

# Fall 2024 Instructional PRAU

Department: **Physical Education**

Division: Physical Education

Dept. Coordinator/Submitter: Marcia Foster

Division Dean Approval from: Beth Kelley, 12/6/2024

## Part 1: Review of Data

Use the data provided by the Office of Institutional Effectiveness (OIE). Review your program completion and success rates and compare them to the Institution Set Standards for course completion and success rates. Then, answer these questions:

1. Where does your program meet or exceed the college-wide standard for completion and success, to what do you attribute your success?  
With an overall 86.7% completion and 92.4% success rate, the Physical Education Department exceeds the aspirational goals set by the college for both completion and success. We discussed the factors that have contributed to these rates:
  - A high-touch environment that facilitates meaningful connections between students and faculty, fostering a strong sense of belonging, and aiding in retention and student success.
  - The Athletic Department is an area within the Physical Education Department: successful and competitive athletic teams with committed faculty members that continue to enroll, grow, retain, and transfer students at the highest institutional level are key factors for our success.
  - The department offers a wide variety of courses that include:
    - F2F, online, and hybrid formats
    - Morning, afternoon, and evening courses with different days and times
    - A diverse range of topics are offered to accommodate diverse student interests
2. Where your program does not meet this standard, please examine the possible reasons and note any actions that should be taken, if appropriate.  
The disaggregated data reveals a lack of retention and success in our activity courses mainly for Black/African American, Asian, and White students. For our lecture courses, the data for our Black/African American, Asian, and Latinx students reveals below-standard retention and success.
  - We are committed to the following **strategies** to improve success and completion among the disproportionately impacted students:
    - A more effective and uniform template for syllabi
    - Identify and implement successful strategies for our online communities, specifically for misrepresented populations
    - Develop department-wide best practices for participation in diversity training, revise and expand curriculum, strengthen certificate programs, and broaden the scope of our efforts to facilitate student transferring into kinesiology, recreation and allied health disciplines

- Rebranding our department's focus so academic and career pathways are clear
- Ongoing identification, reflection, and corrective measures from student surveys and data analysis
- **Identify support needs earlier:** Evident in situations where Black/African American, Latinx, Pacific Islander, Native American and Asian students, whether online or F2F, fail to complete the class.
  - Early intervention (connect through Canvas)
  - Department-wide use of Starfish
  - Wrap-around services for student-athletes
  - Brainstorm best practices for scaffolding and skill-building in academic literacy
- **Improve equipment and instructional spaces:** Many of our Pacific Islander, Latinx, Black/African American, and Asian students take classes (PE 102 Yoga, PE 121 Walking for Fitness, PE 154 Fitness w/Testing, PE 163 Kickboxing, PE 193 Weightlifting, PE 231 Yoga Teaching Training, PE 235 First Aid, CPR, and Safety), where retention and success are based on the ability to accurately replicate practices and skills that involve the use of machines, surfaces, and apparatus to perform necessary skills; as well as devices used to measure, protect, and demonstrate. We are deficient/negligent in providing racially affirmative equipment, clean and adequate supplies, and finding creative solutions to expand course capabilities.
  - Obtain new manikins with diverse skin tones (white, tan, brown), an AED training machine, and personal protective devices
  - Acquire yoga blankets to cushion body parts (hands, knees, bony areas), and support yoga positions, assisting in flexibility and range of motion
  - Collaborate with M&O Department to ensure an above-average standard for cleaning and maintenance in all weight training, cardio, fitness testing, and other instructional labs
  - Find creative ways to utilize larger spaces (e.g. football, soccer), and other classes (PE 114, High Intensity Interval Training, PE 152 Fitness Training Lab, PE 193 Weightlifting, Weight Training) that utilize Instructional Lab 1212 and B
    - Make use of portable equipment within indoor/outdoor instructional labs
- **SAP #5 from Fall 2021 Self-Study:** Improve marketing and publicity for enrollment in certificate programs
  - We have increased the success rate in the Personal Training Certificate program, but enrollment of students in the program is low. Advertising is essential as well as contacting the many fitness businesses in our area and notifying local high schools about our certificates.
  - Upgrading our 1212 A and B classrooms (weight training), and our Wellness Center is absolutely to maintain the quality of our certificate programs and transfer degrees.

3. Compare your data analysis in questions 1 and 2 to the review of data in your 2023 Annual Program Review update (available on the Program Review and Planning Committee website.)

The Department of Physical Education continues to demonstrate success and retention by attracting and recruiting a diverse range of students to our athletic programs as well as to our lecture and activity courses. Yet, a repeated pattern has become a barrier; the ability to see many of our disproportionately impacted students through to success and completion in facilities that are below standard and lack the necessary resources. The committed, caring, and high-touch environment demonstrated by our faculty in the Athletic Department guides student-athletes toward success, completion, and transfer, but that is more difficult to attain with the general student population. The declining state of instructional labs, lack of proper equipment, poorly maintained equipment and dirty equipment; push students (and increasingly student athletes) to other colleges and/or fitness facilities. There is also a decline in enrollment for our female student-athletes. This is not an uncommon trend, yet other community colleges in our recruiting area have prioritized better facilities and updated equipment and are thriving.

We, the faculty, bear the responsibility of improving our curriculum, creating concise academic and career pathways, and integrating practices that are inclusive, diverse, and continuing to encourage growth. Our immediate goal is to find a creative approach to offset equipment and facility limitations, given that renovation of the 1200 building is posed as a last, long-term priority on the Educational Facilities Master Plan.

## **PART 2: Additional Resource Request Reasoning and Support**

Select one:

☐ We have reviewed our most recent self-study and have not identified any significant changes that necessitate resource requests for the upcoming academic year.

OR

☒ We have reviewed our most recent self-study and have identified significant changes that necessitate additional resource requests.

### **Request #1: Equipment for the PE 235 CPR First Aid, CPR and Safety course**

1. Briefly describe your resource request.

We need updated instructional equipment for this course

2. Is this request related to an essential safety need? Yes.

3. If yes, explain how this resource will help your program meet an essential safety need.

PE 235: First Aid, CPR and Safety, is a gateway class for many of our students. The current adult and infant mannikins are old, worn down, loosely held together, and do not allow for realistic practices. We are asking students to perform the required training to save someone's life on inferior equipment. We do not have AED training machines, or the LifeVac prevention of choking kits.

- a) Why must this resource request be processed now rather than during the Fall 2025 PRAU?

The current equipment is disgusting - many items are no longer usable which negatively affects student learning because there are not enough manikins and training materials. This course is required for both kinesiology and allied health majors.

- b) How will this additional resource allocation specifically enhance your program's services, activities, processes, etc. to continue or improve student learning and achievement?

Having enough working equipment sends a message to students that we prioritize quality education. Adequate equipment also ensures quality learning activities.

- c) Is the resource request personnel-related? If so, please provide evidence to justify the requested positions such as retirements, program growth or curricular demands, full-time/adjunct ratios, etc.

No.

- d) How will this additional resource allocation help you serve the college mission or strategic initiatives, and your program's goals for improvement, as stated in your last self-study?

Adequate working equipment represents the college's core values of access, community and learning. Being CPR certified is also a requirement for many kinesiology-based certifications and careers.

Type of Resource	Itemized Requested Dollar Amount
Personnel	
Facilities	(4) sets of Prestan Diverse Skin Tone Adult CPR Manikins with CPR Monitors \$688 ea. (2,752 +taxes) (4) sets of Prestan Diverse Skin Tone Infant CPR Manikins with CPR Monitors \$599 each (2396 +taxes) One (1) LifeVac School Kit (Choking) (240.00 + taxes) 4 AED training machines \$114.99 ea. (459.96 + tax)
Equipment	
Supplies	
Computer Hardware	
Computer Software	
Training	
Other	
<b>Total Requested Amount:</b>	<b>\$5847.96</b>

1. Is the funding requested ongoing or one-time funding? One-time.
2. Is the funding requested for enrollment and reengagement activities? Yes! No one wants to learn on non-working equipment

## Request #2: Yoga Blankets

- Briefly describe your resource request.  
We need 40 yoga blankets for our Yoga Teacher Training Certificate
  - Is this request related to an essential safety need? Yes.
  - If yes, explain how this resource will help your program meet an essential safety need.  
PE 102, 231, 232 AF, and 234 courses: The Yoga series of classes serve a diverse population that includes students of many shapes and sizes. To limit unnecessary strain on the body, cushion body parts, support yoga positions, assist with flexibility and range of motion AND serve to maintain body temperature in a very cold room, providing Yoga blankets is essential to the well-being of our students.
- a) Why must this resource request be processed now rather than during the Fall 2025 PRAU?  
Our yoga faculty have identified yoga blankets as an essential tool for our teaching certificate. We are losing students to a very cold room and the inability to accommodate a diverse student population.

- b) How will this additional resource allocation specifically enhance your program's services, activities, processes, etc. to continue or improve student learning and achievement?

Along with mats, blocks, and straps, yoga blankets are one of the essential pieces of equipment used by certified instructors. To ensure that students in our certificate program learn how to use these tools, it is essential they learn how to use the tools in our classes.

- c) Is the resource request personnel-related? If so, please provide evidence to justify the requested positions such as retirements, program growth or curricular demands, full-time/adjunct ratios, etc.

No.

- d) How will this additional resource allocation help you serve the college mission or strategic initiatives, and your program's goals for improvement, as stated in your last self-study?

Adequate equipment is essential to a quality learning experience for Fullerton College students. Additionally, we have plans to market our certificate program and increase enrollment.

Type of Resource	Itemized Requested Dollar Amount
Personnel	
Facilities	
Equipment	40 yoga blankets x \$40 each = \$1600
Supplies	
Computer Hardware	
Computer Software	
Training	
Other	
<b>Total Requested Amount:</b>	<b>\$10600.0</b>

1. Is the funding requested ongoing or one-time funding? One-time.
2. Is the funding requested for enrollment and reengagement activities? Yes! Yoga blankets are a key learning tool (and the room is freezing – blankets will help comfort levels)

### Request #3: Fitness Equipment

1. Briefly describe your resource request.

Replacement of fitness equipment for the Wellness Center and rooms 1212A and B (weight/cardio room)

2. Is this request related to an essential safety need? Yes and no. Many weight room items are in disrepair, creating an unsafe environment.

- a) Why must this resource request be processed now rather than during the Fall 2025 comprehensive self-study? Much of the equipment in instructional Lab 1212A/B, and the Wellness Center have a very high usage rates, noticeable wear and tear, breakdown of equipment, and pose safety concerns, as well as limitations for options to engage students in meaningful learning.

- b) How will this additional resource allocation specifically enhance your program's services, activities, processes, etc. to continue or improve student learning and achievement?

PE 1212 A and B, and the Wellness Center are deteriorating. They are not spaces that students are aesthetically drawn to, and for many, the reason for lack of retention and increasingly, the lack of enrollment. The addition of safe and portable equipment will help negate the lack of space and its condition. and expand opportunities for students to be exposed to different ways of learning with

industry standard equipment. Also, our current and future CTE certificate programs require instruction in the use of currently available equipment.

- c) Is the resource request personnel-related? If so, please provide evidence to justify the requested positions such as retirements, program growth or curricular demands, full-time/adjunct ratios, etc.

No.

- d) How will this additional resource allocation help you serve the college mission or strategic initiatives, and your program's goals for improvement, as stated in your last self-study?

Our Fall 2021 Self-Study highlights two relevant SAP's:

SAP 5. Increase the success rate for the Personal Training Certificate

SAP 4. Develop a replacement plan to purchase new equipment and replace old or damaged equipment

Replacing damaged equipment in the Wellness Center and 1212 A & B, and the addition of portable equipment meets:

Goal 1/Objective 4: Improve the sense of belonging and mattering in shared physical and online spaces for students of color.

Goal 2: Objective 2: Increase the number of students earning Associate Degrees, Associate Degrees for Transfer, and/or Certificates

Type of Resource	Itemized Requested Dollar Amount				
Personnel					
Facilities					
Equipment	<u>Item</u>	<u># of Pieces</u>	<u>Price Per Item</u>	<u>Manufacturer</u>	<u>Total Price</u>
	Iron Bear Multi Level Storage (Kettle Bell Storage)	1	\$330.00	Sornix	\$330
	Ductile Iron Kettlebell 4KG	6	\$29.00	Sorinex	\$174
	Ductile Iron Kettlebell 8KG	4	\$44.00	Sorinex	\$176
	Ductile Iron Kettlebell 12KG	4	\$59.00	Sorinex	\$236
	Ductile Iron Kettlebell 16KG	2	\$89.00	Sorinex	\$178
	Ductile Iron Kettlebell 20KG	2	\$99.00	Sorinex	\$198
	Ductile Iron Kettlebell 24KG	2	\$114.00	Sorinex	\$228
	Ductile Iron Kettlebell 28KG	2	\$129.00	Sorinex	\$258

	Ductile Iron Kettlebell 32KG	2	\$154.00	Sorinex	\$308
	Urethane Series Dumbbells 5-50 pounds	1	\$4,595.58	Sorinex	\$4,596
	Urethane Series Dumbbells 55-100 pounds	1	\$7,913.40	Sorinex	\$7,913
	14" 10LB Black D-Ball (medicine/slam Ball)	2	\$101.58	Sorinex	\$203
	14" 15LB Black D-Ball (medicine/slam Ball)	2	\$101.58	Sorinex	\$203
	14" 20LB Black D-Ball (medicine/slam Ball)	2	\$114.28	Sorinex	\$229
	14" 25LB Black D-Ball (medicine/slam Ball)	2	\$126.99	Sorinex	\$254
	14" 30LB Black D-Ball (medicine/slam Ball)	2	\$139.69	Sorinex	\$279
	Safety Squat Bars	2	\$429.00	Sorinex	\$858
	Pit Shark Belt Squat	1	\$5,940.00	Sorinex	\$5,940
	Recon Lite Bumpers 45 LB	16	\$76.00	Sorinex	\$1,216
	ABMAT	10	\$35.00	Rogue	\$350
	Storage Cabinet for Bands, Jump Ropes and Abmats	2	\$590.00	ULINE	\$1,180
	Tube Bands Package	10	\$75.00	Rogue	\$750
	Jump Ropes (10 Pack)	2	\$142.00	Rogue	\$284
	Resistance Bands Strength Set	2	\$178.00	Sorinex	\$356
	Cable Attachment Carabiners	1	\$26.50	Sorinex	\$27



	Total Price	\$26,724
Supplies		
Computer Hardware		
Computer Software		
Training		
Other		
<b>Total Requested Amount:</b>	\$26,724	

1. Is the funding requested ongoing or one-time funding? [One-time.](#)
2. Is the funding requested for enrollment and reengagement activities? [Yes! Working, current equipment that aligns with industry standards draws people in. Also, our CTE certificate programs include teaching and learning outcomes related to the use of this equipment.](#)