

# 2020 Annual Program Review

Program Name: Kinesiology & Athletics

Program Review Author: Elaine Roque

**I. PROGRAM DESCRIPTION:** In one or two paragraphs, provide a description of the primary goals of your program or service area. Attach an appendix to describe your program or service area in more detail, if needed.

*Note: If no changes have occurred, feel free to copy and paste from your last review. If it exists, feel free to copy the brief description of your program from the college catalog: <http://www.smc.edu/CollegeCatalog/Pages/default.aspx>*

The Santa Monica College Kinesiology & Athletics department teaches students about human movement, health, sports and exercise. The department seeks to motivate students to be active and live healthy, dynamic lives. Our instructors hope to improve the quality of life for our students and teach them the value of life long wellness.

We have three main objectives: Meet the needs of our students in the major and certificate program; offer classes that enable our students to be active and learn about living healthy and dynamic lives and support our intercollegiate program. We offer a wide variety of courses each semester for approximately 3,300 students. Our student retention numbers and success rates are higher than the college's average. Students are enrolling in our classes and successfully completing them. Students learn about sports, training and fitness which positively impacts their health. Many lose weight, change their body composition and get into better physical shape as a result of completing our courses.

Please see the attached appendix for more information.

## II. PROGRESS SINCE LAST REVIEW (LAST YEAR'S OBJECTIVES)

Identify the original objectives from your last review, as well as any objectives that emerged during the year (if applicable). For each objective, determine status and explanation for status.

Objective	Status (Check one)	Status Explanation
Continue to create multiple levels for sports and fitness classes that currently have only one or two levels (Goals for 2017-18: water polo, track and field, boxing for fitness, self-defense, and an intermediate level for Fitness Center: KIN PE 10).	<input type="checkbox"/> Not Completed <input checked="" type="checkbox"/> In Progress <input type="checkbox"/> Completed	Last year we created two more levels for softball, track and field, and water polo. We created course for Pickle Ball and Wushu /Kung Fu. Both classes have two levels already and we plan to add a third next year.
Continue to investigate the discrepancies between our department statistics and the College's with regards to the lack of females in our TEAM and Weight Training classes. We have	<input type="checkbox"/> Not Completed <input checked="" type="checkbox"/> In Progress <input type="checkbox"/> Completed	Last year we took a survey of our students to better understand if we were meeting their needs and interests.

increased the number of females we are serving but would like to look specifically at those two areas.		
Create a series of weekend classes offered on Saturday and Sunday morning. Fitness Center classes KIN PE 10A and 10C as well as various yoga classes: KIN PE 58A, B, and C and Pilates: KIN PE 19E would be ideal	<input type="checkbox"/> Not Completed <input checked="" type="checkbox"/> In Progress <input checked="" type="checkbox"/> Completed	This fall, 2020 we had scheduled a soccer class for Saturday mornings. We help facilitate a Friday afternoon fitness class for the Emeritus students.
Prepare our kinesiology majors for transfer to 4-year universities and for careers in the exercise and sport industries. We would like to find a way to differentiate us from other community colleges. Ideas include creating an exercise physiology lab to give our students experience in working in the lab, as well as increasing opportunities for internships to give our students experience in the field.	<input checked="" type="checkbox"/> Not Completed <input type="checkbox"/> In Progress <input type="checkbox"/> Completed	We have had many discussions about creating an exercise physiology lab. Many years ago, we did have one but after the faculty member retired, it was discontinued. Currently we do have a faculty member with expertise in exercise physiology and feel this would be an excellent tool to help prepare our students.
Survey students to find out their needs and interests in Kinesiology. Are we offering the types of courses they are interested in taking, at times that are best for them? Are our facilities meeting their needs?	<input type="checkbox"/> Not Completed <input type="checkbox"/> In Progress <input checked="" type="checkbox"/> Completed	We surveyed students enrolled in Kinesiology & Athletics and received over 600 responses. The results were very interesting. Please see the attached document for more information on our survey.

### III. ACHIEVEMENTS

**(Optional)** List any notable achievements your program accomplished in the last year.

Over the past year we have written and received approval for multiple levels of the following new courses: Pickle Ball and Wushu (Kung Fu), as well as more levels of water polo, softball and track and field. Multiple levels of our courses enable students to continue their activity/sport throughout their career at SMC. It also serves our intercollegiate student-athletes as the added levels allows them to continue to train for and play their sport for their two years at SMC.

With our International Students office, we expanded the “packaged program” (formally called “Gateway”) to a two-semester program where the F-1 students earn their certificates in Athletic Coaching. Numerous students from Sweden and Norway enrolled in our program to become personal trainers.

We continue to work with the Sunday CoRec (Coe/Community Recreation) program and as of this year, have taken over the management of it. This program provides basketball, badminton and table tennis to hundreds of people each Sunday. We oversee the facility, equipment, and staffing for CoRec.

Our department oversees the SMC intercollegiate table tennis team. This team is the product of our classes and the CoRec program. This year we hosted two intercollegiate tournaments (Nov. 11, 2019 and Feb. 1, 2020). SMC is the only community college team that competes in these competitions. UCLA, UCI, UCSB, USC, ASU, CSUN, Cal Poly SLO, and many more 4-year universities took part in these events.

We hosted the **U.S.A. Olympic Trials for table tennis**. Feb. 26 – March 1, 2020. This event was run by U.S.A. Table tennis and the U.S.O.P.C. Athletes from all over the United States competed for six spots on the 2020 (Now 2021!) Olympic team.

Thirty-two students graduated in 2020 with degrees in Kinesiology. To celebrate our graduates, we purchased SMC Kinesiology t-shirts and set-up a drive by pick up. We will mail shirts to our international and out-of-state graduates that have gone home.

#### IV. CURRENT PLANNING AND RESOURCE NEEDS

##### Part 1: Narrative

Broadly discuss issues or needs impacting program effectiveness for which institutional support or resources will be needed for the next academic/fiscal year.

A. Due to the COVID-19 crisis, many of our classes will need additional supplies once we are allowed to teach face to face. Cleaning of shared equipment and areas will be required. Our Fitness Center, weight rooms, yoga and Pilates equipment, locker rooms, and other sports equipment will need constant sanitation to keep our students and faculty safe.

B. If COVID-19 has not hit us, our future plans would be for more full-time faculty and an exercise physiology lab. The lab would serve us as we prepare Kinesiology majors to transfer to four-year universities and teach our personal training students about basic diagnostics for the health and fitness of their future clients.

(Below in the *Resources Needed* section, these two items are listed as A and B.)

##### Part 2: List of Resources Needed

Itemize the specific resources you will need to improve the effectiveness of your program, including resources and support you will need to accomplish your objectives for next year.

*While this information will be reviewed and considered in institutional planning, the information does not supplant the need to request support or resources through established channels and processes.*

Resource Category	Resource Description/Item	Rationale for Resource Need (Including Link to Objective)
<b>Human Resources</b>	Click or tap here to enter text.	Click or tap here to enter text.
<b>Facilities</b> ( <i>info inputted here will be given to DPAC Facilitates Comm.</i> )	<p>A. Cleaning throughout the day for locker rooms, weight rooms, Fitness Center, etc. This is not just because of the COVID-19 issue but also because our locker rooms and bathrooms are filthy. Our student survey confirms the issues with the poor maintenance of the facilities. Another issue is the safety of people's belongings in the locker rooms. We have had an enormous amount of theft in both the men's and women's locker rooms.</p> <p>B. Exercise Physiology Lab: Convert our PT faculty working space into a lab. This would mean removing the built-in counter and running water lines and a drain from the</p>	<p>A. Health and safety for all. Cleaning for COVID related reasons but also cleaning in general. The showers for our students are disgusting. Also, for safety 3reasons the issues in the locker rooms need to be addressed.</p> <p>B. This would help prepare our students majoring in Kinesiology. It would allow them a valuable experience that only some community colleges provide. They would leave SMC well prepared for their junior and senior years, upon transferring to an upper division Kinesiology program.</p>

	kitchen next door. The lab would need a sink.	
<b>E addressed. Whether we Equipment, Technology, Supplies</b> <i>(tech inputted here will be given to Technology Planning Committee)</i>	<p>A. All necessary materials and supplies for cleaning and maintaining equipment.</p> <p>B. 1) iWORX Advanced Human/Exercise Physiology Teaching Kit</p> <p>2) FitnessWave Hydrostatic (Underwater) Body Composition System</p> <p>3) BodPod Body Composition Analysis System</p> <p>4) Quinton Q710 12 Lead EKG System with Medtrak ST55 Treadmill</p> <p>5) Monark Ergometers (824E)</p> <p>6) SensorMedics Ergometer</p> <p>7) CompuTrainers w/ Power tap hubs</p> <p>8) Quinton Treadmills</p>	<p>A. Health and safety for all.</p> <p>B. These are the most basic required pieces of equipment for an exercise physiology lab.</p>
<b>Professional Development</b>	A. Sanitization training for our staff and faculty. Everyone needs to be aware of the process for safe use and cleaning of equipment. Our two equipment staff will need extensive training and a system for maintaining the equipment..	A. This is very important for everyone's health and safety.

#### V. CHALLENGES RELATED TO SPRING 2020 COVID-19 CRISIS AND RESPONSE:

List significant challenges your program faced in Spring 2020 due to COVID-19. Please also include your responses and solutions to this crisis.

The biggest challenge was the move to online instruction. Only four of our 50+ faculty had ever taught online. Many of our faculty attended workshops to learn Zoom and better use Canvas. Most had to find ways to teach activities remotely, that are usually done in person. The faculty were creative and determined to teach the course objectives safely. Some made miniature volleyball and table tennis courts on the dining rooms tables. Others converted rooms in their homes to Zoom filming rooms. Some recorded classes and other taught synchronously.

The pandemic also caused all intercollegiate sports to be cancelled. Our head coaches maintained their classes that were assigned to them for their teams, by regularly meeting with their athletes and providing remote training for their sports. Many took on projects as well. As mentioned earlier in this report, no spring sport athlete dropped a class in the spring semester. Still, these student-athletes have lost a valuable part of their collegiate careers.

The biggest challenge will be how we will return to teaching face to face safely. As of the first week in July, **89 sections in our department have been cancelled for fall. This means the loss of income and health insurance for about 40 people.** This crisis has devastated our department.

**VI. THE NEXT SECTION IS FOR CTE PROGRAMS ONLY**

**PARTNERSHIPS:**

**Part 1: Industry advisory meeting dates and attendance for 2019-2020.**

While we do have a certificate program, we do not have an advisory board. The Athletic Coaching certificate overseen by one of our full-time faculty.

Date of Meeting	# of SMC Attendees	# of Non-SMC Attendees
Click or tap to enter a date.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap to enter a date.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap to enter a date.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap to enter a date.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap to enter a date.	Click or tap here to enter text.	Click or tap here to enter text.

**Part 2: Employer partnerships/collaborations for 2019-2020. Identify the most salient partnerships or collaborations.**

Employer Name	Type of partnership or Collaboration <ul style="list-style-type: none"> <li>• Advisory attendance</li> <li>• Internship site</li> <li>• Donations</li> <li>• Job placement</li> <li>• Other</li> </ul>	Optional: Additional information about partnership or collaboration
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
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Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.

**CONGRATULATIONS – that’s it! Please save your document with your program’s name and forward it to your area Vice President for review.**

**The following section will be completed by your program’s area VP**

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**Vice Presidents:**

First, please let us know who you are by checking your name:

- Christopher Bonvenuto, Vice President, Business and Administration
- Don Girard, Senior Director, Government Relations & Institutional Communications
- Sherri Lee-Lewis, Vice President, Human Resources
- Jennifer Merlic, Vice President, Academic Affairs
- Teresita Rodriguez, Vice President, Enrollment Development
- Michael Tuitasi, Vice President, Student Affairs

Next, please check this box to indicate that you have reviewed the program’s annual report Provide any feedback and comments for the program here:

Click or tap here to enter text; the box will expand when you enter text.

Finally, please **save the document** and email it to both Stephanie Amerian ([amerian\\_stephanie@smc.edu](mailto:amerian_stephanie@smc.edu)) and Erica LeBlanc ([leblanc\\_eric@smc.edu](mailto:leblanc_eric@smc.edu)). If you have any questions, please contact us!

Thank you for your input!

What we do:

The Santa Monica College Kinesiology & Athletics department teaches students about human movement, health, sports and exercise. The department seeks to motivate students to be active and live healthy, dynamic lives. The department seeks to improve the quality of life for our students and teach them the value of life long wellness.

We encourage personal, intellectual and physical exploration as well as challenge and support our students while working to achieve their academic goals. All students, whether participating on one of our competitive teams, majoring in Kinesiology, or taking a class for fun, benefit from our course offering by improving their physical health. Researchers have proven that exercise leads to better cognitive function. According to John J. Ratey, author of *Spark: The Revolutionary New Science of Exercise and the Brain*, "Memory retention and learning functions are all about brain cells actually changing, growing, and working better together. Exercise creates the best environment for that process to occur."

Our classes vary from running, weight training, yoga, various sports and much more. "Each type of exercise seems to have different effects on the growth factors responsible for the growth of new neurons and blood vessels in the brain, that may indicate why doing both aerobic and resistance training is of benefit to cognitive function." *The Simple Reason Exercise Benefits the Brain*, Time magazine, 4/26/17

We have three main objectives: Meet the needs of our students in the major and certificate program; offer classes that enable our students to be active and learn about living healthy and dynamic lives; and support our intercollegiate program. We offer a wide variety of courses each semester for approximately 3,300 students each semester. Our student retention numbers and success rates are higher than the college's average. Students are enrolling in our classes and successfully completing them. Students learn about sports, training and fitness which positively impacts their health. Many lose weight, change their body composition and get into better physical shape as a result of completing our classes.

Our student-athletes have also been successful both on and off of the court. Intercollegiate athletics helps students to be successful in school and is considered one of the strongest cadres for retaining students. Winning from our perspective is defined by the number of student-athletes we recruit, retain and help transfer or meet their academic goal. Our information shows that we are achieving these goals. **During the COVID crisis, not one spring sport student-athlete dropped a class.**

### **Regarding our Student Survey:**

Last year we surveyed our students to see if we are meeting their needs and interests. We had 612 responses. Less than 15% of the responses were from student-athletes. 58.1% of the respondents were female. Almost 36% were in their first year at SMC and 56.2% were first generation college students. The students were majoring in just about every major SMC offers

We asked what classes are we NOT offering, that they would like. Many suggested more levels of current classes (Pilates, boxing, body weight fitness, table tennis) and many asked for classes in martial arts, spin/cycling, dance fitness classes like Zumba, and more.

Some students ask for night classes. We had assumed that if we offered weekend classes they would want to

take them but only 56.3% said yes. We asked if they would take classes after 5:00pm and 54.5 said yes.

Some students asked for classes we already offer which confirmed our belief that our classes are hard to find in the schedule of classes. We have heard that from students over the recent years as we are often listed in three different places. This is something we intend to work on in the near future.

We also asked questions about our locker rooms and facilities. The students' responses about the locker rooms were overwhelming **negative**. There are **problems with safely locking** their items due to a failure of the locks and a great deal of theft. They also had **numerous complaints about the lack of cleanliness in the bathrooms and locker rooms. Many of our faculty have also complained about the lack of cleanliness in our facilities (Gym, Fitness Center, weight rooms, etc.).**

The survey data can be sent to the committee should you be interested. Please contact Elaine Roque, Dept. Chair should you like to see it.