

**Instructional Program/ Discipline Review
Report Guidelines, 2007-08**

COVER PAGE

Program/Discipline: Physical Education GE

TOPS Code: PE 0835

Preparer: Robin Kurotori and Lottie Bain

Type/Print

Preparer: _____

Signature

Date

Review & Dissemination Team: Ruth Cattaneo, Arti Dimenti, Lottie Bain, Robin Kurotori,
Chris Warden, Jennifer Ryan

Type/Print

Review & Dissemination Team: _____

Signature

Date

Comments:

Division Dean: Chris Warden

Type/Print

Division Dean: _____

Signature

Date

Comments:

Vice President: Dr. Jim Wright

Type/Print

Vice President: _____

Signature

Date

Comments:

Received in VP of Instruction Office: _____

Executive Assistant

Date

Instructional Program/ Discipline Review Report Guidelines, 2007-08

1. Program Description and Scope

The Division of Exercise Science and Wellness houses three Departments (Athletics, Kinesiology, and Physical Education) and has 8 fulltime faculty and 26 part time faculty teaching a variety of traditional physical education courses as well as fitness and health-related classes. The Department serves Ohlone College students, faculty and the community by providing courses as needed to meet requirements for degrees, transferable courses to institutions of higher learning, and offering both lecture and activity classes. These classes are available for all skill levels. In addition, we have a large offering of lifetime fitness courses such as golf, swimming, yoga, tai chi and pilates to further meet community needs and appeal to our more mature community members.

Our Fitness Center addresses current community health and fitness needs. With obesity being at an all time high, our Fitness Center invites students, staff, faculty and the community to participate in taking a positive step toward improving overall health and wellness. Students enjoy the freedom of working out whenever the center is open, as opposed to being locked into a specific day and time. Additionally, we have added several instructor-led abdominal strengthening portions during select Fitness Center hours.

We have offered the Ohlone College Staff and Faculty the opportunity to participate in Physical Education activity classes through the implementation of an Employee Wellness Program. In addition to being able to take activity classes, special Wellness incentive programs were developed. One of the more popular programs offered in Spring, 2004 was the Tango to Durango. This employee fitness program was the first of three programs that spanned the next 2 years. The Durango event was very well received by the Ohlone faculty and staff with over 200 employees taking part. The next installment for the Spring 05 term was Tallyho To Taizhou. These programs exemplify the encouragement of teamwork, fitness, and a sense of community among the Ohlone College faculty and staff.

In an effort to improve the ease with which students can find classes in which to enroll, we have created specific activity headings (i.e. Golf Program, Fitness Center Classes, Swim Program) which make it very clear what classes are available. We have placed our lecture classes under Kinesiology, intercollegiate athletic classes under Athletics and health studies under Health. We are looking into continuing this differentiation and program-specific listing within the Physical Education activity class offerings (i.e. Studio-based classes & Court Classes).

Current technology has been used in the development of an on-line Fitness for Life class which enables the long distance learner to recognize the importance of fitness for lifelong health. As a result, we have broadened our reach into the community and are successfully changing lifestyles through influencing positive lifestyle changes that address active living and making healthy behavioral choices. Also related to technology, both the Fremont and Newark campuses have state of the art cardiovascular equipment with heart rate telemetry capabilities to enhance cardiorespiratory training within the appropriate training zones. The use of HR monitors in some classes also enhances the experience, effectiveness and ultimate outcome of reaching a target weight or cardiovascular goal.

The Exercise Science and Wellness Department at Ohlone College has far reaching effects on campus. Research has shown that exercise reduces stress and improves circulation in the brain thus resulting in better retention of learned material. Additionally, students have indicated that as a result of participation in physical education classes, they are making more positive lifestyle choices, and daily activities are easier to fulfill. They feel better about

Instructional Program/ Discipline Review Report Guidelines, 2007-08

themselves which in turn improves self esteem and body image thus creating a healthier and more well-balanced individual.

The impact of the Exercise Science and Wellness Department on the community is sometimes underestimated. The Department provides lifelong fitness and exercise opportunities in which community members who may have finished their “academic life” may participate in an effort to maintain or improve total health and wellness.

2. Relationship to Ohlone College Mission and Goals

College Goal #1: *Promote appreciation for and understanding of diverse races and culture by expanding the diversity of college personnel, international education offerings, cross-cultural curricula, and ethnic/cultural events.*

The Exercise Science and Wellness Department offers courses in Yoga and Tai Chi which directly expose students to Middle-Eastern and Asian philosophy both through lecture and movement. Currently, our demographics in this area indicate a diverse ethnic melting pot and we find that students of various cultures are taking activity classes for the first time in their life. We are seeing an increase in the Middle Eastern and Asian female population. As women take residence in the US, they are feeling less pressure to conform to their “homeland” cultural norms. Future plans include collaboration with the Chinese National Qigong Association to host Chinese delegates and instructors in their travels to the United States promoting the newly defined and accepted forms of QiGong (associated with Tai Chi). This would unite many of the Asian communities in this area, which is directly related to this above mentioned Goal #1. In addition, many non-Asian participants will be introduced to this ancient Chinese form of moving meditation, opening the door to greater understanding and cultural awareness.

College Goal #2: *Develop across the curriculum The Learning College Model, utilizing methods and technologies that hold the most promise for improving student course and program completion success rates.*

As indicated in Section 1 above, we offer the Ohlone College staff and faculty the opportunity to participate in the numerous activity classes we offer (Employee Wellness Program). This program not only encourages faculty and staff to practice lifelong fitness but lifelong learning as well.

The flexibility of our Fitness Center hours helps students and faculty, alike, find time to work out during their busy days. Fitness assessments are completed at the beginning and end of the semester which help students realize their successes. Students are encouraged to set realistic goals and these are evaluated mid semester to help keep students motivated and on target. These methods have helped with course completion success rates as students find themselves with motivation and opportunities to exercise.

College Goal #3: *Develop strategies to increase the proportion of full-time students including learning communities, cohort groups, enhanced facilities, and improved course availability.*

The Exercise Science and Wellness Department is proud to offer classes early in the morning, throughout the day, in the evening and on Saturdays to allow students with jobs or other time

Instructional Program/ Discipline Review Report Guidelines, 2007-08

constraints to enroll. In addition, the Fitness Center provides the students with flexible scheduling opportunities in that they can come in any time the Fitness Center is open. We also provide intersession and fast track classes which enable flexible scheduling and improve student retention. Another strategy we have implemented is represented by our online classes. This allows students to enroll in fitness/wellness learning opportunities despite scheduling constraints and without the need for travel.

College Goal #4: *Provide continuous learning for all personnel associated with the District and promote an organizational structure that is adaptable, collegial, and support of the Learning College Model.*

As stated above, the Fitness Center provides the District employees with flexibility in meeting their health and fitness goals in that they can participate in a personalized fitness program anytime the Fitness Center is open. Additionally, Physical Education lecture and activity classes are offered throughout the day and into the evening to provide many opportunities for continuing education with respect to comprehensive health and wellness. The Employee Wellness program provides opportunities for all employees to participate in programs that track progress and offer incentives for improving lifestyle choices and for increasing daily activity levels. One program, The Tango To Durango, pitted one team against another in fitness challenges and participation in exercise opportunities throughout the semester. Approximately 200 employees took advantage of the program and improved their fitness levels as a result of their participation in the program.

College Goal #5: *Promote the health, environmental, cultural, and economic vitality of the communities served by the District through programs of outreach, community service, and partnership ventures.*

We are in the process of developing and implementing several courses through our Community Education program. These courses will explore mental health, life coaching and stress reduction and target the female population in the surrounding communities. Additionally, we will be writing curriculum for a Table Tennis class that will be available through Community Ed for those aged 10 and older in our community.

Another very exciting collaboration with one of our local High Schools will be our involvement with Irvington HS and the SHAPE (Science, Health, Athletics, Physical Education) program. The following information is directly from the SHAPE website, which can be found at: www.irvington.org/shape

*The SHAPE (Science, Health, Athletics and Physical Education) Academy is an integrated **academic program** at Irvington High School with a **career emphasis** that specifically makes **connections** between school and the future.*

Students are prepared for employment and/or entrance into college or training programs as they fulfill all the requirements for high school graduation and beyond.

This program will prepare students to meet their S.H.A.P.E. career goals as they consider entrance into the Job Market, Technical Schools, Community Colleges and/or Four Year Colleges and Universities.

Instructional Program/ Discipline Review Report Guidelines, 2007-08

College Goal #6: *Promote and maintain an accessible, clean, safe, and healthy college environment through continuous engagement of students and college personnel in campus preparedness, wellness, beautification, universal design, and environmental sustainability.*

Our Newark campus has achieved the Platinum level of LEED Certification for Environmentally sustainable buildings and provides our students with a unique environment that is clean and healthy. Students on both campuses are encouraged to recycle and bins are made accessible inside or directly outside the Fitness Centers. The Fitness Center on both campuses provide cleaners that are environmentally friendly and students are expected to wipe down equipment after use thus discouraging the spread of viruses and bacteria from one to another. We will be implementing a program in Fall 2008 in which students will be encouraged to bring refillable water bottles to cut down on the number of plastic water bottles being discarded.

College Goal #7: *Increase public and private funds for educational programs, equipment, and facilities through entrepreneurial activities, grants, and the college foundation.*

We are in the planning process for an October Qigong Symposium and Workshop which will bring many people and much attention to Ohlone College, the Newark Ohlone Campus and the Physical Education, Health and Wellness program. Running the program through Community Ed, this endeavor will help to raise funds for programs, equipment and facilities. Additional funding has been provided in the form of room sponsorship. Dr. Rod Silveira, PT, MS, has financially sponsored our Fitness Lab in Newark. We will continue to look for additional sponsors for our Group Fitness and Mind/Body Studios.

College Goal #8: *Develop and implement a District-wide facilities plan which encompasses the design, construction (including furnishings and equipment) renovation and major scheduled maintenance of College facilities that support programs and enhance student and employee success.*

The Fitness Center is on a quarterly equipment maintenance program which keeps equipment functioning properly thus enhancing student and employee success in reaching health, fitness and wellness goals. The Fitness Center (Fremont) and Fitness Lab (Newark) provide state-of-the-art fitness equipment that addresses both the cardiorespiratory system and muscle strength and endurance. This comprehensive approach to physical fitness allows students and staff to succeed in personal wellness endeavors.

Continued diligence to provide a budget to replace antiquated and maintain new equipment needs to be a priority.

Our maintenance contract currently only includes the Fitness Center in Fremont. Once the warranty for the equipment in the Newark Fitness Lab expires, additional budgetary accommodations need to be made so a maintenance contract can be put into place.

3. Program Student Learning Outcomes

The Physical Education courses are activity based. Wellness courses are not necessarily activity based and have a focus on such topics as nutrition, stress management, weight management, fitness, and acupressure (Ohlone College definition).

**Instructional Program/ Discipline Review
Report Guidelines, 2007-08**

A. Physical Education

Upon receipt of an Associate degree from Ohlone College, a student will be able to:

1. Maintain a regular regimen of physical activity and/or exercise.
2. Demonstrate fundamental skills incorporating the rules and strategies of the activity.

B. Wellness

Upon receipt of an Associate Degree from Ohlone college, a student will be able to:

1. Formulate a personal wellness plan incorporating the basic principles of a healthful lifestyle.

The process used to determine the student learning outcomes was through Departmental dialog with ultimate GE subcommittee implementation. These outcomes were implemented in the Fall of 2004 and subsequently the Department continues to support these outcomes as representative of our current program.

The evaluation of a student's regular regimen of physical activity is accomplished through recording daily active participation and completing pre and post testing. Game play is observed and critiqued in order to assess the student's knowledge and mastery of skills and rules of the game. Students enrolled in our wellness program will complete and submit a personalized exercise program and will evaluate their performance on pre and post tests in the five components of physical fitness.

The Exercise Science and Wellness Survey was distributed to students currently enrolled in activity classes, the fitness center and Fitness for Life classes. Survey results were used to assess student satisfaction with the current program offerings and the desire to see new activities and/or different class times implemented.

Please see table below diagraming outcomes with assesement strategies.

	SLO#1: Regular Regimen of P.A.	SLO#2: Rules and strategies of activity	SLO#3: Personal Wellness Plan
Student survey	X	X	X
Pre/Post assessment	X		X
Skill competencies		X	

4. Assessment of Student Success in Reaching Program Outcomes

Below (attachment #1) are the results of the Fall Student survey. In general, the results were very favorable towards our physical education and wellness classes.

5. Assessment of Program Through Review of the Teaching Learning Process.

We are in the process of reviewing all of the Physical Education Courses offered at Ohlone College to assess the appropriateness and currency of student learning outcomes. Additionally, student learning outcomes are compared with assignments and assessments to determine

Instructional Program/ Discipline Review Report Guidelines, 2007-08

applicability of each. When necessary, course outlines are being redesigned and/or constructed to provide a solid path between assignments, assessments and student learning outcomes.

Our faculty at large are invited to participate in all physical education courses offered at Ohlone College. Their feedback is a vital component for continued evaluation of our program. New instructors are evaluated and mentored on their teaching techniques, strengths and areas for improvement. Additionally, our physical education instructors collaborate several times a year on teaching methodology and didactics in an effort to keep instruction fresh and instructors current and aware of new trends in the industry.

Students are given a physical assessment at the beginning and end of each semester in our activity classes to determine their improvement and areas for continued work. These assessments have provided valuable feedback to the instructors in terms of course goals and objectives, progressive weekly lessons and motivational techniques needed to keep students on track and progressing.

6. Assessment of Program Improvement Since Previous Program Review

The strengths of our program include:

- Talented and diverse staff.
- Wide range of programs that meet the needs of the students, staff, community in areas of fitness, recreation, skill development, health and wellness.
- Comprehensive Fitness Center open 46 hours per week to meet the aerobic and strength training needs of our student population.
- Department is committed to enhancing the health and wellness of the student and the community through a variety of course offerings.

The areas in which improvement is needed include:

- Facility cleanliness. This is an ongoing problem in the Fitness Center, classroom and locker room facilities.
- All instructors should be knowledgeable of current trends in the fitness industry and be able to instruct safely and effectively.
- Staff participation in continuing education and professional development classes needs to increase.
- Development and implementation of certificate programs leading to employment such as WSI, Athletic Trainer, Aerobics Instructor, Personal Trainer, etc.
- Improve program variety to appeal to a wider cross section of the community, ie mature adults, weight management, stress reduction, stretching, etc.
- Marketing plan to improve visibility and awareness of our activity programs.

What is needed to make the improvements?

- Continued support from the administration for the program, both fiscal and creative.
- Funding for professional development classes
- Funding for equipment upgrades
- Funding for materials needed for marketing, classroom furniture and technology
- Additional maintenance staff
- Improved department communication between the Dean and staff, and within the department

**Instructional Program/ Discipline Review
Report Guidelines, 2007-08**

- Commitment to excellence and a program recognizing exceptional effort of outstanding instructors/programs.
- Effective leadership

The areas of strength and improvement have not changed since the last review. In order for our program to excel we need some serious commitment on the part of every instructor involved and a strong leader who has the ability to confront the issues and implement change.

We are not enrolled to capacity. In order to reach optimal outcomes in performance level, we need to raise the expectations and commitment of every instructor in the department. Accountability and personal investment are critical components of improvement and continued success.

Recommendations and implementation plan with timeline:

Recommendation/Goal	Timeline		Cost
	Begin	Complete	
Facility Cleanliness Develop a cleaning schedule that will be checked off daily as items are cleaned and/or repaired,	Spring 2008	Reviewed every semester	None
Knowledgeable of current trends/ Safe and Effective Instruction Reevaluating faculty strengths and assigning classes accordingly	Spring 2008	Spring 2010	None
Participation in Continuing Ed Staff development for faculty to update knowledge and skills	Spring 2008	Spring 2010	\$500 per faculty per year
Development and Implementation of Certificate Programs Review and update the Fitness Instructor Certificate Program	Spring 2008	Spring 2009	None
Improve Program Variety Build classes in weight management, stretching, gentle yoga, stress reduction	Spring 2008	Spring 2010	None
Develop Marketing Plan Create website with new activity class offerings, Fitness Center hours and department highlights	Spring 2008	Spring 2009	None

7. Describe Review and Dissemination Team Involvement

Overall involvement of the review team was good. Collaboration was extensive between the two point people and the Dean. After completion of this review, it became obvious that during the next cycle, the

**Instructional Program/ Discipline Review
Report Guidelines, 2007-08**

dissemination team will be a more involved unit, as the community (both inside and outside of Ohlone) will be vital component to continue to grow our credit and community education programs.

**Instructional Program/ Discipline Review
Report Guidelines, 2007-08**

Attachment #1 – Student Survey Results

Ohlone College Physical Education Survey F07								
Please evaluate the course.								
Answer Options	All of the time	Most of the time	Some of the time	Rarely	Never	N/A	Rating Average	Response Count
This course met my expectations.	240	124	30	2	3	2	4.493734	401
This course followed a logical progression.	231	108	27	11	3	18	4.455263	398
I will use the skills taught in this course again.	226	108	48	8	3	6	4.389313	399
A syllabus was followed and I knew what was expected of me.	231	87	24	9	3	40	4.508474	394
This class was a good use of my time.	300	76	19	5	1	0	4.668329	401
This class encouraged me to delve deeper into the subject matter.	202	98	55	14	3	24	4.295699	396
I looked forward to coming to class.	233	113	41	7	2	4	4.434343	400
I would like to take another class with this subject matter.	256	77	45	10	4	7	4.456633	399
I would like to take another class from this instructor.	270	72	23	12	12	9	4.48072	398
<i>answered question</i>								402
<i>skipped question</i>								0