

#12

COMPLETE

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Page 1: I. Program Overview and Update

Q1 Department(s) Reviewed:

Kinesiology (Exercise Science)

Q2 Lead Author and Participants: Please list any person who participated in the preparation of this report.

Rob Wojtkowski

Q3 Dean/Manager:

Terry Davis

Q4 Program Update: Please summarize the changes, additions, and achievements that have occurred in your program since your last program review was submitted. To access your 2019 program review, visit the Program Review webpage.

The Kinesiology (Exercise Science) Department now can fully utilize D100 our gym as the dynamic classroom we have planned for in the past. By the inclusion of technology in our gym via video and sound, instructors can better assist our students in accessing the curriculum. However, the need for AC in D100 is still a major issue. While there has been discussions on the AC in the gym, nothing has been finalized. In the Fall of 2019 we offered ES 28abc (Yoga) which is a popular course that will be utilized by our college's diverse population in both age and fitness ability. ES 28abc was so popular that we added a second section in Spring 2020. Moreover, the Kinesiology (Exercise Science) department's long range plan is offer a Yoga teachers certificate in the future. While the Kinesiology (Exercise Science) department add ES 28abc (Yoga), we are still waiting to offer ES 008abc (Indoor Cycling). The curriculum committee approved our new class and the ROC committee approved the purchase of 8 new cycles to go with our 12 cycles. However, the new cycles have not been delivered to the Kinesiology (Exercise Science) department. Our tenure track faculty Jennifer Tomaschke has been given tenure. JT is our women's soccer coach, teaching ES 001, ES 13, ES 28abc. JT will be pursuing her own certification in Yoga teacher training to be able to lead our new Yoga teacher certificate at Cuyamaca College. This will be a great addition to our college because only Miramar and Mira Costa offer this Yoga teaching certificate with in the community colleges in San Diego county.

Page 2: II. Assessment and Student Achievement

Q5 1. Do you have a course Student Learning Outcome (SLO) assessment plan on file with the Student Learning Outcome and Assessment Committee (SLOAC)? If you have not already done so, you can submit your program's assessment plan to SLO Coordinator, Tania Jabour, at tania.jabour@gcccd.edu. **Yes**

Q6 OPTIONAL: You may upload a copy of your SLO assessment plan for SLOAC here. If you have an Excel sheet, please convert to one of the supported files listed below before submission. **Respondent skipped this question**

Q7 2. Please provide an analysis of your Student Learning Outcomes (SLO) findings and what changes, if any, were made as a result.

We are in the process of updating our SLO's to make them more relevant. The Kinesiology (Exercise Science) department is planning on updating our SLO's on many of our course outlines during the Spring 2020 semester.

Q8 3. Does your department or discipline offer any degrees and/or certificates? **Yes**

Page 3: II. Assessment and Student Achievement

Q9 4. How are you currently assessing your PLOs?

Currently the Kinesiology (Exercise Science) department is rewriting our PLO's with Health and Biology. A meeting took place in the early Fall of 2019 between the department chairs for Kinesiology (Exercise Science), Health and Biology. At this meeting, PLO's and guided pathways were discussed. PLO's over the three disciplines were discussed and approved. We are currently waiting for a follow up meeting to finalize our PLO's.

Q10 5. Are your PLOs in the catalog an accurate reflection of the department or discipline's current learning objectives? To access the College Catalog Associate Degree Programs and Certificates section, [click here](#). **Yes**

Q11 6. Are the PLOs mapped onto the course SLOs? If you require assistance, please contact Madison Harding in the IESE Office at madison.harding@gcccd.edu **Yes**

Page 4: II. Assessment and Student Achievement

Q12 Referencing the last 5 years of data, discuss the changes in course success rate since the last program review (annual or comprehensive) report.

The Kinesiology (Exercise Science) success rate was 82% in the fall 2019 compared to 87% in the fall of 2018 and 72% in the fall of 2015. The Kinesiology (Exercise Science) success rate was 84% in the spring of 2019 compared to 89% in the spring of 2018 and 78% in the spring of 2015. The Kinesiology (Exercise Science) has maintained a success rate over the college's 2024 goal of 77%.

Q13 Considering the college's 2024 goal of increasing course success rates to 77%, discuss how your department/discipline will help meet that goal.

The Kinesiology (Exercise Science) has maintained a success rate over the college's 2024 goal of 77%.

Q14 Please describe any equity gaps, in which specific groups (e.g., by gender and ethnicity) have success rates lower than that of the department or discipline overall.

There are no gender gaps in with success rates in the Kinesiology (Exercise Science) department. In spring 2019 success rate for women 84% was almost identical to men 83%. As far as ethnicity, all groups listed in the data were above a 77% success rate with the one exception of black non-hispanic that was at 76% success rate. This is only a 8% difference between our Kinesiology (Exercise Science) department average.

Q15 What department/discipline (or institutional) factors may be contributing to these lower success rates for these groups of students?

The small number of black non-hispanic students (31) compared to the total number of students (657) could be a factor in the factor for lower success rates. If only 3 black non-hispanic students fail their class it can bring down our success rate below the Kinesiology (Exercise Science) department success rate.

Q16 What specific steps will the department of discipline take to address these equity gaps in the 2020/21 academic year?

The Kinesiology (Exercise Science) department will monitor the data from the 2019-2020 school year. Our black non-hispanic success rate has fluctuated from 71% (Spring 2016) to 86% (Spring 2017).

Q17 How do these steps inform the long-term department or discipline goals that you are setting in this annual program review?

With our success rates for black non-hispanic students at 85% (spring 2018) and 86% (spring 2017), the Kinesiology (Exercise Science) department does not see this as negative trend.

Q18 In what way does your department/discipline work across instruction and student services to advance the college's student success & equity goals?

The Kinesiology (Exercise Science) department works with student services to insure that our student/athletes have Educational Plans on file, make sure our student/athletes are on the accelerated pathway for graduation and transfer. The Kinesiology (Exercise Science) works with student services to inform them of courses that would be beneficial for our diverse student population.

Q19 OPTIONAL: If you would like to attach any charts or additional documentation (aside from the program review report prepared by the IESE Office), please upload it using the button below. **Respondent skipped this question**

Page 5: II. Assessment and Student Achievement

Q20 Do you offer distance education (online) courses? **Yes**

Page 6: II. Assessment and Student Achievement

Q21 Are there differences in success rates for distance education (online) versus in-person sections? **Respondent skipped this question**

Q22 If there are differences in success rates for distance education (online) versus in-person sections, what will the discipline or department do to address these disparities?

The Kinesiology (Exercise Science) department's overall success rate is 82% in Fall 2018 and 84% success rate in Spring 2019. Most of our Kinesiology (Exercise Science) classes have a lab and lecture component. Most of these classes are 1-1.5 units. Our only online course is ES 250 which is lecture only is 3 units. The success rate for ES 250 was 59% with 76 students and 49% with 39 students.

Q23 What mechanisms are in place to ensure regular and effective contact within online courses across the discipline or department?

Our ES 250 classes have increased their regular and effective contact last fall through specific feedback on all written assignments to every student that had any points deducted. Success for Fall 2019 was 77%. Regular announcements will be added this spring 2020 for weekly assignment deadlines.

Page 7: III. Previous Goals: Update (If Applicable)

Q24 Would you like to provide an update for your previous program review goal(s)? **Yes**

Page 8: III. Previous Goals: Update (If Applicable) continued

Q25 Previous Goal 1:

Have D100 (gym) fitted for air condition so our students can learn more effectively.

Q26 Which College Strategic Goal does this department goal most directly support? **Student Validation and Engagement**

Q27 Please describe how this goal advances the college strategic goal identified above.

The Kinesiology (Exercise Science) department offers multiple courses in D100 without air conditioning. D100 has had a temperature measuring of over 95 degrees during many of our classes. Besides being unsafe for our students and especially many of our older students, it is difficult and almost impossible to teach under these conditions. In fact, during a two week span, two ES 155a students had to be carted off to the health office due to heat related issues.

Q28 Goal Status

In Progress - will carry this goal forward into next year

Page 9: III. Previous Goals: Update (If Applicable) continued

Q29 Please describe the results or explain the reason for deletion/completion of the goal: **Respondent skipped this question**

Q30 Do you have another goal to update?

Respondent skipped this question

Page 10: III. Previous Goals: Update (If Applicable) continued

Q31 Please describe action steps for the year:

I know that AC is being discussed but we do not have a clear time table on when AC will be put in D100.

Q32 How will this goal be evaluated?

When AC is put in D100.

Q33 Do you have another goal to update?

Yes

Page 11: III. Previous Goals: Update (If Applicable) continued

Q34 Previous Goal 2:

Put a smart classroom in D100 (gym) so our students can access the curriculum

Q35 Which College Strategic Goal does this department goal most directly support? **Basic Skills Acceleration**

Q36 Please describe how this goal advances the college strategic goal identified above.

D100 is the largest and most utilized classroom on campus that is not a smart classroom. By making D100 into a smart classroom, instructors can utilize technology to help our students access the curriculum.

Q37 Goal Status

Completed

Page 12: III. Previous Goals: Update (If Applicable) continued

Q38 Please describe the results or explain the reason for deletion/completion of the goal:

complete

Q39 Do you have another goal to update?

Yes

Page 13: III. Previous Goals: Update (If Applicable) continued

Q40 Please describe action steps for the year:

Respondent skipped this question

Q41 How will this goal be evaluated?

Respondent skipped this question

Q42 Do you have another goal to update?

Respondent skipped this question

Page 14: III. Previous Goals: Update (If Applicable) continued

Q43 Previous Goal 3:

Offer a "spin cycle" course in D203

Q44 Which College Strategic Goal does this department goal most directly support?

Student Validation and Engagement

Q45 Please describe how this goal advances the college strategic goal identified above.

Spin cycle classes are popular classes many colleges. Currently our Kinesiology (Exercise Science) department has 12 life cycles in D100. The additional 8 life cycles will allow us to offer a spin cycle course. As this course grows in popularity on our campus, the Kinesiology (Exercise Science) department can offer more "spin" classes.

Q46 Goal Status

In Progress-will carry this goal forward into next year

Page 15: III. Previous Goals: Update (If Applicable) continued

Q47 Please describe the results or explain the reason for deletion/completion of the goal:

Respondent skipped this question

Q48 Do you have another goal to update?

Respondent skipped this question

Page 16: III. Previous Goals: Update (If Applicable) continued

Q49 Please describe action steps for the year:

1. College finds funding to purchase 8 life cycles. (was approved by ROC 2019)
2. Kinesiology (Exercise Science) department writes curriculum for class. (complete)
3. The Kinesiology (Exercise Science) department offers the class. The Kinesiology (Exercise Science) department is confident that when Cuyamaca College offers this class it will become one of the most popular classes on this campus. (not complete - cycles were not purchased).

Q50 How will this goal be evaluated?

After being approved to purchase the 8 life cycles, the college has not purchased these for our new class. Once the cycles arrive on campus, we are confident this will be a popular class that has multiple sections and will have a high fill rate.

Q51 Do you have another goal to update?

Yes

Page 17: III. Previous Goals: Update (If Applicable) continued

Q52 Previous Goal 4:

Change class max for some of our Kinesiology (Exercise Science) classes that do not represent the appropriate class max.

Q53 Which College Strategic Goal does this department goal most directly support?

Student Validation and Engagement

Q54 Please describe how this goal advances the college strategic goal identified above.

Currently we have a number of Kinesiology (Exercise Science) courses that do not have the correct class size. These courses have 50 student maximums when it is not appropriate to have 50 students in these courses. Like a science laboratory with only 15 microscopes, there would not be 50 students in the science laboratory class so up to four students have to share a microscope. Similarly, the Kinesiology (Exercise Science) department has classes with class size greater than what should be allowed. These classes are lecture and lab. Furthermore, our sister college at Grossmont has the same courses with the same class class space but with smaller class sizes.

Q55 Goal Status

In Progress-will carry this goal forward into next year

Page 18: III. Previous Goals: Update (If Applicable) continued

Q56 Please describe the results or explain the reason for deletion/completion of the goal: **Respondent skipped this question**

Q57 Do you have another goal to update? **Respondent skipped this question**

Page 19: III. Previous Goals: Update (If Applicable) continued

Q58 Please describe action steps for the year:

1. The Kinesiology (Exercise Science) dean, Kinesiology (Exercise Science) department chair and VP of instruction meet to discuss this issue.
 2. Identify courses with incorrect class size at Cuyamaca College (Cuy) and current class size at Grossmont College (GC):
ES 60abc (badminton) Cuy 50 GC 40
ES 76abc (tennis) Cuy 50 GC 36
ES 155abc (basketball) Cuy 50 GC 30
ES 170abc (soccer) Cuy 50 GC 25
ES 175abc (volleyball) Cuy 50 GC 30
-

Q59 How will this goal be evaluated?

A meeting with Kinesiology (Exercise Science) department chair, Dean and VPI has not been set up. The Kinesiology (Exercise Science) chair has asked for this meeting but it has not been set up.

Q60 Do you have another goal to update? **No**

Page 20: III. Previous Goals: Update (If Applicable) continued

Q61 Previous Goal 5: **Respondent skipped this question**

Q62 Which College Strategic Goal does this department goal most directly support? **Respondent skipped this question**

Q63 Please describe how this goal advances the college strategic goal identified above. **Respondent skipped this question**

Q64 Goal Status **Respondent skipped this question**

Page 21: Copy of page: III. Previous Goals: Update (If Applicable) continued

Q65 Please describe the results or explain the reason for deletion/completion of the goal: **Respondent skipped this question**

Page 22: Copy of page: III. Previous Goals: Update (If Applicable) continued

Q66 Please describe action steps for the year: **Respondent skipped this question**

Q67 How will this goal be evaluated? **Respondent skipped this question**

Page 23: IV. New Goals (If Applicable)

Q68 Would you like to propose any new goal(s)? **Yes**

Page 24: IV. New Goals (If Applicable) continued

Q69 New Goal 1:

Purchase TRX equipment (functional fitness) to offer functional fitness classes that will better serve our college population. The TRX equipment is being used by private fitness gyms, personal trainers and individuals.

Q70 Which College Strategic Goal does this department goal most directly support? **Student Validation and Engagement**

Q71 Please describe how this goal advances the college strategic goal(s) identified above.

Many of the students that take Kinesiology (Exercise Science) classes at Cuyamaca College are unique to our campus. Many are older or with disabilities. While we offer two adaptive classes (ES 001) a semester, we do not have the equipment necessary to teach our ES 001 or other courses effectively. The TRX system uses students own body weight when exercising which will allow students of all ages and fitness ability levels to take advantage of the curriculum in the class. This TRX system is more conducive for older students and disabled students.

Q72 Please indicate how this goal was informed by SLO (student learning outcome) assessment results, PLO (program learning outcome) assessment results, student achievement data, or other data:

The Kinesiology (Exercise Science) department's student characteristics have changed over the past five years according to the data provided by the college. In Spring 2015 22% of the Kinesiology (Exercise Science) student population was over 40 years old. As of Spring 2019 27% of the Kinesiology (Exercise Science) student population is over over 40 years old. If this trend continues, the Kinesiology (Exercise Science) department will be serving over one third of its students who are over 40 years old. We need equipment that will be appropriate for our students. We need equipment like this TRX system that will be safe for our students and prevent injuries.

Q73 Action steps for this year:

1. Purchase TRX bands (30) that will be used in D205 for multiple classes (ES 001, ES 10, ES 11, ES 12, ES 19abc, ES 206, ES 209, ES 218, ES 230, ES 227, ES 248.) This classroom (D205) will have the TRX equipment hanging from walls and a center system to provide 30 stations. The class size max for D205 is 30.
 2. Purchase TRX mounting brackets and pole system.
 3. After receiving TRX equipment, place work order to have it installed in D205.
-

Q74 How will this goal be evaluated?

The Kinesiology (Exercise Science) department is confident when the TRX system is placed in D205, our classes (ES 001, ES 10, ES 11, ES 12, ES 19abc, ES 206, ES 209, ES 218, ES 230, ES 227, ES 248.) that use this system will not only increase in file rate but also increase in popularity. The college will be able to offer more classes utilizing this equipment.

Q75 Do you have another new goal? **No**

Page 25: IV. New Goals (If Applicable) continued

Q76 New Goal 2: **Respondent skipped this question**

Q77 Which College Strategic Goal does this department goal most directly support? **Respondent skipped this question**

Q78 Please describe how this goal advances the college strategic goal(s) identified above. **Respondent skipped this question**

Q79 Please indicate how this goal was informed by SLO (student learning outcome) assessment results, PLO (program learning outcome) assessment results, student achievement data, or other data: **Respondent skipped this question**

Q80 Action steps for this year: **Respondent skipped this question**

Q81 How will this goal be evaluated? **Respondent skipped this question**

Q82 Do you have another new goal? **Respondent skipped this question**

Page 26: IV. New Goals (If Applicable) continued

Q83 New Goal 3: **Respondent skipped this question**

Q84 Which College Strategic Goal does this department goal most directly support? **Respondent skipped this question**

Q85 Please describe how this goal advances the college strategic goal(s) identified above. **Respondent skipped this question**

Q86 Please indicate how this goal was informed by SLO (student learning outcome) assessment results, PLO (program learning outcome) assessment results, student achievement data, or other data: **Respondent skipped this question**

Q87 Action steps for this year: **Respondent skipped this question**

Q88 How will this goal be evaluated? **Respondent skipped this question**

Q89 Do you have another new goal? **Respondent skipped this question**

Page 27: IV. New Goals (If Applicable) continued

Q90 New Goal 4: **Respondent skipped this question**

Q91 Which College Strategic Goal does this department goal most directly support? **Respondent skipped this question**

Q92 Please describe how this goal advances the college strategic goal(s) identified above. **Respondent skipped this question**

Q93 Please indicate how this goal was informed by SLO (student learning outcome) assessment results, PLO (program learning outcome) assessment results, student achievement data, or other data: **Respondent skipped this question**

Q94 Action steps for this year: **Respondent skipped this question**

Q95 How will this goal be evaluated? **Respondent skipped this question**

Page 28: V. Resources Needed to Fully Achieve Goal(s)

Q96 Is the program requesting resources this year to achieve this program goal(s)? (Faculty Resource Needs, Classified Staff Resource Needs, Technology Resource Needs, Supplies/Equipment Resource Needs, Facilities Resource Needs or Other Resource Needs) **Yes**

Page 29: VI. Faculty Resource Needs

Q97 Are you requesting one or more Faculty Positions to achieve this program goal(s)? **Yes**

Page 31: VIII. Classified Staff Resource Needs

Q98 Are you requesting one or more Classified Positions to achieve this goal? **No**

Page 33: X. Technology Resource Needs

Q99 Are you requesting technology resources to achieve this goal? **No**

Page 35: XIV. Supplies/Equipment Resource Needs

Q100 Are you requesting supplies and/or equipment resources to achieve this goal? **Yes**

Page 37: XVI. Facilities Resource Needs

Q101 Are you requesting facilities resources to achieve this goal(s)? **No**

Page 39: Final Check

Q102 Are you ready to submit your program review?If you would like to go back and review a section, select a section a click "Next." **I am ready to submit my program review**
