



## **Instructional Program Review Summary 2004-05**

Instructional Area: Health Sciences

Department: Health and Kinesiology

Discipline: Health and Kinesiology

March 30, 2005

## Instructional Program Review Summary

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NOTE: An external reviewer should not be required to refer to the documentation notebook to understand the Instructional Program Review

Summary. Rather, data should be clearly cited in the summary so that the reviewer can easily find the source documents if needed.

### **EXECUTIVE SUMMARY**

Use the following guidelines to provide a concise overview/summary of the program review contained in this report.

Write a brief description of the goals and objectives of the discipline.

The Health & Kinesiology Department offers an outstanding selection of courses plus two degree plans, an Associate in Science in Health and an Associate in Science in Kinesiology that gives students a foundation of knowledge and experience. The degree plans incorporate the core curriculum courses and are transferable to four-year universities. The foundation that students receive from either taking any of our courses as an elective or completing one of the degree plans benefit them by providing them the knowledge to both create their own physical education program as well as assist others in both health and physical education. The department provides students with a cadre of extremely qualified and accessible instructors who are dedicated to giving their students knowledge, skills and expertise in the areas of health and kinesiology. We have developed a new course, KINE 1331, Physical Education for Elementary Education, that is required for teacher certification in the state of Texas. We will continue to offer distance learning courses that are accessible and useful to students of all majors. All of our courses are transferable. We hope to outreach to more high school students, increase enrollment and number of graduates, upgrade our equipment and maintain our highly successful instructional program. One measure of our success is the number of students who return to take our courses as electives after they have earned bachelors degrees.

The Surgeon General, the American Heart Association and the American College of Sports Medicine all recommend that adults get at least thirty minutes of exercise on most days of the week in order to achieve a minimum level of fitness. The emphasis on lifetime skills for a healthy population is paramount. If an individual does not enjoy the form of exercise they are engaging in, they will not be likely to continue. Obesity is a national health threat that most experts agree is attributed to lack of exercise and a poor diet. Obesity has been proven to not only diminish the quality of life and increase health costs, but to actually lower life expectancy. Also, the incidence of both juvenile and adult-onset diabetes has risen dramatically. Research indicates a strong correlation linking these conditions. Our Health & Kinesiology Department encourage our students and the members of the community to pursue healthy lifestyles that include regular physical exercise. The camaraderie of a classroom setting for activity courses, along with the encouragement of instructors help motivate our students to continue sensible fitness routines for life.

Overview of how the program review was conducted.

Jamee Stewart, the department chair, formed a review committee to give ideas for the program review. The committee met for the SWOT and we analyzed our strengths, weaknesses, opportunities and threats. The department chair met with Byron Dungan, the assistant department chair, to review the SWOT to determine what would be most feasible to include in the recommendations and revisions. All Health & Kinesiology Department task force members received copies of the SWOT analysis. The department chair completed and submitted the online forms.

#### Summary of findings:

Progress on previous program review recommendations.

The 2000 Program Review for Kinesiology recommended that we continue to refine the schedule to maximize our enrollment, which we have successfully accomplished as evidenced by the average class size increasing from 10 students in 1999, to 21 students in 2000, and to 24 students in 2004. We will continue to improve on this number by maintaining vigilance and refinement in scheduling. The curriculum has been revised to include the 42-hour core curriculum with the general education requirements and the required electives coming from a group of transferable health and kinesiology courses that makes our degree plans attractive to students interested in earning a bachelors degree. We have good success with the transferability of these degrees. They are universally accepted by all four year institutions that our students have wished to transfer into. ACC's Student Services has expanded their program with the assistance of increased funding to incorporate ACC sponsored student clubs including intramural sports if there is an interest. The Health & Kinesiology department did not have sufficient funding to support intramural sports and provide an adequate number of teaching assistants for the department.

Program strengths.

Strong curriculum, transferability of course and two degree plans, emphasis on lifetime fitness, outstanding faculty

Areas for improvement.

Secure teaching site at RGC campus, increase teaching space at all campuses, upgrade equipment and supplies at all campuses, increase teaching support.

Key planning issues.

Work with the administration to acquire more funding to upgrade equipment and support staffing funds.

Conclusions: What are the major conclusions regarding the present state of the program?

The program offers outstanding instruction in a wide variety of activities which it plans to continue.

The degree plans are solidly transferable, meeting the general education and core curriculum requirements,.

The faculty meets SACS criteria.

There has been a steady decrease in cancelled sections.

There has been a steady increase in enrollment.

There has been a steady increase in the average class size.

Recommend future directions for the program based on this review:

- Expand services
- Maintain services
- Reduce services
- Close program

Recommendations: Summarize the self-study's recommended actions for improving the quality of the program.

We will continue to work with the administration to secure solid funding for our program and improve our facilities, equipment and supplies for the department. We will work with the off-campus sites - The Millennium Youth Entertainment Center for bowling classes, Anderson Mill Pool and St. Edward's University for swimming pool usage, Aikido of Austin for aikido and yoga, and the City of Austin Parks and Recreation Department facility, Austin Recreation Center for the twelve sections of classes that we offer at that site per semester. We will continue to review our degree plans and course offerings to meet the demands of the community, paying particular concern for the lifetime fitness activities. Additionally, we will continue to provide instruction by highly qualified professionals who meet SACS criteria.

### SELF-STUDY TEAM PARTICIPANTS

List the names of people who participated in the review and their association with your program.

Name Jamee Stewart  ACC Faculty  Industry Representative  
 Student

Name Byron Dungan  ACC Faculty  Industry Representative  
 Student

Name Dianne Kesslinger  ACC Faculty  Industry Representative  
 Student

Name Luis Valera  ACC Faculty  Industry Representative   
Student

Name Carol Hirsh and Pam Soto  ACC Faculty  Industry  
Representative  Student

Name Elizabeth Ochoa and Adele Riffe  ACC Faculty  Industry  
Representative  Student

Name Roy Ramos and Ursula Garza, ACC Technical Lab Assistants and Adjunct  
Instructors  ACC Faculty  Industry Representative  Student

Name Helen Dee McCandless and Corinne Coons- Gallagher   
ACC Faculty  Industry Representative  Student

Name Kermit Meister and Walter Cooper  ACC Faculty   
Industry Representative  Student

### PROGRAM DESCRIPTION

Provide a brief description of the overall history, major developments and current objectives for your program (limit to 500 words).

The Health and Kinesiology Department underwent some drastic changes in 1999 where it increased the class limits and decreased the number of sections. In doing so, we have over doubled our class average from 10 to 24.1 in five years. We did have to delete some low enrollment activity courses in refining our schedule. We offer classes at the three main campuses.

## STRENGTHS, WEAKNESSES, OPPORTUNITIES, THREATS (SWOT)

List the names of people who participated in the SWOT and their association with your program.

Name Jamee Stewart                       ACC Faculty                       Industry Representative  
 Student

Name Byron Dungan                       ACC Faculty                       Industry Representative  
 Student

Name Luis Valera                       ACC Faculty                       Industry Representative  
 Student

Name Dianne Kesslinger, Pam Soto, Carol Hirsh                       ACC Faculty  
 Industry Representative                       Student

Name Walter Cooper, Kermit Meister, Helen Dee McCandless, Corinne Coons-Gallagher                       ACC Faculty                       Industry Representative                       Student

Name Roy Ramos and Ursula Garza, Technical Lab Assistant II and Adjunct Faculty                       ACC Faculty                       Industry Representative                       Student

Name Adele Riffe and Elizabeth Ochoa                       ACC Faculty                       Industry Representative                       Student

Summarize the findings of the SWOT analysis. Focus on the top 5 or 6 issues and answer the following questions:

**Strengths:** In what does your program excel?

Our greatest strength is certainly our outstanding and dedicated faculty of six full-time instructors and 22 adjunct instructors, all meeting SACS criteria.

Faculty has superior experience/expertise and knowledge of their specialty area(s).

Quality instruction.

Good variety of times and days that classes are offered. Evenings and weekends are good.

Wide variety of classes offered.

Strong curriculum.

Transferability to other colleges.

Many distance learning classes available.

Very reasonable expense for such good instruction.

Cooperative administration.

Multiple locations for classes a plus.

Padded mat is user friendly.

Facilities available for student use outside of class.

**Weaknesses:** What are the aspects of your program, which, if not addressed, will impede the area's future?

Lack of secure teaching site at the RGC campus. We could be evicted from the Austin Recreation Center by the City of Austin Parks and Recreation Department at any time. They require \$40,000 rental fee per year and we have never paid that amount, which makes us nervous.

Teaching sites need to be larger to accommodate large classes.

Demand for classes exceed number of classes available.

No longer able to teach small classes.

Needs to be a requirement in core curriculum.

Inadequate budget does not allow us to buy enough or heavy duty equipment.

Inadequate budget for support staff and instructors.

Health & Kinesiology is transfer credit, not workforce, therefore held to a different (much higher) standard for class size.

**Opportunities:** What factors does your program need to take advantage of in order to enhance the quality of the area?

Public interest in health & fitness has boosted enrollment.

Facilities need to be larger- full size gyms are needed at each campus..

Expansion to other campuses rather than just three (particularly, Cypress and Eastview).

Recruitment of dual enrolled high school students.

Better A/V equipment.

Offer more and varied sections.

Offer weekend video programs for students.

Collaborate with ACC Student Life on activities.

Secure more funding.

Locate more parking, especially at RGC.

Increase faculty & staff.

**Threats:** What are the external factors that could negatively impact your program's future?

Lack of emphasis on activity classes and physical education by administration.

Emphasis on technology and certificates vs. Associates or Bachelors degrees.

Possible loss of ARC gym at the RGC campus.

Classrooms too small for the number of students.

Loss of adjunct faculty because of job security, staff reduction, lack of insurance.

Loss of funds for program due to state funding cuts.

Discuss changes from the program's previous SWOT analysis.

There has been an upgrading of equipment. We definitely have had an improvement in the funding we have received for technology and equipment. Computers have been upgraded. Aerobic machines have been added at all major campuses. An increase in the RVS weight room size is in progress.

## ANALYSIS

### [a] Relevance of the program to College mission and desired ends

#### Mission:

Review the program's purpose statement. Verify that the statement is current and accurate and reflects the mission of the college as a whole or update the purpose statement.

The Self-Study team reviewed the program purpose statement and found (select one):

- The purpose statement is current, accurate, and reflects the mission of the college.
- The purpose statement was revised as shown below:

#### Desired Ends (Board Policy A-2. Intended Outcomes)

How well does the program support the intended outcomes of the college by providing "service-area adults with the postsecondary and higher education they need and can use for productive useful lives?"

Health and Kinesiology students are usually employed at least half-time while attending ACC. The State of Texas does not report for employment of graduates with AS in Health or Kinesiology . From telephone surveys with our graduates, we are able to ascertain that all who choose to be are employed. Only one who chose to remain home with a newborn child was not employed.

In what ways does the program demonstrate an open, responsible exchange of ideas?

The faculty exchanges ideas through telephone, e-mail, departmental, division and individual meetings. All faculty regularly meet with students before and after classes and by appointment. There is a departmental website with course descriptions, degree plans and relevant information for students interested in our program.

In what ways does the program provide an open door to educational potential?

We offer four distance learning courses in the ITV, PRN and PCM formats. Additionally, we are connected with the Virtual College of Texas. Our activity courses are taught at the three major campuses- NRG, RGC and RVS plus several off campus sites- Anderson Mill Pool, St. Edward's University Pool, Aikido of Austin, and The Millenium Youth Entertainment Center. Furthermore, we offer classes seven days per week. The weekday classes are offered from 7:30 am until 9:50 pm. There are open gym hours available for students when classes are not in session.

In what ways does the program take targeted action to address internal needs within available resources?

All of the courses in our department transfer to four-year universities. we offer a wide variety of activity courses to meet the needs and interests of our students.

In what ways does the program demonstrate a commitment to integrity and exemplary standards?

All of the instructors in our department are extremely well qualified in their specialty areas. We have several former Olympians and national and world-ranked competitors who teach for us. The students appreciate having the opportunity to be taught by such knowledgeable experts in their fields. Several instructors volunteer their time to take students to competitions and events for weightlifting, fencing, triathlons and distance walks/runs.

In what ways does the program demonstrate personal and professional ownership that generates accountability?

The faculty is extremely committed to making the department the best physical education program possible. They keep abreast of the latest information by regularly attending workshops and ordering the most up-to-date textbooks. All of the instructors possess current certifications in their specialty areas.

### **[b] Responsiveness to community needs and satisfaction of community demand**

In what ways does the program address a verifiable need for the student, community, and society?

The increase in health problems related to obesity has caused the state of Texas to be ranked as one of the unhealthiest states in the United States. The de-emphasis on good nutrition and physical fitness has contributed greatly to this problem. It has been widely publicized that diabetes is a major health risk attributed to lack of exercise and poor nutrition. The affordability of our classes has made taking our classes an attractive elective option to students and to the community. We have noticed an increase in numbers of senior citizens in our classes (even though the average student is still under age 30). Many undeclared majors have taken our classes and changed their majors or minors to Health or Kinesiology. The addition of the state requirement for elementary education teachers to take a physical education pedagogy course prompted us to KINE 1331 to our curriculum.

Describe the results of the program's most recent assessment of community need.

We have steadily added th high demand classes for lifetime fitness. Yoga is our most popular course. We are investigating ways to add more sections of this class.

How do the program's five-year enrollment trends compare with those of the College overall?

The enrollment has increased in porportion to the college enrollment.

**[c] Accessibility to students and identification of unnecessary barriers**

Analyze when and where courses are offered (by campus, time of day, mode of delivery).

NRG and RVS campuses offer classes seven days per week. NRG offers classes from 7:30 am until 9:50 pm M-Th, 12pm-7:40pm F, 9:00-5:00pm Sat. and 12:00-6:00pm Sun. RGC offers classes M-F until 3pm. RVS offers classes from 7:45 am-8:20pm M-Th, 10:00am-12:30pm Sat. and 12:00-2:30pm Sun. We rent the RGC facility (Austin Recreation Center) from the City of Austin Parks and Recreation Department which limits our access to that facility. ——— The only open times available are Fri am and Fri evenings. We will look into adding additional classes during these time slots, being careful to make sure they will be maximized. These are primarily activity courses with lab emphasis. The 3 credit-hour KINE lecture classes are offered at NRG, RGC and RVS in regular classrooms outside the gym..

List the number of sections taught (by location).

Spring 2004

Campus	# sections	# students	Avg. section size	Credit Hrs.	Contact Hrs.
NRG	34	840	24.7	908	40,432
RGC	15	349	23.3	415	16,752
RVS	22	510	23.2	580	24,480
TEL	6	218	36.3	614	10,464
SIT	5	89	17.8	89	2,606
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TOTAL	82	2,006	24.5	2,606	96,400

List the number of sections closed or canceled per course.

We had zero cancelled sections for the Summer 2003, Summer 2004 and Fall 2004 semester. This is the goal we have been striving for.

Cancelled classes for the fall 1999 semester:

KINE 1101 -1 RVS, 1 RGC- total - 2  
KINE 1103 - SIT- 1 - total - 1  
KINE 1120 - SIT - 1 - total - 1  
KINE 1139 - NRG - 1 - total - 1  
KINE 1306 - RGC - 1 - total - 1  
KINE 1309 - RGC - 1 - total - 1  
KINE 1322 - RVS - 1 - total - 1  
KINE 2120 - RGC- 1 - total - 1      Group total - 9

Cancelled classes for the spring 2000 semester:

KINE 1108 - RGC - 2 - total - 2  
KINE 1139 - NRG - 2 - total - 2  
KINE 1140 - NRG - 1 - total - 1  
KINE 1306 - NRG - 1 - RVS - 1- total - 2      Group total - 7

Cancelled classes for the summer 2000 semester:

KINE 1101 - RGC - 1 - total - 1  
KINE 1105 - SIT - 1 - total - 1  
KINE 1108 - NRG - 1 - total - 1  
KINE 1113 - NRG - 1 - total - 1  
KINE 1120 - RVS - 1 - total - 1  
KINE 1127 - RGC - 1 - total - 1  
KINE 1131 - RVS - 1 - total - 1  
KINE 1142 - RGC - 1 - total - 1  
KINE 1145 - NRG - 1 - total - 1  
KINE 1146 - RGC - 1 - total - 1  
KINE 1103 - SIT - 1 - total - 1  
KINE 2110 - NRG - 1 total 1      Group total 13

Cancelled classes for the fall 2001 semester:

KINE 1101 - RVS - 1 - total - 1  
KINE 1107 - NRG - 1 - total - 1  
KINE 1126 - SIT - 1 - total - 1  
KINE 1127 -RGC - 1 - total - 1  
KINE 1128 - SIT - 1 - total - 1  
KINE 1139 - SIT - 1 - total - 1  
KINE 1145 - NRG - 3 - RVS 2 - total - 3  
KINE 1147 - RGC - 2 - total - 2  
KINE 1322 - NRG - 2 - total - 2  
KINE 2113 - RGC- 1 - total - 1  
KINE 2122 - RVS - total - 1      Group total 14

Cancelled classes for spring 2002 semester:

KINE 1101 - RVS - 1 - total - 1  
KINE 1113 - NRG - 1 - total - 1  
KINE 1139 - NRG - 1 - total - 1  
KINE 1142 - RGC - 1 - total - 1  
KINE 1145 - NRG - 1 - total - 1  
KINE 1146 - RGC - 1 - total - 1  
KINE 1304 - TEL - 2 - total - 2  
KINE 2119 - NRG - 1 - total - 1  
KINE 2120 - RGC - 1 - total - 1      Group total 11

Cancelled classes for summer 2002 semester:  
KINE 1201 - RVS/ TEL - 1 - total - 1      Group total - 1

Cancelled classes for fall 2002 semester:  
KINE 1115 - NRG - 1 - total - 1      Group total - 1

Cancelled classes spring 2003:  
KINE 2113 - NRG - 1 total - 1      Group total - 1

Cancelled classes summer 2003: 0      Group total - 0

Cancelled classes fall 2003:  
KINE 1154 - SIT - 1 -      Group total - 1

Cancelled classes spring 2004 :  
KINE 2113 - NRG - 1 - total - 1 -      Group total - 1

Cancelled classes summer 2004: 0      Group total - 0

Cancelled classes fall 2004 : 0      Group total - 0

Cancelled classes spring 2005:  
KINE 1322- RVS - 1 - total 1      Group total - 1

How does each of the five-year demographic trends (gender, ethnicity, age group) for this program compare to the overall college trend? (List the source of your information.)

From Table 8 of the 2003-2004 Fact Book -Age, Ethnicity, and Gender of students by Term and Course for 1999-2003 for Kinesiology . Average age of Kinesiology students is 24.6 The majority of ACC students are under age 30. There were 2,016 total KINE students spring 2004 with 1,190 female (59.3%) and 816 male (40.6%).

The ethnicity breakdown for the Health and Kinesiology Department was

62.96% White

7.53% Black

19.58% Hispanic

4.037% Asian American

1.99% Other

.89% Native American

2.99% International students

The average gender breakdown for ACC

male - 43.9%

female - 56.1%

The average ethnicity breakdown for all ACC students for the fall 2003 semester was:

58% White

12% Black

21.9% Hispanic

5.2% Asian American

.6% Native American

.0199% Other

2.5% International students.

The Health & Kinesiology Department is slightly less diverse than the overall ACC student population. Our lifetime fitness emphasis with yoga being our most popular class has probably raised the percentage of females. There are no fewer males, just more female taking kinesiology courses.

Identify any unnecessary barriers to students, especially those who are educationally disadvantaged and not well served by other colleges.

We have several deaf students enrolled in our courses every semester. Interpreters are usually assigned to them. However, when an interpreter is not available, the deaf students are in need of individual assistance. Lab assistants are very important in helping our instructors in meeting the needs of students with varied ability levels. The weight rooms at NRG and RGC are somewhat

small to accommodate students in wheelchairs, should they choose to enroll in these classes.

**[d] Student outcomes including participation and successful-completion rates**

How do course completion rates (A-B-C-D rates) for courses within this program compare to College norms?

College completion rates for Fall 2001 were 68.8%. Health & Kinesiology completion rates were 82%.

Health & Kinesiology has a higher completion rate than ACC.

Fall 2001 College nonmastery rates was 31.2%.

Fall 2001 Health & Kinesiology nonmastery rate was 29.4%.

The Health & Kinesiology Department has a lower nonmastery rate than the ACC average.

Fall 2001 Health withdrawal rate was 26.5%

Fall 2001 ACC withdrawal rate was 22.5%

Fall 2002 example:

Grade: A	1192 students = 59.5%
B	158 students = 10.9%
C	56 students = 2.8%
D	22 students = 1.1%

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74.3% completion rate

F	56 students = 2.8%
W	426 students = 21.3%
I	90 students = 4.5%

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21.3% withdrawal rate

What are the program completion or graduation rates (compared to intent as well as overall) for this program?

Total completion is 20 Associate of Science degrees were awarded - 9 in Kinesiology and 11 in Health between 1999 and 2004.

How do withdrawal rates for courses compare to College norms?

College withdrawal rates average 22.5%. Distance learning withdrawal rates were 22.5%. Health & Kinesiology withdrawal rates are 21.3% Fall 2004. It was 26.5% in the Fall of 2001. This is a definite improvement. Current withdrawal rates are somewhat lower than the college norms. From a survey with over fifty Health & Kinesiology students at the end of the Fall 2004 semester, we concluded that because students only receive one-credit hour for most of our course offerings, it makes them less inclined to continue in kinesiology classes when their other, higher credit academic courses become more demanding as the semester progresses. This, coupled with the fact that majority of our students are working over half-time contributes to the withdrawal rate.

What do the results of the program's student learning outcomes assessments (departmental final exams, exit tests, standardized tests, etc.) indicate about the program?

80% of our students scored 80% or higher on the departmental exit exam over physical fitness components. This is a standardized test devised by the Health & Kinesiology task force, and is administered towards the end of every semester to all students in ACC Health & Kinesiology activity classes. Individual instructors administer exams appropriate for their classes.

## **[e] Measures of program quality and educational value added**

- **Academic Standards**

What are the processes and procedures that the department uses to maintain academic standards and achieve consistency within the department?  
Master syllabi suggest that our activity courses have a participation and lecture component. The three hour credit courses require reading and writing components. Courses are updated annually to include the latest training techniques applicable to the specific activities.

- **Curriculum**

What procedures are used to assure that the curriculum is current and adequately meets the needs of students?  
Textbooks are reviewed every school year to make sure the best and most current edition is available for each activity. The catalog is reviewed annually to make changes to our courses, course descriptions and degree plans. Changes are brought to the ACC Curriculum Committee for approval. The core curriculum is included in our degree plans to make certain that they will be accepted by other Texas institutions.

Are learning outcomes defined for courses and the program?  Yes  No

Are course texts up-to-date?.  Yes  No

Are course and program listings in the ACC Catalog up-to-date?  Yes  No

Do all courses have up-to-date syllabi on file?  Yes  No

Evaluate the use of instructional resources (including those in the library). Instructional videos are kept in the ACC LRS as well as in the departmental offices of each major campus. Also, individual instructors have personal copies of videos they choose to utilize to enhance their instruction. The ACC Kinesiology website has a streaming video on the use of weight training equipment at the RVS campus. Each ACC library has a selection of books and videos related to Health & Kinesiology that are available for students and staff.

Evaluate the extent to which technology impacts the mode of instruction, including the number of courses and sections taught via distance learning.

Technology is extremely important to our department. First and foremost, the physical equipment needs are critical for the success of the delivery of our instruction.

Secondly, audio-video is utilized extensively for instruction in Health & Kinesiology.

Finally, one very popular distance learning course, KINE 1304, is taught both via ITV and PCM methods. Our course, KINE 1201 utilizes a streaming video. Several of our instructors videotape their students in activity classes to provide visual feedback.

Each long semester, the department offers the following distance learning courses: one ITV section (KINE 1304), one PCM section (KINE 1304), two PRN sections (KINE 1305 and KINE 1370) and one or two sections of KINE 1201. Distance learning courses are offered in the 16-week, 12-week, and 8-week format.

Evaluate the extent to which instruction is focused on problem solving, active learning, and work-based elements.

All courses include problem solving, active learning and work-based elements. In activity classes, student participation is weighed heavily in the program. Fitness levels are measured. The goal of each activity class is to improve the fitness level of the students. This can only be achieved through active participation by the students. The three-hour credit lecture and distance learning classes all have components requiring problem solving, active learning and work-based elements.

List below the current discipline-specific courses within the program and the date of the latest review.

Course KINE 1101 Aerobics	Date of Last Review 1/2005
Course KINE 1105 Basketball	Date of Last Review 1/2005
Course KINE 1106 Bowling	Date of Last Review 1/2005
Course KINE 1108 Cond Walk/jog	Date of Last Review 1/2005
Course KINE 1114 Dance Mid East	Date of Last Review 1/2005
Course KINE 1115 Dance Modern	Date of Last Review 1/2005
KINE 1118 Fencing I	

KINE 1120 Golf I  
KINE 1121 Gymnastics i  
KINE 1125 Judo  
KINE 1127 M-ARTS Aikido  
KINE 1128 M-ARTS Conditioning  
KINE 1131 M-ARTS Tai Chi  
KINE 1132 M-ARTS Weaponry  
KINE 1138 Self-Defense  
KINE 1139 Soccer  
KINE 1141 Swmning  
KINE 1142 Tennis  
KINE 1145 Weight Training  
KINE 1146 Yoga  
KINE 1147 M Arts Karate I  
KINE 1153 Swimming II  
KINE 1201 Dir. Phys. Fitness  
KINE 1301 Found/PED  
KINE 1304 Personal Health  
KINE 1305 Community Health  
KINE 1306 First Aid & Safety  
KINE 1321 Coaching  
KINE 1322 Aerobic Instr.  
KINE 2103 Bowling II  
KINE 2108 Mid East II  
KINE 2110 Fencing Ii  
KINE 2112 Gymnastics II  
KINE 2113 Aikido II  
KINE 2120 Tennis II  
KINE 2122 Wt. Trng. II  
KINE 2123 Yoga II  
KINE 1331 Physical Education for Elementary Education  
KINE 1370 Foundations of Health Education

Note: All courses were reviewed 1/05.

- **Faculty**

Do all faculty teaching in the program meet SACS requirements?

Yes  No (if no, please explain)

What is the ethnic diversity of the faculty?

Full-time Instructors: 4 Caucasian and 2 Hispanic; (2 male, 4 female)

Adjnt Instructors: 2 African American, 2 Hispanic, 18 Caucasian (12 Male, 10 female)

What evidence is there that faculty are staying current in their respective disciplines and instructional methodologies?

Certifications are on file in the ACC Human Resources Office for instructors specific activity/sport in accordance with the SACS recommendations. Also, the department office keeps a list of the instructors and certification expiration dates in order to remind them of renewal dates.

What recognition has been given to faculty within the last year?

Oleg Kechko won the 65kg. category of the Arnold Schwarzenegger Olympic Weightlifting Classic competition. Ursula Garza was named as a woman's USA Olympic weightlifting coach for coaching former ACC student, Jody Wilhite in the US Olympic trials where she placed 2<sup>nd</sup> in the 42kg class. Mark Leidig and Joseph Birdsong received national recognition from their Aikido organizations. Both are national level trainers and testers for Dan (belt) levels.

Describe professional development activities in which program faculty participate.

Attend conferences, clinics, seminars, lectures and courses specific to our discipline. Furthermore, they keep current on certifications in their specialty areas. Professional development credit is documented on forms submitted to the departmental office by instructors and tracked on-line.

What percent (and the total number) of faculty participate in formal professional development activities on a regular basis?

100%

Describe the types of discipline-related professional development activities offered.

CPR classes are offered through the ACC Continuing Education Department as well as with our department. Instructors may take First Aid & Safety and Care & Prevention of Athletic Injuries with vouchers if they wish to take more in-depth courses. Also, many instructors collegewide enroll in our various activity classes.

What percent of sections do full-time faculty teach?

41%

What percent of contact hours do full-time faculty teach?

41%

Are student evaluations of instruction within acceptable range?  Yes  No

To what extent are alternative modes of instruction incorporated into classes? ITV, PCM and PRN instructional modes are offered. Guest lecturers and professionals such as the AISD Athletic Director are invited to speak to our

classes. Site visits to elementary P.E. classes are incorporated in the KINE 1331 class. Internet searches are included in several courses.

- **Student Satisfaction**

Do student course evaluations demonstrate satisfaction with courses?

Yes       No

**[f] Adequacy of program resources and efficiency of resource use**

Describe the overall adequacy of resources (human, technological and capital, facilities, and fiscal) available to the program for providing effective program delivery and outcomes.

The Health & Kinesiology Department has outstanding instructors. The resources are minimum for the amount of students we serve. Facilities are minimum, as well.

What is the ratio of full-time to adjunct faculty (by course and for the program overall)?

Overall, the full-time faculty teach 41% of the classes and the adjunct teach 59%, which is within the guidelines of the college recommendations.

For the spring 2005 semester: 100% of the Health courses are taught by full-time instructors. These courses include KINE 1304, KINE 1305 and KINE 1370. 85% of the Kinesiology majors courses are taught by full-time instructors. These courses are KINE 1301, KINE 1306, KINE 1321, KINE 1322, KINE 1331. Only KINE 2356 is taught by an adjunct with a masters degree in Physical Education

Of the remaining activity courses, 41.5% are taught by full-time instructors and 58.5% are taught by adjunct instructors.

KINE 1201 100% F/T  
KINE 1101 87.5% adjunct, 12.5% F/T  
KINE 1105 100% adjunct  
KINE 1106 100% adjunct  
KINE 1108 50% adjunct, 50% F/T  
KINE 1114 100% adjunct  
KINE 1116 100% F/T  
KINE 1120 100% adjunct  
KINE 1121 100% F/T  
KINE 1125 100% adjunct  
KINE 1127 100% adjunct  
KINE 1131 100% adjunct  
KINE 1132 100% adjunct  
KINE 1138 100% adjunct  
KINE 1141 66.66 % F/T, 33.33% adjunct  
KINE 1142 100% adjunct

KINE 1144 100% F/T  
KINE 1145 45% F/T, 55% adjunct  
KINE 1146 38% F/T, 62% adjunct  
KINE 1147 100% adjunct  
KINE 1153 66.6% F/T, 33.3% adjunct  
KINE 1301 100% F/T  
KINE 1306 100% F/T  
KINE 1321 100% F/T  
KINE 1322 100% F/T  
KINE 1331 100% F/T  
KINE 2103 100% adjunct  
KINE 2110 100% adjunct  
KINE 2112 100% adjunct  
KINE 2113 100% adjunct  
KINE 2114 100% adjunct  
KINE 2120 100% adjunct  
KINE 2121 100% F/T  
KINE 2122 57% F/T, 43% adjunct  
KINE 1126 66.66% F/T 33.33% adjunct

How up-to-date is the equipment used by the program?

Our equipment is not as up-to-date as we would like. We are attempting to upgrade all of our plate- loaded machines to selectorized machines at the NRG and RGC campuses. The RVS campus has more selectorized equipment available to the students. We have several pieces of aerobic equipment that are heavily utilized by students so sometimes there is a waiting line to use them. Specifically, we could use more treadmills, elliptical trainers and recumbant bicycles. We have asked for these in our Master plan. We also need an overhead spotting rig for our tumbling track at the NRG campus to safely assist our gymnastics students with their skills and keep our instructors from getting injured while spotting.

Identify possibilities for improving the efficiency of the program's use of resources.

Our main constraint is lack of space for larger pieces of equipment. We will continue to request our needs in the ACC Master plan as well as request new money in our operating budget. Since we have added a new course, KINE 1331, we need to utilize the LRS for videotaping purposes. Other activity classes such as Aikido, Tai Chi, golf and mid east dance would be enhanced by the use of videos.

**[g] Comparison of program performance, price, and enrollment with that of alternate local suppliers**

How is the program competitive with similar programs offered by other institutions or schools in the service area in terms of performance, cost to students, and enrollments?

ACC tuition and fees is more reasonable in tuition than the University of Texas at Austin, Texas State University, St. Edward's University, Concordia University, Park College, Huston-Tillotson College, Le Tourneau University, and Virginia College. Furthermore, ACC offers a more varied selection of activity courses for our students to choose from than any of these other institutions. This is the main reason that our students are co-enrolled in order to take as many transferable credits as possible at ACC to save money.

**[h] Direct and indirect program-related revenues and costs to the College**

Identify the major sources of revenue for the program, including grants, partnerships, etc.

The major sources of funding for this program is state funding and tuition reimbursement. Lab fees and insurance is collected for activity classes. Site fees are collected for some off-campus sites that charge for facility rental (St. Edwards University and The Millennium Youth Entertainment Center).

Compare program costs to those of other ACC programs.

Based on the FY2003 Program Revenues vs. Expenditures, the Health & Kinesiology Department is number 17 on the list compared to other programs.

Our total direct revenue was \$1,108,611.

Our total direct expenses were \$864,311.

The marginal surplus was \$244,300 which was 22.0%.

State funding was \$790,014.

Tuition revenue was \$289,107.

Compare the program's actual expenditures to the approved program budget for the previous two years.

	2002	2003	2004
F/T faculty salaries	327,003	334,850	374,771
Adjunct faculty salaries	549,863	269,201	288,853
Faculty overloads	15,000	32,805	35,200
Classified salaries	55,406	56,735	59,553
Hourly salaries	72,126	64,787	64,787
Benefits pool	30,582	30,582	24,695
Supplies pool	15,283	14,519	13,819
Operating costs pool	1,700	1,616	0
Duplication	4,434	6,100	6,100
Telephone	3,922	0	0
Repairs-equip.maintenance	0	0	1,916
Non-capitalized <500 pool	19,503	18,528	0



employees with Health & Kinesiology backgrounds . Many of our students work at local YMCA's in after-school programs for elementary age students.

Provide evidence of SCANS competency integration into course syllabi and programs.

N/A

How often does the program's advisory committee meet to discuss curriculum issues?

N/A

When and where are advisory committee minutes maintained and posted?

N/A

Evidence of recent review of curriculum by external advisory committee.

N/A

Advisory committee validation of entry level skills

N/A

**Only Transfer Programs complete the items below.**

Number and percent of graduates who transfer within one year of graduation.

Graduates:	2000	2001	2002	2003	2004
AS Health	3	2	1	1	4
AS Kinesiology	0	0	3	3	3

Number of articulation agreements with universities and colleges

None, although 100% of our courses are accepted for transfer either as required classes or electives.

Number of courses that transfer

34

Number of student complaints about problems with course transfer

None

Discuss the results of the most recent Survey/focus group of transfer institutions.

Advisors and Departmental representatives from the University of Texas at Austin and Texas State University have been very receptive to accepting all of the courses that ACC students successfully complete. Many of our students are co-enrolled at ACC and these institutions.

Discuss data from transfer institutions if available.

N/A

Number of students transferring successfully.

10

## CONCLUSIONS

Based on the information collected and analyzed during the program review process, what are the major conclusions of this review of the program? Summarize them here and complete the *Program Status* form.

The program has an outstanding faculty.

The program has steadily increased its enrollment over the past five years.

The program has increased the number of graduates.

The program has strong transferability.

The program has updated and refined its curriculum to include KINE 1331, a new course required for Texas teacher certification.

The program has increased the number of certain lifetime fitness classes such as yoga to meet the demands of the community.

The program has been involved in on-campus recruitment of visiting high school students.

The program has improved its equipment, but still needs more.

The program needs reassurance regarding the usage of the City of Austin Parks Department's Austin Recreation Center for classes conducted at the RGC Campus.

## PROGRAM VISION STATEMENT

State the program's vision or preferred future for the next five years. The vision statement should provide direction to the program as it makes improvements to enhance its effectiveness and efficiency.

The Health and Kinesiology Department will continue to reach out to the community and area high school students in order to increase enrollment. The schedule will continue to be refined to maximize the number of students in each class and to provide a wide variety of activities to all the students. The program will recruit more majors and encourage them to complete their Associates of Science degrees in Health and Kinesiology before transferring to four-year universities. We will continue to keep our curriculum attractive by offering transferable courses that meet our students degree requirements. We will also work with the administration on upgrading the equipment and supplies budget to provide our students with the safest and best equipment available.

The Health & Kinesiology Department is dedicated to providing the highest quality of health and fitness education in a supportive and congenial environment. The two degree plans plus the wide range of activity courses that are offered suit the needs of the varied fitness levels and interests of all ACC students for both transference of college credit and self-improvement. We pride ourself in the fact that our program is more varied than any of the higher education institutions in the central Texas area. Although we lack the facilities of these other institutions, we do have an outstanding staff.

## RECOMMENDATIONS

What does the self-study team recommend for improving or maintaining the quality of the program? Summarize the recommendations here and complete the *Quality Improvement Plan* form.

Secure dedicated KINE space at RGC.

Increase size of facilities.

Increase funding for equipment and staff.

Improve marketing of department.

Outreach to area high schools students and senior citizens.

Investigate possible additional teaching sites.

Continue to keep the curriculum strong.

Search for methods to retain students.

Continue to increase the number of Health and Kinesiology majors.

Request more office space, particularly for adjunct instructors.

### **ADDITIONAL COMMENTS**

The number one goal of the 2000 program review was to increase the average class size in order to make our department meet an acceptable standard for the college. We have met that goal (24.8 students). We are asking for increased funding to support these larger class sizes. We will continue to schedule classes efficiently to reduce/eliminate cancelled classes.

### **APPENDIX**

List all documents that you used in your report:

ACC 2003-2004 Fact Book , ACC Office of Institutional Effectiveness Program Review Handbook, 2004 Kinesiology SWOT Minutes, Texas Higher Education Coordinating Board website <http://www.tcheeb.state.tx.us/>, Surgeon Generals website <http://www.surgeongeneral.gov/>, The President's Council on Physical Fitness and Sports [www.fitness.gov](http://www.fitness.gov),

When you have completed this report, send it via e-mail to the Coordinator for Institutional Assessment ([rwall@austincc.edu](mailto:rwall@austincc.edu)) as an attachment.

## Quality Improvement Plan for Health & Kinesiology Program

**Date Completed:** February 28, 2005

Please complete a table for each of the self-study team's recommendations for improving or maintaining the quality of the program. The first table provides information to assist you in determining what to put in each "cell." If you need more tables, please use the copy/paste function in word.

Field	What to include
<b>Recommendation #</b>	Assign a number to this recommendation for tracking purposes.
<b>Recommendation:</b>	Taken from the <i>IPRS</i>
<b>Planned Implementation date:</b>	When does the program expect to begin to implement this recommendation?
<b>Estimated Completion date:</b>	When does the program estimate this recommendation to be fully implemented?
<b>Action/Task</b>	What steps must the program do to implement the recommendation?
<b>Measure of Success/ Desired Outcome</b>	If the recommendation is implemented, what about the program will be improved? What difference will the implementation of this recommendation make in relation to students, the program's purpose, the College's mission? How will this recommendation improve learning and help meet targeted objectives?
<b>Estimated Cost(s)</b>	This field is particularly important because the information the program enters here is the information that the Instruction/credit Cluster Group will consider in its Master Plan process. Consider changes that require one-time costs (equipment, renovation, etc.) and changes that require recurring costs (typically new positions).
<b>Consequence if not funded</b>	If this recommendation is not funded, how will students, the program, the College, or the community be negatively impacted?

<b>Recommendation #</b>	1
<b>Recommendation:</b>	Dedicated KINE Space at RGC
<b>Planned Implementation date:</b>	Fall 2005
<b>Estimated Completion date:</b>	Ongoing
<b>Action/Task</b>	Either rental of ARC or renovation of gym on West Ave. RGC campus.
<b>Measure of Success/ Desired Outcome</b>	To have classes at the RGC which meet student needs.
<b>Estimated Cost(s)</b>	\$40,000 rental fee per year for City of Austin Parks & Recreation Dept. for use of ARC gym or ~\$1,000,000 renovation fee.
<b>Consequence if not funded</b>	Loss of site for 26 sections of Health & Kinesiology classes.
<b>Who is responsible?</b>	ACC Facilities Dept., Business Dept., ACC Administration, Health Science Dean, and EVP

<b>Recommendation #</b>	2
<b>Recommendation:</b>	Increase size of facilities for Health & Kinesiology.
<b>Planned Implementation date:</b>	Next building phase
<b>Estimated Completion date:</b>	Next building phase
<b>Action/Task</b>	Build new facilities (full-sized gymnasiums) at Riverside and Northridge.
<b>Measure of Success/ Desired Outcome</b>	Improved facility for college and community use.
<b>Estimated Cost(s)</b>	\$2,000,000
<b>Consequence if not funded</b>	Continue to use current facilities for program. Limited opportunities to expand program.
<b>Who is responsible?</b>	ACC Board of Directors, ACC Administration, Health Science Dean, Dept. Chair, and EVP

<b>Recommendation #</b>	3
<b>Recommendation:</b>	Increase department budget funding for equipment & staff.
<b>Planned Implementation date:</b>	Fall 2005
<b>Estimated Completion date:</b>	Fall 2006
<b>Action/Task</b>	Secure funding
<b>Measure of Success/ Desired Outcome</b>	Delivery of improved instruction and improved safety.
<b>Estimated Cost(s)</b>	\$50,000
<b>Consequence if not funded</b>	Inadequate equipment and staffing funds
<b>Who is responsible?</b>	ACC Administration, Business Dept., Human Resources, Health Science Dean, EVP, and Dept. Chair

<b>Recommendation #</b>	4
<b>Recommendation:</b>	Improve marketing of department
<b>Planned Implementation date:</b>	2005
<b>Estimated Completion date:</b>	Ongoing
<b>Action/Task</b>	Advertise our department.
<b>Measure of Success/ Desired Outcome</b>	Increased enrollment.
<b>Estimated Cost(s)</b>	\$1,000/year
<b>Consequence if not funded</b>	Enrollment might decrease
<b>Who is responsible?</b>	ACC Marketing, Communications Director

<b>Recommendation #</b>	5
<b>Recommendation:</b>	Outreach to high school students and senior citizens
<b>Planned Implementation date:</b>	Fall 2005
<b>Estimated Completion date:</b>	Ongoing
<b>Action/Task</b>	Promote department to specific target groups, site visits to high schools and senior groups.
<b>Measure of Success/ Desired Outcome</b>	Increased enrollment
<b>Estimated Cost(s)</b>	\$750/year
<b>Consequence if not funded</b>	Enrollment might decrease.
<b>Who is responsible?</b>	ACC instructors, counselors

<b>Recommendation #</b>	6
<b>Recommendation:</b>	Investigate possible teaching sites
<b>Planned Implementation date:</b>	Fall 2005
<b>Estimated Completion date:</b>	Ongoing
<b>Action/Task</b>	Locate sites that might meet our needs.
<b>Measure of Success/ Desired Outcome</b>	Option to vary program offerings
<b>Estimated Cost(s)</b>	None
<b>Consequence if not funded</b>	Course offerings remain the same.
<b>Who is responsible?</b>	Department Chair

<b>Recommendation #</b>	7
<b>Recommendation:</b>	Continue to keep curriculum strong
<b>Planned Implementation date:</b>	2005
<b>Estimated Completion date:</b>	Ongoing
<b>Action/Task</b>	Regular review of curriculum by department
<b>Measure of Success/ Desired Outcome</b>	Continued transferability of courses.
<b>Estimated Cost(s)</b>	None
<b>Consequence if not funded</b>	Enrollment and transferability might decrease.
<b>Who is responsible?</b>	Department Chair, Task Force

<b>Recommendation #</b>	8
<b>Recommendation:</b>	Search for methods to retain students
<b>Planned Implementation date:</b>	2005
<b>Estimated Completion date:</b>	Ongoing
<b>Action/Task</b>	Identify and promote methods to retain students.
<b>Measure of Success/ Desired Outcome</b>	Increased student retention and possible increased enrollment.
<b>Estimated Cost(s)</b>	None
<b>Consequence if not funded</b>	Enrollment might decrease
<b>Who is responsible?</b>	Department Chair, instructors

<b>Recommendation #</b>	9
<b>Recommendation:</b>	Continue to increase the number of Health and Kinesiology majors.
<b>Planned Implementation date:</b>	2005
<b>Estimated Completion date:</b>	Ongoing
<b>Action/Task</b>	Promote degree plan majors to all students, start club.
<b>Measure of Success/ Desired Outcome</b>	Increased number of graduates and increased number of transferred students.
<b>Estimated Cost(s)</b>	None
<b>Consequence if not funded</b>	Fewer students will complete program.
<b>Who is responsible?</b>	Department chair, instructors

<b>Recommendation #</b>	10
<b>Recommendation:</b>	Additional office space for adjunct instructors
<b>Planned Implementation date:</b>	Fall 2005
<b>Estimated Completion date:</b>	Ongoing
<b>Action/Task</b>	Provide office space for adjunct instructors.
<b>Measure of Success/ Desired Outcome</b>	Instructors have privacy to confer with students.
<b>Estimated Cost(s)</b>	TBD
<b>Consequence if not funded</b>	Instructors will continue to confer with students in the classroom.
<b>Who is responsible?</b>	Department Chair, Campus Managers