

# Program Review & Planning (PRP)

## PART 1: BASIC PROGRAM INFORMATION

Program Review is a self-study of your discipline. It is about documenting the plans you have for improving student success in your program and sharing that information with the college community. Through the review of and reflection on key program elements, program review and planning identifies program strengths as well as strategies necessary to improve the academic discipline, program, or service to support student success. With that in mind, please answer the following questions:

<b>Discipline Name:</b>	HEALTH
<b>Department Name:</b>	Kinesiology, Health & Recreation
<b>Division Name:</b>	Social & Behavioral Sciences

Please list all participants in this Program Review:

Name	Position
Lacey Craft	Department Chair/ Head Softball Coach
Bob Vetter	Professor Emeritus
Diane Boldt	Adjunct Faculty

<b>Number of Full Time faculty</b>	10	<b>Number of Part Time Faculty</b>	21
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Please list the Classified positions (and their FTE) that support this discipline:

Melissa Grant - ADA (1 FTE)  
 AJ McCoy - Supervisor, Pool Operations (1 FTE)  
 Michelle Fifield - Supervisor, Wellness/Fitness Center (1 FTE)  
 Paul Boley - Wellness Center Assistant (1 FTE)

What additional hourly staff support this discipline and/or department:

Variety of student hourly (Pool Lifeguards & WFC Front Desk Staff)

Discipline mission statement ([click here for information on how to create a mission statement](#)):

The mission of the Health discipline is to facilitate wellness among individuals through the study and application of human movement principles through the management and the participation in health, physical activity, exercise and sport. As a part of a comprehensive, diversified and well balanced educational experience, our health programs provide students opportunities to

enhance their overall health, sport, fitness and exercise while developing healthful living skills, cultural enrichment, lifelong wellness, critical thinking and problem solving skills for future success.

List any new degrees and certificates offered within this discipline since your last comprehensive review:

Discipline Level Data: <https://sharepoint2.palomar.edu/sites/IRPA/SitePages/PRP%20Summary%20Source.aspx>

## PART 2: PROGRAM REFLECTION

### 1. Program Analysis:

Reflect upon and provide an analysis of your summary data.

In Health this year, Enrollment at Census has increased (1,554). In fact, enrollment is higher than it has been since Fall 2011. More importantly, WSCH is also higher than it's been since Fall 2011. The past two years we have specifically focused on enrollment management, offering courses based on enrollment data, waitlists and student demand. This has had a positive impact on efficiency, but increased seats as well in 2016. Increasing our online offerings probably is the most significant factor in the increase in enrollment and increased WSCH/FTEF.

Health courses have consistently provided the college with high fill rates, Fall 2016 at 97.80%. We added two FT-2 sections (on-line) in the Fall, one FT-2 (on-line) in the Spring and 3 new spring intersession HE courses.

The Health discipline WSCH/FTEF is consistently well above the college average and continuing to grow with an efficiency of (635.38 in '15-'16) and (655 in '16-'17). Fall 16 showed a WSCH/FTEF of 683.7, highest in our Social and Behavioral Sciences division and the 6th highest in the college overall. Our faculty are proud that even though we sacrificed some of our flexibility, it has paid off for the college and our department productivity has increased in Health. We anticipate offering HE 100 & HE 104 sections at the new North Center and South Center in 2018. We will also add another section to Escondido. We are curious to see if these new sections will increase our enrollments and WSCH next year since this will be experimental and we did not choose meeting patterns for these new courses. We hope to learn what the demographics in these areas have a desire for and improve our offerings and presence in the North & South Centers.

### 2. Standards:

ACCJC requires that colleges establish institutional and program level standards in the area of course success rates. These standards represent the lowest success rate (% A, B, C, or Credit) deemed acceptable by the College. In other words, if you were to notice a drop below the rate, you would seek further information to examine why the drop occurred and strategies to address the rate.

Discipline Level Course Success Rate:

- A. The College's institutional standard for course success rate is 70%.
- B. Review your discipline's course success rates over the past five years.
- C. Identify the minimum acceptable course success rate for your discipline. When setting this rate, consider the level of curriculum (e.g., basic skills, AA, Transfer) and other factors that influence success

Standard for Discipline Course Success Rate:

78% with a retention rate of 97.2%

Why?

Student success rates over the past five years have been consistent. We expect students to be motivated and successful since they are degree/certificate applicable and/or transferable courses. HE 104 has a higher proficiency standard (>80% proficiency required for national certification through American Heart Association) and have met that proficiency in this course which speaks to the faculty that teach these courses. One variable that stands out for Health (and one which we have focused on improving), is our DE success rates. The college success rate for DE courses in 2016 was 60.7%. Health DE

course success rate in 2016 was 83.8% . We have greatly increased our on-line course offerings in HE 100. Evening class success rates in Health (86.3%) were also higher than the college (71.7%) in 2016.

The courses within the Health discipline provide tremendous opportunities for students to learn and acquire the basic skills and knowledge in achieving their AA degree, AA-T degree and/or an Adult Fitness/Health Management Certificate. There are four primary courses within the discipline where students can assess their personal knowledge, skills and well being. Health 100 (Fitness Dynamics), Health 165 (Fundamentals of Nutrition), Health 104 (Emergency Medical Responder) and Health 100Lab (Health Fitness). We are even more confident that our HE104 course offers the professional knowledge, skills and competencies for advanced first aid and CPR since curriculum aligns with national certification and students earn American Heart Association certification upon successful completion of the course. All courses are included as part of the AA-T Model Curriculum and the Adult Fitness/Health Management Certificate program. These courses have combined to generate an efficiency of 655% for 2016-17 (Fall 2016 683%), with a fill rate of 98.75%, well above the college average.

### 3. Program Update:

**Describe your proudest moments or achievements related to student success and outcomes.**

We are proud to see the increase in degree completions in University Studies. Health & Fitness have increased over the past five years (21 in 2014, 25 in 2015, and 18 in 2016). The number of completions has nearly quadrupled what they were 4 years ago (only 5 in 2013). The University Studies Degree in Health and Fitness is a great degree plan because it allows a little more ability to fit any 4-year health or fitness (Kinesiology) related major since curriculum is broad, but very science based. We are proud to see our WSCH/FTEF in Health to be the highest in the division and 6th highest in the college. This is as a result of the increase of student success rates in our DE courses. We significantly increased our online course offerings in Fall, Spring and Summer and recently added multiple sections in the Winter and Spring Intersessions.

### 4. Program Improvement:

**What areas or activities are you working on this year to improve your program? Please respond to new data as well as feedback from last year's program review.**

We are working to edit our Adult Fitness/Health Management Certificate program as well as editing the requirements of our AA Degree in Kinesiology. This will allow students to complete their requirement in a more timely manner. Course offerings will be expanded to the North and South campuses to reach a broader and more diverse population. It is our plan to bring our courses to each individual community in our district by again offering HE 100 courses in our local high schools to increase enrollment. We plan to explore the development of curriculum for students who are pursuing a degree in Kinesiology and/or health related fields that would provide students the opportunity of internship work in specific Health/Fitness courses. Students will learn to think critically, use this valuable experience and resources should they enter career fields in Kinesiology, fitness and health related fields. Also better prepare the student to be more transfer ready into a Kinesiology/Health Major program.

### 5. Unanticipated Factors:

**Have there been any unanticipated factors that have affected the progress of your previous plan?**

Down 5 FT Faculty in the department, we were anticipating the approval of at least 1 FT Faculty replacement. We requested and justified with data for 2FT positions on our Position Rationale Form for 2018 but were not approved. This has affected the progress of our plan to expand the Health program. It is vital we maintain the integrity of the Health program and grow as a discipline. This also slows our ability to provide a more diverse staff, course expansion and curriculum scheduling.

This year we anticipated Block Grant monies to be allocated for the replacement of outdated and unsafe instructional equipment and exercise machines for the Wellness Center, however, it was not funded this year. This is the most widely used classroom on campus. Approximately 2500 students in HE 100L and Kine 128 and 400 community members utilize the facility annually.....logging in over 80,000 hours of usage on the equipment. The past three years we received funding for the upgrading and replacement of outdated, unsafe equipment. This accounted for one half of the machines in the facility which still has many machines that have been in use for 20 years. This will have a negative impact on the progress of instruction and safety of our students.

We anticipated the relocation of our new Kinesiology/Athletic complex to remain on schedule; however, it has been put on hold for the time being. This will delay plans for our Health curriculum to be expanded. The new complex is to include a new Fitness Testing lab with state of the art assessment tools and sophisticated fitness testing and evaluation equipment. Students will have the ability to learn how to administer unique fitness tests and be able to monitor and assess their own wellness and health modes. This lab would be equipped and designed with the capabilities to administer health screening and assessments for students, faculty, staff and the community. This is necessary for our students who are preparing for transfer in pursuit of a degree in Kinesiology and/or Health related career. It is obvious the delay of our facility will affect the progress of our plans.

## 6. SLOACs:

**Describe your course and program SLO activities this past year. How have you used the results of your assessments to improve your courses and programs? Refer to the SLO/PRP report – <https://outcomes.palomar.edu:8443/tracdat/>**

As a department, we had discussion about our HE 100 SLO and determined we needed to revise and update it. We also added another course SLO for assessment. We took a creative approach and instituted a digital survey so that students could respond specifically to the new SLO in regard to learning and/or application for all dimensions of wellness. While the assessment tool is a student survey, we believe it is of tremendous value and indicative of how and where students applied change(s) to their lives as a result of the HE 100 course. Through our assessment, we as faculty have found what topics are interesting to our students, what value they found in the curriculum, and gained knowledge in how our students promote their own personal health and wellness.

## PART 3: PROGRAM GOALS

**1. Progress on Previous Year's Goals: Please list discipline goals from the previous year's reviews and provide an update by placing an "X" the appropriate status box .**

Goal	Completed	Ongoing	No longer a goal
Hire 2 Full Time Faculty		X	
Update Website for Health and Kinesiology		X	
Update and revise Health/Fitness certificate and new course creation		X	

**2. New Discipline Goals: Please list all discipline goals for this three-year planning cycle (including those continued from previous planning cycle):**

Goal #1	
<b>Program or discipline goal</b>	Hire 2 Full-Time positions to replace retirees. Currently the discipline is down 5 FT instructors.
<b>Strategies for implementation</b>	Re-submit Position Rationale Form for the replacement of 2 FT Instructors justifying the need.
<b>Timeline for implementation</b>	Submit Spring 2018 with the goal to hire for Fall 2019
<b>Outcome(s) expected (qualitative/quantitative)</b>	Improve our FT to PT ratio in the discipline of Health. This would give us the ability to expand our Health program and maintain the integrity of the program and grow as a discipline. This would improve the diversity of our staff, course expansion and scheduling options.

## ANNUAL PROGRAM REVIEW AND PLANNING

<b>Goal #2</b>	
<b>Program or discipline goal</b>	Update our Department/Health Discipline Website
<b>Strategies for implementation</b>	Will implement after our AA and certification revisions are approved through the curriculum process along with a pathway to acceptance of the extended studies degree with CSUSM.
<b>Timeline for implementation</b>	Spring or Fall of 2019
<b>Outcome(s) expected (qualitative/quantitative)</b>	Provide students the in depth valuable resource tools that are necessary to properly guide students the correct pathway for transfer and career ready opportunities in the disciplines of Health and Kinesiology.
<b>Goal #3</b>	
<b>Program or discipline goal</b>	Develop new course(s) in the discipline of Health/Fitness for students who are pursuing a degree in the related fields of health and/or Kinesiology.
<b>Strategies for implementation</b>	Offer internship work designed to be linked with specific courses that would provide Health and Kinesiology Major students necessary training and experience with varied health parameters. Students would gain hands on experience while receiving mentoring from his or her respective Health instructor.
<b>Timeline for implementation</b>	Fall of 2020 and/or in a timely manner after AA Degree and certificate revisions are approved through the curriculum process. Also to coordinate offerings when the new facilities (Health Fitness Testing Lab) are completed for instructional use.
<b>Outcome(s) expected (qualitative/quantitative)</b>	Students will learn to think critically, use this valuable experience and resources should they enter career fields in kinesiology, fitness and health related fields. Also better prepare the student and help the maturation process for the student to be more transfer ready into a Kinesiology/Health Major program.

**PART 4: FEEDBACK AND FOLLOW-UP**

This section is for confirming completion and providing feedback.

**Confirmation of Completion by Department Chair**

<b>Department Chair</b>	Lacey Craft
<b>Date</b>	November 6, 2017

**\*Please email your Dean to inform them that the PRP has been completed and is ready for their review**

**Reviewed by Dean**

<b>Reviewer(s)</b>	Justin Smiley
<b>Date</b>	11/21/2017

ANNUAL PROGRAM REVIEW AND PLANNING

<b>1. Strengths and successes of the discipline as evidenced by the data and analysis:</b>
Strong enrollments and student success rates.
<b>2. Areas of Concern, if any:</b>
none
<b>3. Recommendations for improvement:</b>
none

**\*Please email your VP to inform them that the PRP has been completed and is ready for their review**

Reviewed by Vice President	
<b>Reviewer(s)</b>	Jack S. Kahn, Ph.D.
<b>Date</b>	1/24/18

<b>1. Strengths and successes of the discipline as evidenced by the data and analysis:</b>
<ol style="list-style-type: none"> <li>Excellent Program Analysis and inclusion of data- thank you! Analysis is excellent also and the dept. chair has done an amazing job of enrollment management and being creative, strategic and meeting the goals of the discipline and the college. 6<sup>th</sup> highest in the college- wow!!!</li> <li>Very much appreciate your high expectations and outcomes for retention and success- well stated and impressive.</li> <li>Degree completions is also fantastic- with new funding formula we are going to need to learn a few things from you folks.</li> <li>Program Improvement and Goals make good sense- I'm really hoping to see this area to continue to grow</li> <li>Great summary and analysis</li> <li>Goals are excellent and well thought-out and connected to the analysis</li> </ol>
<b>2. Areas of Concern, if any:</b>
In SLO area please name the SLo (what is it) and the data you are referring to. Otherwise good summary.
<b>3. Recommendations for improvement:</b>