

# Department Plan

## Long Beach City College

### Dept - Physical Education

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**Mission:** In support of the college mission statement, the Physical Education department provides students with the knowledge, skills and attitudes necessary to improve fitness and wellness. The department believes that improved fitness and wellness are essential ingredients to improving the physical, cognitive, affective and recreational experiences of the student population. Improving these experiences in turn improves student success. Course offerings reflect the fact that fitness and wellness are life-long learning experiences. The Physical Education department also serves as an essential partner to both the athletic and intramurals programs by providing "beyond the classroom" experiences.

**Description:** The breadth of course work within the department constitutes a comprehensive model of physical education programming. Long range planning dictates that the six essential elements of program focus remain in place to meet the cyclical rise and fall of student interest in different sport and fitness activities. The six distinct areas of focus are:

- (1) Physical Education, General (PEG). These classes provide the opportunity to learn and participate in a variety of sports activities.
- (2) Physical Education, Intercollegiate Athletics (PEIA). These classes stress athletic competition and are required for members of the college's sports teams.
- (3) Physical Education, Outdoor Studies (PEOS). These classes provide the opportunity to learn and participate in fitness activities common to wilderness or recreational settings.
- (4) Physical Education, Physical Fitness (PEPF). These classes provide the knowledge and skills necessary to improve cardio-respiratory fitness, muscular strength and endurance, flexibility, body composition and wellness.
- (5) Physical Education, Professional Preparation (PEPP). These classes are taken by students pursuing credentials to work in the field of Physical Education. The classes are used to prepare students for baccalaureate studies in Physical Education or Kinesiology.
- (6) Physical Education, Adapted (PEA). These classes provide a wide variety of activities for students with physical disabilities.

The department serves men and women of all ages and cultural diversity with a wide range of sports skills, physical abilities, fitness levels, and wellness issues. The faculty must be diverse in its expertise to serve this population. The department offers an AA degree in Physical Education/Recreation with either a teaching emphasis or a non-teaching emphasis. The department offers a full complement of classes to assist students with their interests in health and wellness. During the 2009- 2010 semester, 74 courses with a total of 227 class sections were offered.

**Summary of Access, Productivity & Effectiveness:** Please refer to the TracDat document section to review the specifics related to access, productivity and effectiveness. In summary, the Physical Education Department program data indicates that the department is serving more students. This is evidenced by increased enrollments (9618 in 2006 vs. 9937 in 2008), increased FTES (990.82 in 2006 vs. 1062.07 in 2008), and increased WSCH (29,724 in 2006 vs. 31,862.01 in 2008). Furthermore, class size averages have increased (29.8 in 2006 vs. 31.3 in 2008). These indicators are very positive signs and clearly indicate that students are engaged in their Physical Education coursework.

In addition, the most recent data indicates that the student success rate for Physical Education students is 72.3% vs. 63.75% college wide, retention rate is 75.8% vs 79.10%, completion rate is 73.1% vs. 68.25, and GPA is 3.67 vs. 2.58. These rates are well above the college averages indicating that Physical Education students are successful. The faculty within the department should be proud of their continued impact on students.

Conversely, there are a couple areas of concern. WSCH/FTE has declined over the past few years (383 in 2006 vs. 374 in 2008) while the college-wide average increased for that same period of time (477 in 2006 vs. 485 in 2008). This is primarily due to the fact that the vast majority of classes are either .5 or 1 unit in value; yet is confusing based on the increase in class size averages. Likewise, of great concern is a decrease in the number of students receiving Physical Education degrees (25 in 2006 vs. 9 in 2008). The department needs to evaluate these results and set goals accordingly.

**Internal Conditions (see Help for list):** The following internal conditions have influenced the goal setting process for the department: (1) current staffing levels and hiring processes, (2) existing facilities and bond management plans, (3) status of existing equipment and future needs, (4) access, productivity and effectiveness data, (5) actions by the Associate Degree General Education sub-committee and the Curriculum Committee.

Recent internal actions include the adoption of a separate graduation requirement, Wellness/Nutrition, under Plan A. Beginning fall 2010, in order for a student to graduate under Plan A, 1 unit of Wellness/Nutrition coursework must be completed. This will impact the number of students enrolling in Physical Education classes

by approximately 600 each year.

**External Condition-Regulatory/Legislative Changes:** The following external conditions have influenced the goal setting process for the department: (1) State and national goals as identified by the respective professional organizations, namely the California Community College of Physical Educators, and the American Association of Health, Physical Education, Recreation and Dance.

**Faculty & Staff :** The Physical Education department consists of 14 full-time contract faculty members and 42 adjunct faculty members, under the leadership of the department head. Support staff for the areas consists of 11 full-time employees. These positions include an academic administrative assistant of PE/Athletics, an administrative assistant, a senior administrative assistant athletic eligibility, an athletic budget specialist, a sports information specialist, two athletic equipment specialists, two locker room attendants, and two certified athletic trainers. One concern includes the decrease in the number of full-time hires over the past several years. These lack of hires places a huge burden on the ability to offer Physical Education instructional classes as well as the ability to have full-time faculty serve as coaches within the team offerings.

**Names & Titles of Program Review Participants:** General discussions have taken place during department meetings, however the primary participants in this review were Casey Crook and Donna Prindle along with the department head, Wil Shaw.

**2009-2010** 1. Donna Prindle was selected Physical Educator for school year 2009-2010 in the state of California.

**Accomplishments:** 2. Student enrollment in Physical Education is steadily growing  
3. Due to construction on the PCC campus the fitness center was closed. The PCC fitness was moved to the library to keep the program running.

**2010-2011** 1. Student enrollment in physical Education is at all time high.(Fall 2011)

**Accomplishments:** 2. Due to construction on the PCC campus the fitness center is still using the Library.  
3. We have change our name from Physical Education to Kinesiology

## Goal: Equipment

Provide new equipment to meet the curricular needs of the department while properly maintaining existing equipment.

**Start Date:** 07/01/2009

**End Date:** 06/30/2012

**Goal Status:** In Progress

**Goal Priority:** High

**Rationale:** The curricular offerings within the department are heavily reliant on the use of equipment. This includes a wide variety of exercise equipment as well as large numbers of game balls, nets, and other assorted sport equipment necessary to properly instruct classes. Proper techniques as defined in the course outlines cannot be taught without the requisite equipment. In addition, inadequate and poorly maintained equipment becomes a safety issue for both students and staff.

**Strategies:** (1) Seek the appropriate base budget in the general fund.  
(2) Seek the appropriate equipment through Capital Outlay funding.  
(3) Obtain the appropriate equipment through other funding sourced (ie) LBCC. Foundation and Grants.

**Responsible Parties:** Department Head, Athletic Directors, Dean.

**Campus supported by this goal:** Both

**Specify if goal is for Department/ Program**

**department or sub-area:**

**Level of Support Needed:** Department

## Related Resources Needed

\* Resources Needed Name: Equipment

**Resources Needed** The following equipment has been identified and prioritized by the Inter-Level Planning group as necessary to maintain the current curriculum and has been submitted for funding consideration for the 2011-2012 academic year.

- Description:**
- (1) 3 Treadmill trackmaster TMX22 machines. Vendor is OC Fitness. Total cost is \$16,940.00
  - (2) 1 lot Weight Plates for R107 (2pr 45s, 2 pr 35s, 2 par 25s, 2 pr 10s, 1 pr 5s, 1 pr 2.5s). Vendor is Dumbell Buddy. total cost is \$829.00
  - (3) 2 Water polo goals (floating). Vendor is Koppskages. Total cost is \$2725.00.
  - (4) 1 Replacement net for portable batting cage (safety issue). Vendor is Tomark. Total cost is \$891.00.
  - (5) 1 lot classroom tables (40) and classroom chairs (100) for rooms S111 and S112. Vendor is Walmart/Sams' Club. Total cost is \$4,348.00.
  - (6) 18 #2510 Red Newton International Starting Blocks. Vendor is VS Athletics. total cost is \$5750.00.
  - (7) 1 Seated Leg Press Clubline Curcuit Machine. Vendor is Fitness Blowout. total cost is \$2411.00.

- (8) 2 Dolphin Water Removal Drums. Vendor is Tomark. Total cost is \$1900.00.
- (9) 4 #2491 Steeple Chase Adjustable Barriers. Vendor is VS Athletics. Total cost is \$6400.00.
- (10) 10 Ultra slide Boards. Vendor is Power Systems. Total cost is \$6350.00.
- (11) 1 Motion Pro (coaching station with laptop, camera, tripod, software). Vendor is Cyberaccess 123, Inc. Total cost is \$2000.000.
- (12) 1 #2491 Adjustable Water Barrier for Steeple Chase (Main Jump). Vendor is VS Athletics. Total cost is \$2450.00.
- (13) 1 DLP Big Screen Projector. Vendor is US Sports Video. Total cost is \$1,120.00.
- (14) Stadium weight room renovation. Vendor is Powerlift. Total cost is \$80,000

**Inter-Level/ VP Level Group** Pending (Approved but not funded)

**Decision:**

**Fiscal Year:** 2011 - 2012

**Duration:** One-time

**Estimated Cost:** 0.0000

**Type of Resource** Equipment

**Requested:**

**Justification for Resource** The curricular offerings within the department are heavily reliant on the use of equipment. This includes a wide variety of exercise equipment as well as large numbers of game balls, nets, and other assorted sport equipment necessary to properly instruct classes. Proper techniques as defined in the course outlines cannot be taught without the requisite equipment. In addition, inadequate and poorly maintained equipment becomes a safety issue for both students and staff.

**Department Code:** 083500 Phys Ed

**Requested Funding Source:** Other

### Goal: Physical Education Associate of Art Degrees

Increase the number of Physical Education Associate of Art degrees and certificates received by students.

**Start Date:** 07/01/2009

**End Date:** 06/30/2012

**Goal Status:** In Progress

**Goal Priority:** High

**Rationale:** Based on the decrease in the number of Physical Education students receiving Associate Art degrees over the past few years, the department needs to rededicate itself to improving these numbers. The majority of courses offered within the department consist of transfer level courses. Without improving the number of majors who graduate and transfer, there may not be a need for the area of study in the future if this trend continues.

**Strategies:** (1) Improve/expand the course offerings for Physical Education majors.  
 (2) Market the benefits of physical fitness. These benefits include cardio-respiratory endurance, muscular strength, joint flexibility, balance, weight management and the ability to relax.  
 (3) Develop and revise how and when major classes are offered  
 (4) Create more Certificates program in Physical Education like First Aid. (Example Personal Trainer, Coaching)

**Responsible Parties:** PE faculty

**Campus supported by this** Both

**goal:**

**Specify if goal is for** Department/ Program

**department or sub-area:**

**Level of Support Needed:** Department

### Related Resources Needed

\* Resources Needed Name: Curriculum

**Resources Needed** To increase transfer to CSU and UC institutions

**Description:**

**Inter-Level/ VP Level Group** Pending

**Decision:**

**Fiscal Year:** 2011 - 2012

**Duration:** On-going

**Estimated Cost:** 50000.0000

**Type of Resource** 999999 - Other (specify in "Description" above)

**Requested:**

**Justification for Resource** Due to the changes in Physical Education requirement we have to change our curriculum to increase our transfer

**Request:** rates.

**Department Code:** 083500 Phys Ed

\* Resources Needed Name: Physical Education Associate of Art Degrees

**Resources Needed** (1) Staff time to work offerings through the curricular process.

**Description:** (2) Funding for the development of brochures and other materials to be distributed and marketing on-line.

(3) Staff time to determine the optimum time for offering major classes.

**Inter-Level/ VP Level Group** Pending

**Decision:**

**Fiscal Year:** 2010 - 2011

**Duration:** On-going

**Estimated Cost:** 2000.0000

**Type of Resource** 432000 - Supplies Instructional

**Requested:**

**Justification for Resource** Stated in listing of goal under assessment unit.

**Request:**

**Department Code:** 083500 Phys Ed

## Goal: Facilities

Provide up-to-date and properly maintained facilities to meet curricular needs

**Year:** 2009 - 2010

2010 - 2011

2011 - 2012

**Start Date:** 07/01/2009

**End Date:** 06/30/2012

**Goal Status:** In Progress

**Goal Priority:** High

**Rationale:** Current facilities are heavily used by the community which puts extra wear and tear on the classrooms, fields, and courts. In order for curricular needs to be met, the Physical Education department must be fully engaged in facilities development and maintenance.

**Strategies:** (1) Work with the Bond Management Team to appropriately design and complete all projects currently identified in the existing Facilities Master Plan. The identified projects are:

(1) LAC Outdoor Physical Education Labs - \$6,768,450

(2) LAC Stadium Building - \$19,966,316

(3) LAC Primary Gymnasium (Building R) - \$19,744,447

(4) LAC Secondary Gymnasium (Building Q) - \$9,933,128

(5) PCC Fitness Center (Building C) - \$4,672,408

(6) LAC Swim Pool Facility - \$850,000

(2) Work with the Facilities Department to assure that current facilities are properly maintained.

(3) Development of a computer lab, to include appropriate technology, in order to properly assess student fitness levels and improvement.

**Responsible Parties:** Faculty, Athletic Directors, Dean

**Campus supported by this** Both

**goal:**

**Specify if goal is for** Department/ Program

**department or sub-area:**

**Other Area impacted by this** Facilities

**goal:**

## Related Resources Needed

\* Resources Needed Name: Facilities

**Resources Needed** The following items have been identified in the Facilities Master Plan as part of the funding passed through the

**Description:** bond. These major items are to be completed over a period of time to improve the curricular instruction of Physical Education:

(1) Increased number of classrooms

(2) Improved locker and training rooms

(3) Development of Fitness Center with adequate number of weight rooms

(4) Computers and software for computer lab.

**Inter-Level/ VP Level Group** Pending

**Decision:**

**Fiscal Year:** 2012 - 2013

**Duration:** On-going

**Estimated Cost:** 2000000.0000

**Type of Resource** 999999 - Other (specify in "Description" above)

**Requested:**

**Justification for Resource** As identified in Assessment Unit statement.

**Request:**

**Department Code:** 601210 Phys Ed /Athletics

### **Goal: Hire Full-Time Faculty**

Increase the number of full-time faculty teaching Physical Education courses.

**Year:** 2009 - 2010

2010 - 2011

2011 - 2012

**Start Date:** 07/01/2009

**End Date:** 06/30/2012

**Goal Status:** In Progress

**Goal Priority:** High

**Rationale:** Many of the changes desired by the department need the energy and focus of full-time faculty members. The limited number of full-time faculty makes it difficult to accomplish the necessary tasks, including Student Learning Outcome development and assessment, curriculum development (including certificate development), participation on campus-wide committees, etc. The remaining full-time faculty members are not able to accomplish the necessary tasks due to other responsibilities including coaching. Increased full-time faculty would improve this situation and also replace those who have retired. The Hiring Priorities Committee has not approved a full-time hire for over 5 years.

**Strategies:** (1) Continue to request needed positions to the Hiring Priorities Committee.

(2) Work with the Executive Committee when given the opportunity to stress the need for future positions.

**Responsible Parties:** Department Head, Athletic Directors, Dean

**Campus supported by this** Both

**goal:**

**Specify if goal is for** Department/ Program

**department or sub-area:**

**Other Area impacted by this** Human Resources

**goal:**

**Level of Support Needed:** Department

### **Related Resources Needed**

\* Resources Needed Name: Hire Full-Time Faculty

**Resources Needed** Three full-time faculty positions are being requested over the next 3 years.

**Description:**

**Inter-Level/ VP Level Group** Not Approved

**Decision:**

**Fiscal Year:** 2012 - 2013

**Duration:** On-going

**Estimated Cost:** 300000.0000

**Type of Resource** Personnel

**Requested:**

**Justification for Resource** Many of the changes desired by the department need the energy and focus of full-time faculty members.

**Request:** Currently, many of the full-time faculty members serve in other capacities, including coaching which changes the focus on how they spend their time when it comes to curricular matters. In addition, the majority of the Physical Education classes center around non-team classes. During fall 2009, a survey was conducted of Physical Education students, asking what additional sections of course offerings they desired. The results of that survey indicated additional sections of Fitness and Wellness, Aerobics, and Weight Training. Based on that survey, information obtained from wait list data, non-replacement for retirees, and instructional/coaching positions which have not been filled for several years, the following faculty positions remain a priority for the department. (1)

Physical Education - General, (2) Physical Education - Women's Basketball, (3) Physical Education - Men's Volleyball, (4) Physical Education - Women's Soccer, (5) Physical Education - Men's Soccer. The Hiring Priorities Committee has not approved a full-time hire for over 5 years.

**Department Code:** 083500 Phys Ed

**Requested Funding Source:** General Fund