#10

COMPLETE

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First Name:	Rob
Last Name:	Wojtkowski
Email:	rob.wojtkowski@gcccd.edu
Custom Data:	Exercise Science
IP Address:	99.39.67.6

Page 1: I. Program Overview and Update

Q1

I.1 Department(s) Reviewed:

Kinesiology

Q2

1.2 Lead Author

Rob Wojtkowski

Q3   **Respondent skipped this question**

I.3 Collaborator(s) - List any person that participated in the
preparation of this report

Q4

I.4 Dean/Manager:

Interim Pat Thiss

Q5

I.5 Program Update: Please summarize the changes, additions, and achievements that have occurred in your program since the last program review was submitted. To access your 2020 program review, visit the Program Review webpage.

The Kinesiology (Exercise Science) Department had our dean Terry Davis retire in May of 2020. Instructor Pat Thiss volunteered to be our interim dean for summer and fall 2020. Pat did an excellent job in "holding together" our department during this difficult Covid-19 period. We will have our new dean in place by January 4, 2021. His name is Temo Carboni. Our new tenured faculty, Jennifer Tomaschke is continuing 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. Our department is restarting Women's Basketball as an intercollegiate sport. It has been on hiatus for the last 12 years due to lack of community interest. Our department will support this program by offering classes for these student/athletes. 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. This has been our #1 department goal the last four program reviews. Also, due to college wide cut backs, our department had to cut most of our Kinesiology classes during the summer of 2020. The only classes that were offered were to support our intercollegiate teams. The major obstacle for our Kinesiology Department was and is Covid-19. All our courses had to go to the ERT format for Spring 2020. Our faculty did their best to move to the ERT format quickly for Spring 2020. During the summer of 2020, our entire faculty completed DE training. Moving forward our department was not sure how ERT class offerings would affect our enrollment, retention and success. Many other colleges enrollment suffered in Fall 2020 due to having all their Kinesiology classes in an ERT format. As I will discuss in this program review, both our success rate and retention rate dropped from Spring 2019 to Spring 2020. This can be explained by the difficulty for students adopting to the ERT format. However, our Fall 2020 enrollment has actually increased from Fall 2019. In fact, Spring 2021 is showing early data that indicates we will have more students enrolled than Spring 2020 in this DE/ERT format. There are many explanations for this which include: faculty willing to be trained in DE & utilizing this knowledge to make their classes appealing to online learning, the need for our college students to have "outlets" to alleviate stress by taking our Kinesiology classes, and our department willing to either change our course offerings or adapt our current classes to classes that will be more appropriate for online learning. The entire department is very proud of how we have kept our students engaged in learning during these difficult times.

Page 2: II. Assessment and Student Achievement

Q6

II.A.1 Is your program following the assessment plan on file with the SLO Coordinator (or Outcome Assessment Committee)?

Yes, the assessment plan is on file and the program is following the plan

Q7

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

Page 3: II. Assessment and Student Achievement

Q8

You indicated either 1) the department assessment plan is on file, but work is needed to update the plan, or 2) the department has no assessment plan on file and/or the program is not currently following assessment planII.A.1a Please describe how your program is adjusting (or developing) its assessment plan to ensure all courses are assessed within the assessment 4-cycle:

Respondent skipped this question

Page 4: II. Assessment and Student Achievement

Q9

II.A.2 Please provide an analysis of your Student Learning Outcomes (SLOs) findings over the past year and what changes, if any, were made as a result. This may include, for example, changes to departmental practices, program improvements, and/or professional development opportunities over the past year. *If the department did not complete assessments during the COVID-19 public health crisis, please note that here and provide additional context.

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 our course outlines during the Spring 2021 semester. Our SLO update was delayed due to Covid-19. Our priority during Spring 2020 was to adjust to the ERT format. Besides updating our SLO's, our department is in the process of finalizing PLO's for groups of activity classes. Team sports such as ES 155abc (basketball), ES 170abc (soccer) and ES 175abc (volleyball) will have PLO's that are similar for each course. Individual sports such as ES 60abc (badminton) and ES 70abc (volleyball) will have PLO's that are similar for each course. Fitness classes such as ES 008abc (indoor cycling), ES 09abc (aerobic dance exercise), ES 14abc (body building), ES 19abc (physical fitness) and ES 24abc (fitness boot camp) will have PLO's that are similar for each course.

Page 5: II. Assessment and Student Achievement

Q10

II.B.1. What progress has been made in your program to address the institutional goals set around student success and equity? (2019 Equity Plan) If qualitative or quantitative data is available, please summarize any findings.

The Kinesiology (Exercise Science) success rate was 91% in the fall 2019 compared to 87% in the fall of 2018 and 72% in the fall of 2015. This shows improvement. The Kinesiology (Exercise Science) success rate was 80% in the spring of 2020 compared to 84% in the spring of 2018 and 78% in the spring of 2015. The drop from 84% to 80% could be due to the ERT format used in the second half of Spring 2020. The Kinesiology (Exercise Science) has maintained a success rate over the college's 2024 goal of 77%.
As far as equity, there are equity gaps in Fall 2019 with blacks, hispanic and middle eastern populations, these gaps were greatly decreased in Spring 2020. For example, black student retention (83%) & success (79%) in Fall 2019 showed a 9% & 10% equity gap when compared to white student retention (92%) & success (89%) in Fall 2019. However, this equity gap was flipped during the Spring 2020 semester. Black student retention (85%) & success (85%) in Spring 2020 showed a 3% & 4% positive increase when compared to white student retention (82%) & success (81%) in Spring 2020. For hispanic student success (84%) in Fall 2019 showed a 5% equity gap when compared to white success (89%) in Fall 2019. However, this equity gap was nonexistent during the Spring 2020 semester. Hispanic student success (81%) in Spring 2020 was the same when compared to white student success (81%) in Spring 2020. There is an equity gap for middle eastern students. However, more future data analysis is necessary because the ES data show only 2 middle eastern students in our classes during Fall 2019 with 44 middle eastern students in our classes during Spring 2020. This new category needs to be better defined for our students so we can get more accurate data in the future.

Q11

II.B.2 In light of the goals set in your program review, what are your plans to improve equitable student outcomes (success, retention, persistence, graduation, etc.) in the coming year?

With our department moving to the ERT format for Fall 2020 and Spring 2021, it will be interesting to see our equitable student outcomes in this ERT setting. Our enrollment has increased for Fall 2020 for same amount of sections compared to Fall 2019. Our enrollment for Spring 2021 is exceeding Spring 2020 enrollment at this time. Equity will be need to reviewed during this coming year in our ERT classes.

Page 6: II. Assessment and Student Achievement

Q12   Yes

Do you offer distance education (online) courses?
(excluding emergency remote teaching in 2020)?

Page 7: II. Assessment and Student Achievement

Q13

II.C.1 If there were differences in success rates for distance education (online) versus in-person sections of program courses in your last comprehensive program review, what has the department done to address these disparities? If online and in-person sections had comparable success rates, please describe what the program did to achieve that.

Our departments DE classes have shown increases in success and retention with little disparities with our in-person classes. DE classes had retention (90%) & success (83%) in Fall 2019 compared with retention (80%) & success (70%) in Fall 2018. This showed significant improvement in both retention and success. The DE classes retention (90%) & success (83%) compared with in-person class retention (91%) & success (86%) in Fall 2019. DE classes had retention (87%) & success (81%) in Spring 2020 compared with retention (94%) & success (71%) in Spring 2019. While retention dropped most likely due to Covid-19, success increased significantly. The DE classes retention (87%) & success (81%) compared with in-person class retention (81%) & success (80%) in Spring 2020. This retention difference is probably due to DE students knowing the format for their class in Spring 2020 while in-class students were moved to ERT midway through the Spring 2020 semester.

Q14

II.C.2 What mechanisms are in place to ensure regular and effective contact? For resources, see Cuyamaca Guide to Best Practices in Online Teaching

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 83% compared to Fall 2019 70%. Regular announcements were be added spring 2020 for weekly assignment deadlines.

Page 8: III. Previous Goals: Update

Q15

Goal 1:

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

Q16   **Not Started**

Goal Status

Page 9: III. Previous Goals: Update continued

Q17   **Respondent skipped this question**

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

Q18   **Respondent skipped this question**

Do you have another goal to update?

Page 10: III. Previous Goals: Update continued

Q19

Action steps for the next year: If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g. submit technology request for new laptop computers).

The action step for this item is for the college to simply prioritize the health and safety of our students and instructors who teach in D100. AC in the gym has been a discussion point at our college and in our district since 1999. D100 might be the only indoor classroom at our college that does not have AC.

Q20   **Yes**

Do you have another goal to update?

Page 11: III. Previous Goals: Update continued

Q21

Goal 2:

Offer a "spin cycle" course in D203. Since last program review, our Kinesiology (Exercise Science) department has put in the curriculum (ES 008abc) so that our college can offer indoor cycling. Spin cycle classes are popular classes at many colleges. We are confident that this course will not only easily fill, more importantly it will be a popular course with many of our colleges different populations including adaptive students, older students and ESL students. Currently our Kinesiology (Exercise Science) department has 12 indoor cycles in D100. The additional 13 life cycles will allow us to offer ES 008abc. Due to the size of the classroom (D203) only 25 indoor cycles can fit in that space. As this course grows in popularity on our campus, the Kinesiology (Exercise Science) department can offer more "spin" classes. Two years ago our equipment request received the top score for funding by the ROC. However, the college choose not to fund it. Our department is still not clear on why the college decided not to fund this equipment request.

Q22   **In Progress - will carry this goal forward into next year**

Goal Status

Page 12: III. Previous Goals: Update continued

Q23   **Respondent skipped this question**

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

Q24   **Respondent skipped this question**

Do you have another goal to update?

Page 13: III. Previous Goals: Update continued

Q25

Action steps for the next year: If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g. submit technology request for new laptop computers).

1. College finds funding to purchase 13 indoor cycles. (was approved by ROC 2019)
2. Kinesiology (Exercise Science) department writes curriculum for class ES 008abc. (completed in Spring 2020)
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).
4. Submit equipment request for 13 indoor cycles.

Q26   **Yes**

Do you have another goal to update?

Page 14: III. Previous Goals: Update continued

Q27

Goal 3:

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

Q28   **In Progress-will carry this goal forward into next year**

Goal Status

Page 15: III. Previous Goals: Update continued

Q29   **Respondent skipped this question**

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

Q30   **Respondent skipped this question**

Do you have another goal to update?

Page 16: III. Previous Goals: Update continued

Q31

Action steps for the next year: If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g. submit technology request for new laptop computers).

The Kinesiology (Exercise Science) courses with current class max, appropriate class max, class max at Grossmont College (GC) for the same course in the same space. The ES course that need to have there class max changed are:

ES 60abc (badminton) - current class max 50 - appropriate class max 32 - GC class max 40.
ES 76abc (tennis) - current class max 50 - appropriate class max 36 - GC class max 36.
ES 125a (beginning golf) - current class max 50 - appropriate class max 25 - GC class max 25 fall, 20 in spring.
ES 155abc (basketball) - current class max 50 - appropriate class max 30 - GC class max 30.
ES 170abc (soccer) - current class max 50 - appropriate class max 40 - GC class max 40 fall, 25 spring.
ES 175abc (volleyball) - current class max 50 - appropriate class max 36 - GC class max 40 fall, 30 spring.
ES 255 (Care/Prevention of Athletic Injuries) - current class max 50 - appropriate class max 25 (this is a lab/lecture class that needs to utilize the athletic training room for the lab portion of the class - GC class max 25.

Intercollegiate classes:
ES 206 (intercollegiate basketball) - current class max 50 - appropriate class max 20 - GC class max 25, spring 15.
ES 209 (intercollegiate cross country) - current class max 50 - appropriate class max 15 - GC does not have sport.
ES 213 (intercollegiate golf) - current class max 50 - appropriate class max 15 - GC does not have sport.
ES 218 (intercollegiate soccer) - current class max 50 - appropriate class max 30 - GC class max 30.
ES 224 (intercollegiate tennis) - current class max 50 - appropriate class max 15 - GC class max 15.
ES 227 (intercollegiate track) - current class max 50 - appropriate class max 40 - GC does not have sport.
ES 230 (intercollegiate volleyball) - current class max 50 - appropriate class max 20 - GC class max 20.

Q32   **Yes**

Do you have another goal to update?

Page 17: III. Previous Goals: Update continued

Q33

Goal 4:

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. 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 such as ES 19abc (physical fitness) and ES 24abc (fitness boot camp). The TRX system uses the 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. 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. The Kinesiology (Exercise Science) department is confident when the TRX system is placed in D205, our classes (ES 001, ES 10, ES11, 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.

Q34   **In Progress-will carry this goal forward into next year**

Goal Status

Page 18: III. Previous Goals: Update continued

Q35   **Respondent skipped this question**

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

Page 19: III. Previous Goals: Update continued

Q36

Action steps for the next year: If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g. submit technology request for new laptop computers).

1. Purchase TRX bands (29) that will be used in D205 for multiple classes (ES 001, ES 10, ES 11, ES 12, ES 14abc, ES 19abc, ES 24abc, 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 29 stations. The class size max for D205 is 29.
2. Purchase TRX mounting brackets and pole system.
3. After receiving TRX equipment, place work order to have it installed in D205.
4. Submit equipment request.

Page 20: IV. New Goals

Q37

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

No

Page 21: IV. New Goals continued

Q38

New Goal 1:

Respondent skipped this question

Q39

Which College Strategic Goal does this department goal most directly support? (Check only one)

Respondent skipped this question

Q40

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

Respondent skipped this question

Q41

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 qualitative or quantitative data (from any source):

Respondent skipped this question

Q42

Action steps for this year:If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g. submit technology request for new computer hardware).

Respondent skipped this question

Q43

How will this goal be evaluated?

Respondent skipped this question

Q44

Do you have another new goal?

Respondent skipped this question

Page 22: IV. New Goals continued

Q45

New Goal 2:

Respondent skipped this question

Q46

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

Respondent skipped this question

Q47

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

Respondent skipped this question

Q48

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 qualitative or quantitative data (from any source):

Respondent skipped this question

Q49

Action steps for this year:If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g. submit technology request for new computer hardware).

Respondent skipped this question

Q50

How will this goal be evaluated?

Respondent skipped this question

Q51

Do you have another new goal?

Respondent skipped this question

Page 23: IV. New Goals continued

Q52

New Goal 3:

Respondent skipped this question

Q53

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

Respondent skipped this question

Q54

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

Respondent skipped this question

Q55

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 qualitative or quantitative data (from any source):

Respondent skipped this question

Q56

Action steps for this year:If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g. submit technology request for new computer hardware).

Respondent skipped this question

Q57

How will this goal be evaluated?

Respondent skipped this question

Q58

Do you have another new goal?

Respondent skipped this question

Page 24: IV. New Goals continued

Q59

New Goal 4:

Respondent skipped this question

Q60

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

Respondent skipped this question

Q61

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

Respondent skipped this question

Q62

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 qualitative or quantitative data (from any source):

Respondent skipped this question

Q63

Action steps for this year:If you are requesting resources in order to achieve this goal, please list them below as action steps and specify the type of request (e.g. submit technology request for new computer hardware).

Respondent skipped this question

Q64

How will this goal be evaluated?

Respondent skipped this question

Page 25: V. Resources Needed to Achieve Goal(s)

Q65

What resources is your program requesting this year to achieve the program's goal(s)?

Supplies/Equipment and Other Resource Needs

Page 27: Final Check

Q66

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