 1000 –
    - a. Needs of the college: improvement in teaching various classes. It will serve as educational component of faculty to discover in depth and broad knowledge of the discipline they teach

**3. Describe the departmental orientation process for new full-time and adjunct faculty and staff (please include student workers such as tutors and aides).**

The following represents the department's procedures for orienting new full-time and adjunct faculty members:

1. The Dean of the Business, Workforce & Athletics requests a full-time faculty member to volunteer to become the mentor to the new faculty member. The mentor is matched with similar FSA's or at least familiar with his/her discipline.
2. Role of the mentor is to assist new faculty members to become familiar with the campus, the department, and college procedures.
3. Faculty are introduced to other personnel on campus and receive the following assistance from the Division Office:
  - a. Procedures to follow dealing with student issues, plagiarism, etc.
  - b. Academic Calendar, Catalog, & Schedule
  - c. Parking Permit
  - d. E-Mail, WebSmart, & Phone Mail with instructions...
  - e. Admissions & Records policies on submitting grades, pertinent reports, etc.
  - f. Mailbox in Departmental workroom
  - g. Office Space, if applicable
  - h. Office Hours Requirements, if applicable
  - i. Catalog, Schedule, & Official Course Outlines for each course taught
    1. Sample of syllabus is distributed to follow similar format.
  - j. Supplies
  - k. Case of illness or emergencies, whom to contact.
  - l. Department and Division meeting dates and Committees

**PART E: Facilities, Equipment, Materials and Maintenance**

**1. Discuss the quality and accessibility of the facilities, equipment, equipment maintenance, and materials available to the program. List projected needs.**

1. Two bright and spacious fitness/dance studios with audio equipment, fully equipped, temperature control, board and projector that will allow presentation of videos; The dance studios will be used for teaching fitness and dance classes. If there is two dance studios the time conflict of offering more classes at the same time will be eliminated
  - a. Windows for light, temperature located locally in the studio so it can be controlled by faculty, new audio and video system, projector and board for teaching
  - b. Both studios will have their own **nearby organized storage**;
2. **Improve and completely remodel the storage area.** The new and improved storage area will open up space in the dance studio since currently some equipment is stored in the dance studio. One facility issue is inadequate storage for existing equipment. Items need to be stored and locked but space is limited. This is a significant interference when it comes to offering new

- courses, such as Spin class, where a minimum of 20 bikes would need to be stored when not in use.
3. One classroom combined with lab space and storage for the Fitness Professional Program. The lab space will improve instructions in the Kinesiology and Fitness Professional certificate and degree coursework.
    - a. Need smart classroom fully equipped with speakers, etc.
    - b. Storage and lab space (skeleton, muscles, Blood Pressure cuff, Body Composition equipment) with workout equipment for instructor demonstration
  4. New guest locker/team rooms for visiting teams and referees
    - a. The current set-up involves visiting teams being placed in room 101, which conflicts with evening courses also scheduled for the same room.
    - b. The referees are currently placed in the tiny instructor dressing room adjacent to room 101, which is inadequate for 3 referees to be in there at the same time.
  5. New athletic training room
    - a. The current training room has inadequate ventilation and locked storage. There are cabinets whose doors have been removed. Moreover, there are drains in the floor that emit foul odors intermittently when water is not consistently poured into them.
    - b. The new athletic room should be relocated to the south or west side of building for improved access of loading equipment and supplies into the Gator for game and practice coverage down at the fields. Currently, heavy coolers and other equipment have to be moved through the 101 classroom, which is occasionally occupied by a class in session.
  6. Remodel basketball gym:
    - new bleachers (top priority)
    - repair both set of double doors that lead towards the fields so that they can remain open without the use of metal rods to prop them open. Currently, only 1 of the 4 doors do not need a metal rod. Install a 15' wide screen and have a smart classroom projection system from ceiling for college events and games.
    - Projection system in gymnasium for instruction and varsity events.
  7. Additional space needed for outdoor activities and implement new exercise possibilities. Outdoor fitness workout facility:
    - a. rock climbing wall – (a popular new age exercise would bring younger students to the college).
    - b. new outdoor grass volleyball courts (a popular exercise venue would bring younger students to the college).
    - c. new outdoor soccer courts, (a popular exercise venue would bring younger students to the college).
      - i. Space for restrooms, locker rooms, concession stands etc
    - d. swimming pool (This addition will lead to aquatic activity courses, facility rental and varsity sport)
  8. Request for improvement in the outdoor lower field
    - a. Development of the lower field for a combination soccer, lacross and athletic track field.
    - b. Construct a building between the two fields that would have locker rooms for home and visiting teams, a snack bar, two classrooms and a large storage rooms

- c. Stands (bleachers) along the west side of the field that would have a roof covering the bleachers - making it a small stadium.

**9. Available funds for the maintenance, upgrading and continuous refurbishment need to be considered while planning a new facility.**

10. Fitness Center facility – integrate adjacent outdoor areas for exercise, improve temperature control
11. New "indoor locker rooms" state of the art
  - improve shower stalls. Currently they have not been maintained and show signs of mold. Curtains have been replaced but they've been altered and ruined from daily use when people either remove them from their hooks or stick gum on them.
  - lockers. Maybe switch to all lockers being half-length instead of the square cubbie hole style. It appears that most people use the long ones more than the small one. If we want people to refrain from leaving their bags, purses, and other personal items in the fitness center while working out, the cubbie hole lockers provide insufficient storage capacity.
12. Provide keys/access to female coaches/instructors to locker room  
Objective: This is required to be in compliance with Title IX. Room 1-117 could easily be converted if the adjunct faculty were moved into a new location because a shower and toilet already exist into that room.
13. Add an elevator into the building. The reasons are: moving heavy equipment (i.e. like when Cindy has to set up for basketball games), and complying with ADA.
14. Remodel Faculty and coaches' offices and create a small lounge for food and tea storage.
15. Remodel faculty and coaches' offices and create a small lounge for food and tea storage.
16. Add conference room for faculty meetings and student counseling.

**2. Describe the use and currency of technology. List projected needs.**

The instructional classroom has been outfitted with a projector and wall-mounted screen, which allows the Fitness Professional classes to be taught in Building 1.

**The following improvements are needed:**

1. Convert the classroom into Fitness/Personal Trainer Lab with **appropriate equipment and storage**:
  - a. Skeleton, Muscles, Body Composition and Blood Pressure Testing
  - b. Simple workout equipment so that it can allow the instructors to demonstrate certain exercises in the classroom.
  - c. Up to date projector
2. Equip the dance studio with a projector and internet access so that dance and fitness instructors can show power point presentations and videos of dance movement that will allow discussion about movement and dance among students
  - a. Equipment needed: internet access, projector, video showing and analysis (camera).

**3. If applicable, describe the support the program receives from industry. If the support is not adequate, what is necessary to improve that support?**

In reaching out to the community for internship sites, the fitness professional instructors have affiliated the program with local fitness gyms. These private businesses not only offer sites for our students to perform hands-on learning, but also offer potential employment opportunities after the students obtain their certification. We will continue to expand on our list of affiliated sites as our enrollment increases.

## **PART F: Budget Request**

**1. What faculty positions will be needed in the next six years in order to maintain or build the department?**

- a. Part Time Dance – Hip-hip, Modern Ballet and Choreography.
  - ii. The Dance Degree should be approved Fall 2011 and if the college strives to provide quality of instruction (tied in the mission), it is crucial to hire expert faculty in the above mentioned discipline.
- b. Part time – Sports/Fitness Nutrition Instructor
  - iii. The instructor will be needed to teach Sports Nutrition which will improve the Fitness Professional Program. It will be also beneficial for the athletes to gain knowledge in Sports Nutrition to improve their performance.
- c. Funding for substitute when athletic trainer is unavailable
  - iv. Currently there is one certified athletic trainer on staff for the entire athletics program. In case of emergency (e.g. illness, injury), there is no other staff member who is qualified to provide medical coverage beyond first aid. Rules indicate that all hosting schools must have an athletic trainer on site during intercollegiate competition.

**2. What staff positions will be needed in the next six years in order to maintain or build the department? (Staff, facilities, equipment and/or supplies) will be needed in the next six years?**

- d. Part-time Staff Assistant with marketing background to promote programs and opportunities.
  - v. The assistant will help promote the Kinesiology, Athletics & Dance program (including brochures, reaching out to community for promoting dance, fitness professional). Also the person will be responsible for administrative work: answering department phone, scheduling and answering students' questions.



**3. What equipment will be needed in the next six years in order to maintain or build the department?**

*Question was answered in equipment request (number 8) under annual program review at the beginning of this document.*

*Additional equipment will be needed if the college adds new facilities and space for additional classes such as swimming, track and field and spinning classes. Spinning bikes cost approximately 800 dollar/bike and we need to purchase 25 of them. Additional swimming props will be needed as well.*

**4. What facilities will be needed in the next six years in order to maintain or build the department?**

*Question was answered in PART E: Facilities, Equipment, Materials and Maintenance (question number 1) under comprehensive program review.*

**PART G: Additional Information**

**1. Describe any other pertinent information about the program that these questions did not address?**

## **CAÑADA COLLEGE EVALUATION OF THE COMPREHENSIVE PROGRAM REVIEW PROCESS**

To improve the Program Review process your help and suggestions are instrumental. We ask that all parties responsible for preparation of this review have input into the evaluation. After completion of the Program Review process, please take a few moments to complete and return this evaluation to the chair of the Curriculum Committee.

**Program Name:** Physical Education and Athletics

**Estimate the total number of hours to complete your Program Review:**

30 + hours

**Was the time frame for completion of Program Review adequate? If not, explain.**

*We were informed early but it seems like the data was not ready on time so the document could not be completed on time unless full-time faculty worked over the weekend for this.*

**Was the instrument clear and understandable? Was it easy to use? If not, explain and offer suggestions for improvement.**

Yes. It was clear but the questions were repetitive because it includes an annual program review.

**Were the questions relevant? If not, please explain and offer specific suggestions.**

The questions were repetitive. There is a question under annual review about planning and goals for three years and then there is a question in the comprehensive review about goals, and planning for five years. What is the difference really? Should the annual plan have a question about yearly plan instead?

**Did you find the Program Review process to have value? If not, please explain and offer suggestions.**

Yes, because it states goals and all faculty needs and requests. It just requires more collaboration and time sacrifice from faculty.

**Was the data you received from administration complete and presented in a clear format? Would you like additional data?**

yes

**Please offer any comments that could improve and/or streamline Program Review!**

If we are completing a comprehensive review there shouldn't be an annual review because it was too confusing.

# PHYSICAL EDUCATION AND ATHLETICS

## CAÑADA COLLEGE COMPREHENSIVE PROGRAM REVIEW EXECUTIVE SUMMARY (2 page maximum)

### Short Summary of Findings

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#### Type your summary here:

The fitness, dance and athletics department promotes physical activity essential component in achieving educational goals, lifelong learning and self-development. The department provides a variety of courses in fitness, dance and athletics. The faculty and staff inspire our students to believe in themselves and strive for excellence in personal growth, health and wellness.

This is reflected in student enrollment, measured assessments, usage of the fitness center, excellent dance performances, the implementation of the fitness specialist program, and the outstanding performances of our athletic teams. Faculty and staff are doing this in spite of the shortcomings in facilities, administrative support and equipment that are addressed above. The suggestions for additional classes, staff, programs, and improved facilities will enhance the department's ability to meet the diverse needs of our college's students.

Faculty and staff are working on improving the Fitness Professional Program and introducing a new Kinesiology degree which will allow transfer to 4-year universities.

### Three Strengths of the Program

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1. The Faculty strives for improvement of Physical Education, Dance, Fitness Professional, Fitness PProfessional and Athletics. The faculty strives to create up to date courses to attract students to the college.
2. The Fitness Professional certificate and A.S. degree program is growing and striving for high quality instruction and support for students.
3. The athletics coaches and trainers are very competitive and passionate at training the athletes on the field and academically, which shows the results of several games. Competitive athletic teams represent Canada College both locally and stat wide. This provides the student athletes with the opportunity to participate in intercollegiate sports.

### Three Suggestions for Improvement

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1. More collaboration among faculty, staff, and coaches. Due to the high number of adjunct faculty, part-time coaches and part-time staff in the physical education/athletics department, more emphasis is needed on collaboration.
2. Hire part-time faculty to teach specialized courses such as hip-hop, choreography, modern ballet, sports nutrition. Also get support from the college to improve marketing the program and the

college in general. Continue and expand continuing education professional development and new certifications for current faculty to cover new course offerings.

3. The faculty is in desperate need of a new or remodeled facility with improved ventilation system and technology that will allow for better instruction.
4. Expand Athletic team offerings by adding additional women's varsity sports such as basketball and cross country

# CAÑADA COLLEGE

## Comprehensive Program Review Checklist

- Comprehensive Program Review Self-Study Document
- All Bi-Annual State of the Department Documents since last Program      Review
- Executive Summary
- Completed Evaluation of the Comprehensive Program Review Process      Form
- Additional data as necessary

Date: 4/22/11

Program Name: Department of Kinesiology, Athletics, and Dance

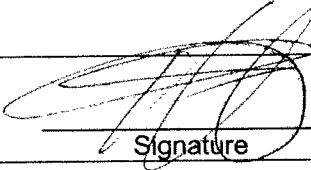
Review Committee Chair:

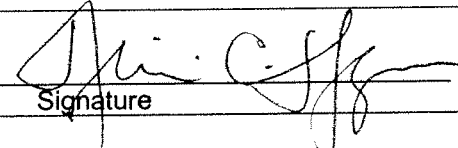
Review Committee Members:

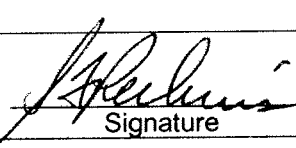
**CAÑADA COLLEGE**  
**PROGRAM REVIEW**  
**INSTITUTIONAL RESPONSE SHEET**

**Program Name:** Department of Kinesiology, Athletic, and Dance

Thank you for your time and effort in preparing this Program Review. Your Executive Summary, with recommendations, has been sent to the Planning/Budget Committee and the Board of Trustees.

<b>#1. Division Dean</b>	 Signature
<b>Comments:</b>	

<b>#2. Curriculum Committee Chair</b>	 Signature
<b>Comments:</b>	

<b>#3. College Vice President</b>	 Signature
<b>Comments:</b>	