



Welcome to Program Review

College of Alameda - 2019

KIN - Instruction

Program Review

Program Overview

Please verify the mission statement for your program. If your program has not created a mission statement, provide details on how your program supports and contributes to the College mission.

The mission of the College of Alameda Department of Kinesiology is to educate the whole person by teaching the benefits of life-long physical activity, community health, wellness, and personal development. We serve a diverse population of students of all ages, ethnicity, and skill levels. We also offer sport and fitness skill development classes to our student population (women’s volleyball and men’s basketball) which are supported through a wide range of theory, conditioning and training courses. The main focus of the courses offered in the Department of Kinesiology are fitness and skill development, life, team and social skill building, recreation, stress relief, and education in living healthy lifestyle.

Program Total Faculty and/or Staff

Full Time

None

Part Time

Julia Allender
Susanne Altenbach
Stanley Nakahara
blank
Linda Thompson

The Program Goals below are from your most recent Program Review or APU. If none are listed, please add your most recent program goals. Then, indicate the status of this goal, and which College and District goal your program goal aligns to. If your goal has been completed, please answer the follow up question regarding how you measured the achievement of this goal.

Development of Athletic Training Certificate of Achievement.

Status

Completed

If Completed, What evidence supports completion of this goal? How did you measure the achievement of this goal?
The certificate was approved by the State. It is now offered effective as of Fall 2018 and, it was offered in Spring 2019 and Fall 2019.

College Goal

Advance CoA teaching and learning

District Goal

Advance Student Access, Equity, and Success

Provide innovative instruction through the use of technology, group projects and service learning opportunities.

Status

Completed

If Completed, What evidence supports completion of this goal? How did you measure the achievement of this goal?
Successful completion of students enrolled in kinesiology courses for Spring 2019. Over 90% of the enrolled students successfully completed the courses with B or higher grade.

College Goal

Increase retention and persistence rates

District Goal

Advance Student Access, Equity, and Success

Increase enrollment in all kinesiology lecture and physical activity courses, i.e., fitness training, aerobics, badminton, bowling, volleyball and athletic courses. Offer late start courses in kinesiology lecture and physical activity courses

Status

Completed

If Completed, What evidence supports completion of this goal? How did you measure the achievement of this goal?
Increased enrollment by 50%. Over 80% of the enrolled students successfully completed the courses with B or higher grade.

College Goal

Reduce loss of students prior to start of classes

District Goal

Advance Student Access, Equity, and Success

Kinesiology department participation in the Early Alert Pilot program in order to proactively identify students who are most at risk of failing.

Status

In-Progress

If Completed, What evidence supports completion of this goal? How did you measure the achievement of this goal?

College Goal

Reduce loss of students prior to start of classes

District Goal

Advance Student Access, Equity, and Success

Hire 1-2 full-time faculty with a focus on program development and 1-2 part-time faculty with a focus on fitness training

Status

In-Progress

If Completed, What evidence supports completion of this goal? How did you measure the achievement of this goal?

College Goal

Advance CoA teaching and learning

District Goal

Build Programs of Distinction

Hire 1-2 part-time administrative staff with a focus on faculty and student assistance

Status

In-Progress

If Completed, What evidence supports completion of this goal? How did you measure the achievement of this goal?

College Goal

Advance CoA teaching and learning

District Goal

Strengthen Accountability, Innovation and Collaboration

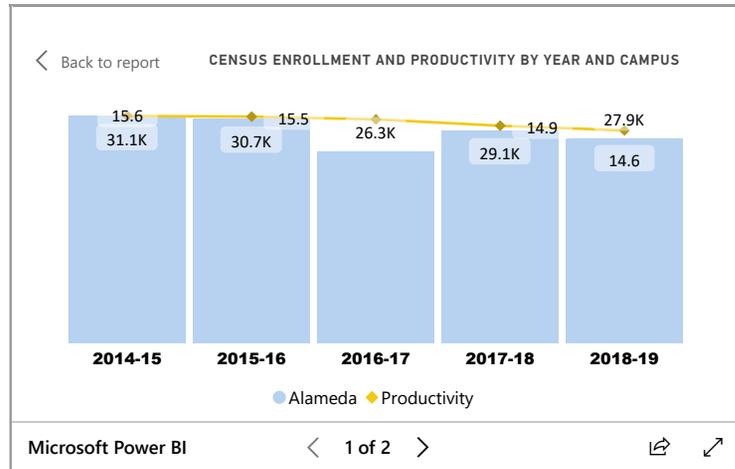
Describe your current utilization of facilities, including labs and other space

The kinesiology department utilizes the gymnasium, the fitness center, and smart classroom. In the spring 2020, we will utilize the dance room for a new offering of yoga.

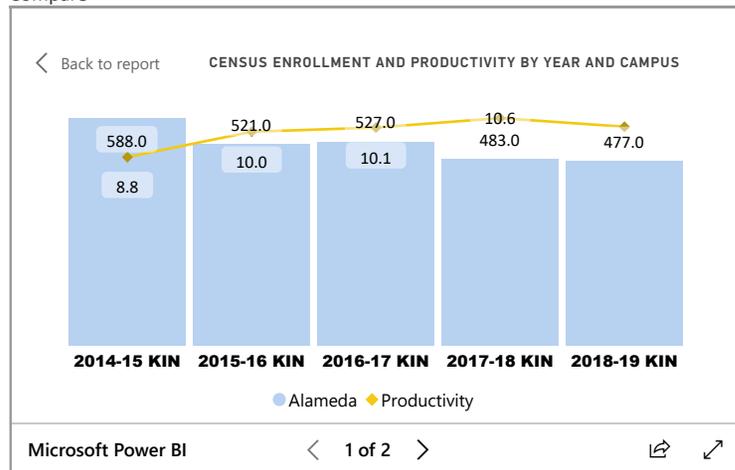
Enrollment Trends

College Level - Program and Department comparison

Chart



Compare



Using the Enrollment Trends dashboard filter to your college and subject area. Reflect on the enrollment trends over the past three years. How does the enrollment trend for your program compare to the overall college trend? What factors could be attributing to this trend?

For the past three years, the Kinesiology program at the College of Alameda has shown a small decline in enrollment. One of the factors that contribute to this enrollment trend is that we are one of the few community colleges where Kinesiology is not mandatory. Although, the CSU system does require Kinesiology/Physical Education as part of their undergraduate degree, in order for our department to accommodate their requirements, it should be mandatory for students to complete a Kinesiology course as a requirement for graduation. Another factor contributing to this trend, there has been no full-time faculty in the Kinesiology department for the past six years.

Describe effective and innovative teaching strategies used by faculty to increase student learning and engagement.

The Kinesiology department at College of Alameda has involved students in the learning process and continues to improve student learning through innovative strategies and effective use of limited technology. Innovative strategies include student engagement in live class discussions and demonstrations, use of video footage, on campus scavenger hunts, portfolios, tests and team building exercises.

How is technology used by the discipline, department?

No new technologies have been used by the Kinesiology department. As outlined in the 2015 APU, student involvement could increase with the ability to use interactive technologies once we obtain requested well-equipped computers loaded with popular programs and access to --websites, emails, newsgroups, blogs, wikis, instant messaging, online performance assessments and video playback. We hope to receive funding to obtain high technology equipment so that we can better facilitate teacher-led instructions and thereby improve student learning in the gymnasium/fitness center, as well as the classroom.

How does the discipline, department, or program maintain the integrity and consistency of academic standards with all methods of delivery, including face to face, hybrid, and Distance Education courses?

The Kinesiology department maintains integrity and consistency of academic standards within its only method of delivery (face-to-face) by coordinating its efforts with other faculty in the department, discussions during department meetings and constant review of teaching effectiveness data.

In the boxes below, please add improvement actions and resource requests that are directly related to the questions answered in this section. If there are no improvement actions or resource requested in this area, leave blank.

Improvement Action

Improvement Actions

Improvement Action

Action Item	Description	To be completed By	Responsible Person
Develop AA-T Degree	Currently in the process of completing curriculum for a Kinesiology degree.	2019	Linda Thompson

Resource Request

Choose an Option

Improvement Action

Action Item	Description	To be completed By	Responsible Person
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Resource Request

Choose an Option

Curriculum

Please review your course outlines of record to determine if they have been updated or deactivated in the past three years. Use the pull-down menus to identify courses that still need updating or deactivation and specify when your department will update each one, within the next three years.

Name	Last updated date	Semester and Year	To be updated on	To be deactivated on
KIN 080B - Basketball II - Beginning	May, 19 2016 11:33:17	Spring	â€Ž1â€Ž/â€Ž24â€Ž/â€Ž2020	
		2019 - 20	Improve my program	
KIN 080A - Basketball I - Fundament...	May, 19 2016 11:25:33	Spring	â€Ž1â€Ž/â€Ž24â€Ž/â€Ž2020	
		2019 - 20	Improve my program	
KIN 080C - Basketball III - Intermedi...	May, 19 2016 11:38:50	Spring	â€Ž1â€Ž/â€Ž24â€Ž/â€Ž2020	
		2019 - 20	Improve my program	
KIN 080D - Basketball IV - Competiti...	May, 19 2016 11:41:13	Spring	â€Ž1â€Ž/â€Ž24â€Ž/â€Ž2020	
		2019 - 20	Improve my program	
KIN 084A - Bowling I - Fundamentals	May, 19 2016 12:11:29	Spring		â€Ž12â€Ž/â€Ž31â€Ž/â€Ž2019
		2019 - 20	Other	
KIN 084B - Bowling II - Beginning	May, 19 2016 12:21:38	Spring		â€Ž12â€Ž/â€Ž31â€Ž/â€Ž2019
		2019 - 20		
KIN 084C - Bowling III - Intermediate	May, 19 2016 12:26:28	Spring		â€Ž12â€Ž/â€Ž31â€Ž/â€Ž2019
		2019 - 20		
KIN 084D - Bowling IV - Competitive	May, 23 2016 12:29:59	Spring		â€Ž12â€Ž/â€Ž31â€Ž/â€Ž2019
		2019 - 20		
KIN 033 - Aerobics ...	May, 19 2016 13:37:19	Spring	â€Ž1â€Ž/â€Ž20â€Ž/â€Ž2020	
		2019 - 20	Improve my program	

KIN 034 - Step Aerobics	May, 19 2016 15:03:25	Spring	âĚš1âĚŹ/âĚŹ20âĚŹ/âĚŹ2020
		2019 - 20	Improve my program
KIN 036 - Aerobic Circuits	May, 19 2016 15:06:44	Spring	âĚš1âĚŹ/âĚŹ20âĚŹ/âĚŹ2020
		2019 - 20	Improve my program
KIN 051A - Yoga I - Fundamentals	May, 19 2016 15:10:09	Spring	
		2019 - 20	
KIN 051B - Yoga II - Beginning	May, 19 2016 15:12:04	Spring	
		2019 - 20	
KIN 054A - Cross Fitness I - Fundam...	May, 19 2016 10:03:23	Spring	âĚš1âĚŹ/âĚŹ20âĚŹ/âĚŹ2020
		2019 - 20	Improve my program
KIN 054B - Cross Fitness II - Beginning	May, 19 2016 15:14:50	Spring	âĚš1âĚŹ/âĚŹ20âĚŹ/âĚŹ2020
		2019 - 20	Improve my program
KIN 054C - Cross Fitness III - Interm...	May, 19 2016 15:16:52	Spring	âĚš1âĚŹ/âĚŹ20âĚŹ/âĚŹ2020
		2019 - 20	
KIN 054D - Cross Fitness IV - Experie...	May, 19 2016 15:18:09	Spring	
		2019 - 20	
KIN 067A - Sports Training I-Fundam...	May, 19 2016 11:20:28	Spring	
		2019 - 20	
KIN 107A - Tennis I Fundamentals ...	May, 19 2016 16:43:37		âĚš1âĚŹ/âĚŹ20âĚŹ/âĚŹ2020
		Select Year...	

KIN 107B - Tennis II Beginning	May, 19 2016 16:45:26		2020
		Select Year...	
KIN 120A - Volleyball I-Fundamentals	May, 19 2016 13:07:48	Spring	
			2019 - 20
KIN 120B - Volleyball II-Beginning	May, 19 2016 13:34:38	Spring	
			2019 - 20
KIN 134 - Care and Prevention of At...	October, 30 2018 16:21:16	Spring	
			2019 - 20
KIN 058A - Fitness Center Strength T...	May, 19 2016 10:05:31	Spring	
			2019 - 20
KIN 058B - Fitness Center Strength T...	May, 19 2016 10:07:26	Spring	
			2019 - 20
KIN 058C - Fitness Center Strength T...	May, 19 2016 10:59:13	Spring	
			2019 - 20
KIN 058D - Fitness Center Strength ...	May, 01 2018 09:55:03	Spring	
			2019 - 20
KIN 074C - Badminton III - Intermed...	May, 19 2016 16:25:00	Spring	
			2019 - 20
KIN 074D - Badminton IV - Competi...	May, 19 2016 16:27:42	Spring	
			2019 - 20

KIN 103A - Soccer 1-Fundamentals	May, 19 2016 16:30:14	Select Year...	Other	â€Ž1â€Ž/â€Ž20â€Ž/â€Ž2020
KIN 103B - Soccer II-Beginning	May, 19 2016 16:41:53	Semester		â€Ž1â€Ž/â€Ž20â€Ž/â€Ž2020
		Select Year...		
KIN 060 C - Circuit Training for Stren...	May, 19 2016 15:20:25	Spring		
		2019 - 20		
KIN 060 D - Circuit Training for Stren...	May, 19 2016 16:19:49	Spring		
		2019 - 20		
KIN 150 - Introduction to Kinesiology	October, 30 2018 16:20:49	Spring		
		2019 - 20		
KIN 060A - Circuit Training for Stren...	October, 29 2018 11:36:36	Spring		
		2019 - 20		
KIN 060B - Circuit Training for Stren...	October, 29 2018 11:36:52	Spring		
		2019 - 20		
KIN 120C - Volleyball III - Intermedia...	October, 30 2018 16:18:26	Spring		
		2019 - 20		
KIN 120D - Volleyball IV - Competitive	October, 30 2018 16:17:40	Spring		
		2019 - 20		
KIN 074A - Badminton I - Fundamen...	October, 11 2017 10:54:38	Spring		
		2019 - 20		

KIN 074B - Badminton II - Beginning October, 17 2017 15:03:05 Spring
 2019 - 20

Please summarize your plans for curriculum improvement/development, including details on specific courses or programs you plan to improve/develop.

Kinesiology curriculum continues improvement/development of courses to meet student needs by providing innovative classes for the discipline which are offered not only during day hours. We plan to continue to offer courses during evening hours, including Winter and Summer inter-sessions and on-line. The department is in the process (through Guided Pathways) of developing an AA-T degree program in Kinesiology.

In the boxes below, please add improvement actions and resource requests that are directly related to the questions answered in this section. If there are no improvement actions or resource requested in this area, leave blank.

Improvement Actions No Actions/Requests

Instruction - Assessment

Student Learning Outcomes Assessment

List your Student Learning Outcomes. SLOs are specific, measurable statements of what students will know, be able to do, or be able to demonstrate when they complete a course. An SLO focuses on specific knowledge, attitudes, or behaviors that students will demonstrate or possess as a result of instruction.

Course	Student Learning Outcomes (SLO)	Last date Assessed	Planned Assessment Date	Attachments
KIN 080B - Basketball II - Beginning	1. Students will demonstrate the ability to follow the rules and exhibit good sportsmanship. 2. Students will demonstrate knowledge of skill in dribbling, cooperation and competing during practice and game situations. 3. Students will demonstrate knowledge of skill in shooting, cooperation and competing during practice and game situations. 4. Student will demonstrate the ability to follow the rules and demonstrate good sportsmanship.			
KIN 080A - Basketball I - Fundamentals	1. Students will demonstrate knowledge of skill in completing an accurate chest pass during practice. 2. Students will demonstrate knowledge of skill in executing proper layup. 3. Student will demonstrate the knowledge of skill in completing a proper shot utilizing the strategy (BEEF)			

KIN 080C - Basketball III - Intermediate	<ol style="list-style-type: none">1. Student will demonstrate knowledge of basketball rules, both offensive and defensive.2. Student will demonstrate growth and proficiency in shooting, passing and ball-handling.3. Student will demonstrate proper aggression and intelligence when applying defensive fundamentals.
KIN 080D - Basketball IV - Competitive	<ol style="list-style-type: none">1. Student will demonstrate positive attitude, hustling plays and have very encouraging words towards team.2. Demonstrate good cognitive skills and are able to execute set plays both from an offensive and defensive standpoint.3. Demonstrate the ability to run lanes, play hard defensively, and exhibit smart team play overall.
KIN 084A - Bowling I - Fundamentals	<ol style="list-style-type: none">1. Students will demonstrate knowledge of skill in executing a proper stance2. Students will demonstrate knowledge of skill in executing a proper ball grip3. Students will demonstrate and execute a proper delivery/approach.
KIN 084B - Bowling II - Beginning	<ol style="list-style-type: none">1. Students will demonstrate knowledge of skill in executing a more consistent ball grip2. Students will demonstrate a more consistent bowling stance3. Student will demonstrate a more consistent delivery/approach.
KIN 084C - Bowling III - Intermediate	<ol style="list-style-type: none">1. students will demonstrate knowledge of skill in executing proper balance, timing, coordination and force in executing a good approach and delivery.2. Students will demonstrate knowledge of skill in executing and comparing the differences in types of ball roll and to adopt a delivery that will insure a consistent ball roll.3. students will demonstrate knowledge of proper foot placement (left foot forward if right handed and opposite if right handed) Student is developing a more consistent stance
KIN 084D - Bowling IV - Competitive	<ol style="list-style-type: none">1. Students will demonstrate knowledge of skill in executing correct and consistent form in bowling2. Students will demonstrate knowledge of skill in executing the pushaway with first step. The ball is on hip with second step3. Students will demonstrate knowledge of skill and complete understanding of how you always hold and grip the bowling ball.

KIN 033 - Aerobics	Identify basic fitness concepts.
KIN 033 - Aerobics	Improve cardiovascular and overall fitness.
KIN 033 - Aerobics	Demonstrate proficiency in aerobic movement patterns and skills.
KIN 034 - Step Aerobics	Identify basic fitness and step aerobic concepts.
KIN 034 - Step Aerobics	Improve cardiovascular and overall fitness.
KIN 034 - Step Aerobics	Demonstrate proficiency in step aerobic movement patterns and skills.
KIN 036 - Aerobic Circuits	Students will be able to demonstrate and define appropriate fitness concepts and vocabulary.
KIN 036 - Aerobic Circuits	Students will apply and connect appropriate learned fitness concepts to other art forms, subject areas and careers.
KIN 036 - Aerobic Circuits	Students will apply specific and appropriate skills in self directed activities in the areas of flexibility, cardiovascular fitness, muscular strength and endurance.
KIN 051A - Yoga I - Fundamentals	<ol style="list-style-type: none">1.Demonstrate yoga exercises and postures to stretch and strength the body. (Daily participation and Final)2.Demonstrate a well-known sequence in the correct order (Midterm)3.Write on the personal benefits of yoga (Paper)4.Practice with peers in a supportive atmosphere (Observed daily participation)5.Create in groups a practice sequence (Final)

KIN 051B - Yoga II - Beginning	<ol style="list-style-type: none">1.Demonstrate various yoga asanas with correct placement and sequencing when applicable2.Write on the personal experience of yoga breath work and focus in practice sessions3.Demonstrate the discipline of yoga through regular practice done to the best of one's ability4.Practice yoga with peers in a supportive environment
KIN 054A - Cross Fitness I - Fundamentals	Student should be able to demonstrate 10 body weight strength building exercises at a fundamental level.
KIN 054A - Cross Fitness I - Fundamentals	Student should be able to demonstrate 10 body weight endurance exercises at a fundamental level.
KIN 054A - Cross Fitness I - Fundamentals	Student should be able to demonstrate 10 flexibility exercises at a fundamental level.
KIN 054B - Cross Fitness II - Beginning	Student should be able to demonstrate 10 body weight strength building exercises at a beginning level.
KIN 054B - Cross Fitness II - Beginning	Student should be able to demonstrate 10 body weight endurance exercises at a beginning level.
KIN 054B - Cross Fitness II - Beginning	Student should be able to demonstrate 10 flexibility exercises at a beginning level.
KIN 054C - Cross Fitness III - Intermediate	Student should be able to demonstrate 10 strength building exercises with weights at an intermediate level.
KIN 054C - Cross Fitness III - Intermediate	Student should be able to demonstrate 10 endurance exercises with weights at an intermediate level.
KIN 054C - Cross Fitness III - Intermediate	Student should be able to demonstrate 10 flexibility exercises with resistance bands at an intermediate level.
KIN 054D - Cross Fitness IV - Experienced	Student should be able to demonstrate 10 strength building exercises with weights at an experienced level.
KIN 054D - Cross Fitness IV - Experienced	Student should be able to demonstrate 10 endurance exercises with weights at an experienced level.

KIN 054D - Cross Fitness IV - Experienced	Student should be able to demonstrate 10 flexibility exercises with resistance bands at an experienced level.
KIN 067A - Sports Training I-Fundamentals	1. Student will be able to increase sport performance through sport specific training.
KIN 067A - Sports Training I-Fundamentals	2. Student will apply sport specific training techniques to increase performance during competitions.
KIN 067A - Sports Training I-Fundamentals	Student will apply all safety measures required in each technique to prevent injury.
KIN 107A - Tennis I Fundamentals	Demonstrate the ability to score a match
KIN 107A - Tennis I Fundamentals	Demonstrate the ability to perform the specific strokes
KIN 107B - Tennis II Beginning	Successfully setting up and scoring a match
KIN 107B - Tennis II Beginning	Successfully demonstrating the rules of a match
KIN 120A - Volleyball I-Fundamentals	Student will be able to demonstrate proper technique in each skill. (Serving, passing, hitting, setting)
KIN 120A - Volleyball I-Fundamentals	Students will be able to differentiate and exhibit the volleyball technique most appropriate for a given situation.
KIN 120A - Volleyball I-Fundamentals	Students will display good sportsmanship to classmates and the instructor.
KIN 120A - Volleyball I-Fundamentals	Students will illustrate knowledge of rules and strategies of the game.
KIN 120B - Volleyball II-Beginning	Student will be able to demonstrate proper technique in each skill. (Serving, passing, hitting, setting) Assessment: Observation, mid-semester and end-of-semester skills testing.

KIN 120B - Volleyball II-Beginning	Students will be able to differentiate and exhibit the volleyball technique most appropriate for a given situation. Assessment: Observation during game play.
KIN 120B - Volleyball II-Beginning	Students will display good sportsmanship to classmates and the instructor. Assessment: Observation during class time. Check off list of students who shake hands with opponents after game play.
KIN 120B - Volleyball II-Beginning	Students will illustrate knowledge of rules and strategies of the game. Assessment: Written test. Observation.
KIN 134 - Care and Prevention of Athletic Injuries	Explain the principles of athletic injury management, including; a) policy and procedure, b) legal and nutritional issues, c) proper care, prevention, evaluation, and rehabilitation of athletic injuries
KIN 134 - Care and Prevention of Athletic Injuries	Demonstrate and explain how to evaluate various athletic injuries and rehabilitation plans
KIN 134 - Care and Prevention of Athletic Injuries	Explain on-field acute care and emergency procedures
KIN 058A - Fitness Center Strength Training I-Fundamentals	Students will be able to evaluate, demonstrate and perform specific strength resistance exercises for beginners.
KIN 058A - Fitness Center Strength Training I-Fundamentals	Students will design a plan to promote strength training and wholesome attitude towards fitness.
KIN 058A - Fitness Center Strength Training I-Fundamentals	Students will improve muscle tone, strength and endurance.
KIN 058B - Fitness Center Strength Training II-Beginning	Students will be able to evaluate, demonstrate and perform specific exercises for beginners.
KIN 058B - Fitness Center Strength Training II-Beginning	Students will design a plan for beginners to promote strength training and wholesome attitude towards fitness.

KIN 058B - Fitness Center Strength Training II-Beginning	Students will improve muscle tone, strength and endurance.
KIN 058C - Fitness Center Strength Training III - Intermediate	Students will be able to evaluate, demonstrate and perform specific strength resistance exercises at the intermediate level.
KIN 058C - Fitness Center Strength Training III - Intermediate	Students will improve muscle tone, strength and endurance.
KIN 058C - Fitness Center Strength Training III - Intermediate	Students will design a plan to promote strength training and wholesome attitude towards fitness.
KIN 058D - Fitness Center Strength Training IV - Experienced	Students will be able to evaluate, demonstrate and perform specific exercises.
KIN 058D - Fitness Center Strength Training IV - Experienced	Students will design a plan to promote strength training and wholesome attitude towards fitness.
KIN 058D - Fitness Center Strength Training IV - Experienced	Students will improve muscle tone, strength and endurance.
KIN 074C - Badminton III - Intermediate	Perform and demonstrate the four basic strokes with 10 opportunities.
KIN 074C - Badminton III - Intermediate	Demonstrate the knowledge of the rules of the game with 10 opportunities.
KIN 074C - Badminton III - Intermediate	Improve foot work skills and drills in order to execute court coverage in badminton with 10 different drills.
KIN 074D - Badminton IV - Competitive	Perform and demonstrate the four basic strokes with 10 opportunities.
KIN 074D - Badminton IV - Competitive	Demonstrate the knowledge of the rules of the game with 10 opportunities.
KIN 074D - Badminton IV - Competitive	Improve foot work skills and drills in order to execute court coverage in badminton with 10 different drills.

KIN 103A - Soccer 1-Fundamentals	1. Analyze and customize principles of cardio-respiratory fitness, muscle strength and endurance, body composition and flexibility to Soccer and apply them to prevent injury. 2. Identify and perform with an increasing degree of proficiency, soccer movements and techniques demonstrating increasing control of skills pertaining to physical safety, offensive strategies, defensive strategies and rules of the game
KIN 103B - Soccer II-Beginning	1. Analyze and customize principles of cardio-respiratory fitness, muscle strength and endurance, body composition and flexibility to Intermediate Soccer and apply them to prevent injury. 2. Identify and perform with an increasing degree of proficiency, Intermediate Soccer movements and techniques demonstrating increasing control of skills pertaining to physical safety, offensive strategies, defensive strategies and rules of the game.
KIN 103B - Soccer II-Beginning	1. Analyze and customize principles of cardio-respiratory fitness, muscle strength and endurance, body composition and flexibility to Intermediate Soccer and apply them to prevent injury. 2. Identify and perform with an increasing degree of proficiency, Intermediate Soccer movements and techniques demonstrating increasing control of skills pertaining to physical safety, offensive strategies, defensive strategies and rules of the game.
KIN 060 C - Circuit Training for Strength III - Intermediate	Develop muscle tone, strength and endurance.
KIN 060 C - Circuit Training for Strength III - Intermediate	Develop flexibility, joint mobility and cardiovascular fitness
KIN 060 C - Circuit Training for Strength III - Intermediate	Apply physical fitness techniques to develop a wholesome attitude towards fitness
KIN 060 D - Circuit Training for Strength IV - Experienced	Develop muscle tone, strength and endurance.
KIN 060 D - Circuit Training for Strength IV - Experienced	Develop flexibility, joint mobility and cardiovascular fitness

KIN 060 D - Circuit Training for Strength IV - Experienced	Apply physical fitness techniques to develop a wholesome attitude towards fitness
KIN 150 - Introduction to Kinesiology	<ol style="list-style-type: none"> 1. Students will evaluate different career pathways in kinesiology and describe the basic requirements needed to pursue a career in this field. 2. Understand the anatomical and biomechanical bases of human movement. 3. Demonstrate knowledge of professional and ethical decision making skills and civic responsibility. 4. Demonstrate the ability to think critically through a) the performance of health, fitness and movement assessment, b) the acquisition, analysis, and interpretation of data, and c) the procurement, evaluation, and application of current research literature. 5. Demonstrate effective oral and written communication, including the use of information technology, in both academic and professional settings.
KIN 060A - Circuit Training for Strength I-Fundamentals	Develop muscle tone, strength and endurance.
KIN 060A - Circuit Training for Strength I-Fundamentals	Develop flexibility, joint mobility and cardiovascular fitness
KIN 060A - Circuit Training for Strength I-Fundamentals	Apply physical fitness techniques to develop a wholesome attitude towards fitness
KIN 060B - Circuit Training for Strength II-Beginning	Develop muscle tone, strength and endurance.
KIN 060B - Circuit Training for Strength II-Beginning	Develop flexibility, joint mobility and cardiovascular fitness
KIN 060B - Circuit Training for Strength II-Beginning	Apply physical fitness techniques to develop a wholesome attitude towards fitness
KIN 120C - Volleyball III - Intermediate	Comprehend, analyze and execute fundamental volleyball skills and strategies.
KIN 120C - Volleyball III - Intermediate	Apply the appropriate skills and strategies to a variety of volleyball game situations.

KIN 120C - Volleyball III - Intermediate	Demonstrate increased muscular strength, muscular endurance, and cardiovascular endurance specific to the sport of volleyball.
KIN 120D - Volleyball IV - Competitive	Student will demonstrate the ability to switch serve receive patterns and strategies during the middle of a set.
KIN 120D - Volleyball IV - Competitive	Students will apply various offensive techniques and strategies based off opponents defense during any given period of a set.
KIN 120D - Volleyball IV - Competitive	Students will apply proper defensive strategies, at any given moment, during a set.
KIN 074A - Badminton I - Fundamentals	Perform and demonstrate the two basic strokes with 10 opportunities.
KIN 074A - Badminton I - Fundamentals	Demonstrate the knowledge of the rules of the game with 10 opportunities.
KIN 074A - Badminton I - Fundamentals	Improve foot work skills and drills in order to execute court coverage in badminton with 10 different drills.
KIN 074B - Badminton II - Beginning	Perform and demonstrate the four basic strokes with 10 opportunities.
KIN 074B - Badminton II - Beginning	Demonstrate the knowledge of the rules of the game with 10 opportunities.
KIN 074B - Badminton II - Beginning	Improve foot work skills and drills in order to execute court coverage in badminton with 10 different drills.

How has your department worked together on assessment? Provide examples on collaboration, leadership, planning exercises, and data analysis. What aspects of assessment work went especially well in your department and what improvements are most needed?

The Kinesiology Department has no full-time faculty and limited hours to meet up.

What were the most important things your department learned from assessment? If implementation of your action plans resulted in better student learning and/or changes in curriculum, detail the results

Give us an update on your Program Learning Outcomes (PLOs). A complete program assessment means all PLOs have been assessed for that program. Attach any evidence, i.e. reports from Task Stream or Curricunet Meta.

Does your department participate in the assessment of multidisciplinary programs?

No

If Yes, Describe your department's participation and what you learned from the assessment of the program that was applicable to your own discipline.

Does your department participate in your college's Institutional Learning Outcomes (ILOs) assessment?

If Yes, Please describe your departments participation in assessing Institutional Learning Outcomes.

What support does your department need from administrators, assessment coordinators and/or your campus assessment committee to continue to make progress in assessment of outcomes and implementation of action plans?

Full time faculty.

In the boxes below, please add improvement actions and resource requests that are directly related to the questions answered in this section. If there are no improvement actions or resource requested in this area, leave blank.

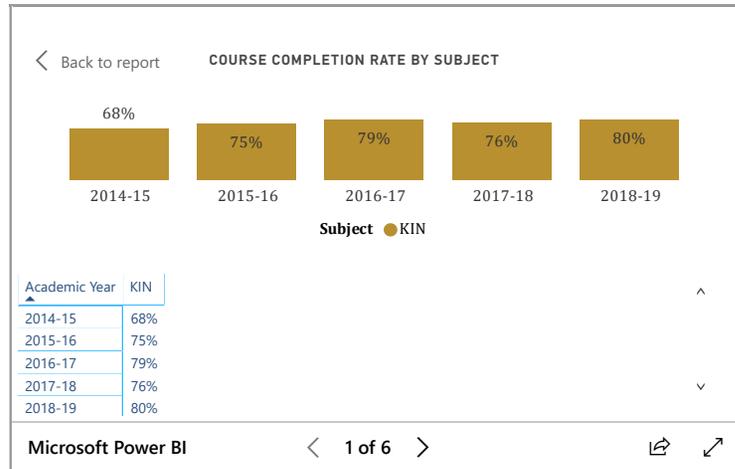
Improvement Actions

Choose your Action

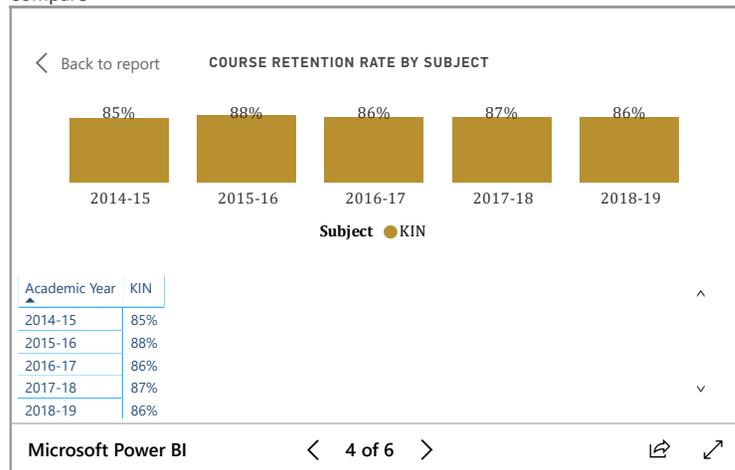
Course Completion

College Level - Program and Department comparison

Chart



Compare



Consider your course completion rates over the past three years (% of student who earned a grade of "C" or better).

Name	2016 - 17 Completion Rate (%)	2017 - 18 Completion Rate (%)	2018 - 19 Completion Rate (%)
KIN 120A VOLLEYBALL I - FUNDAMENTALS	69	90	100
KIN 120B VOLLEYBALL II - BEGINNING	100	100	100
KIN 120C Volleyball III - Intermediate		90	88

KIN 120D Volleyball IV - Competitive		100	86
KIN 134 CARE AND PREVENTION	86	87	90
KIN 150 INTRO TO KINESIOLOGY	90	94	88
KIN 33 AEROBICS	100	80	100
KIN 34 STEP AEROBICS	91	86	
KIN 54A CROSS FITNESS I	66	52	85
KIN 54B CROSS FITNESS II - BEGINNING	75	47	67
KIN 54C CROSS FITNESS III - INTERMEDIA	88	100	83
KIN 58A FITNESS/STRENGTH TRAINING I	73	67	70
KIN 58B FITNESS/STRENGTH TRAINING II	65	73	55
KIN 58C FITNESS/STRENGTH TRAINING III	92	71	80
KIN 58D FITNESS/STRENGTH TRAINING IV	100	79	100
KIN 67A SPORTS TRAINING I	89	79	79
KIN 74A BADMINTON I - FUNDAMENTALS	54	71	83
KIN 74C BADMINTON III - INTERMEDIATE	89	73	75
KIN 74D BADMINTON IV - COMPETITIVE	100	100	60
KIN 80A BASKETBALL I - FUNDAMNTLS	83	75	82
KIN 80B BASKETBALL II - BEGINNING	100	60	56
KIN 80C BASKETBALL III - INTERMEDIATE	33	50	67
KIN 80D BASKETBALL IV - COMPETITIVE	86	100	83
KIN 84A BOWLING I - FUNDAMENTALS	58	80	77
KIN 84B BOWLING II - BEGINNING	93	83	80

KIN 84C BOWLING III - INTERMEDIATE	100	67
KIN 84C BOWLING III ½ INTERMEDIATE	75	
KIN 84D BOWLING IV - COMPETITIVE	100	83
KIN 84D BOWLING IV ½ COMPETITIVE	83	

Use the filters on the top and right of the graphs to disaggregate your program or discipline data. When disaggregated, are there any groups whose course completion rate falls more than 3% points below the discipline average? If so, indicate yes and explain what your department is doing to address the disproportionate impact for the group.

Age Yes No If yes, Please describe the difference

Ethnicity Yes No If yes, Please describe the difference

Gender Yes No If yes, Please describe the difference

Foster Youth Status Yes No If yes, Please describe the difference

Disability Status Yes No If yes, Please describe the difference

Low Income Status Yes No If yes, Please describe the difference

Veteran Status Yes No If yes, Please describe the difference

Consider your course completion rates over the past three years by mode of instruction. What do you observe?

Select Course	KIN 054A - Cross Fitness I - Fundamentals		
	2016 - 17 Completion Rate (%)	2017 - 18 Completion Rate (%)	2018 - 19 Completion Rate (%)
Face-to-Face	71	76	78
Hybrid			
100% Online			

Dual Enrollment

Day time

Evening

How do the course completion rates for your program or discipline compare to your college's Institution-Set Standard for course completion?

The kinesiology program at the College of Alameda has a 76% completion rate and an 87% retention rate which is higher than the college at large. This rate is driven by our Fitness Center enrollment, KIN120ABCD volleyball, KIN84ABCD bowling, and KIN150 intro to kinesiology courses. Our KIN134 and KIN150 courses are dual enrollment. Traditional strength and conditioning courses has maintained enrollment and the crossfit courses has increased enrollment. The scheduling of the circuit training courses reflects suggestions by the student population. And, the spring schedule offered additional courses as the demand for different fitness courses were more desired by the student population. Our diverse student population reflects the diverse course offerings.

How do the department's Hybrid course completion rates compare to the college course completion standard?

N/A

Are there differences in course completion rates between face to face and Distance Education/hybrid courses? If so, how does the discipline, department or program deal with this situation? How do you assess the overall effectiveness of Distance Education/hybrid course?

N/A

Describe the course retention rates over the last three years. If your college has an Institution-Set Standard for course retention, how does your program or discipline course retention rates compare to the standard?

The retention rates of the Department of Kinesiology shows stability, however, enrollment is expected to increase with the additional sections added and the offering of a kinesiology certificate. Despite having no FT faculty, kinesiology courses continued to be on the rise due to stable hours in the fitness center and section additions.

What has the discipline, department, or program done to improve course completion and retention rates?

Kinesiology courses have increased enrollment over the past year. For example: Fitness center lab hours have been stable at 12 hours per week/semester since 2018-2019. The enrollment numbers increased in past two semesters with the stability of Fitness Center hours of operation. The department is working hard to maintain the retention numbers and improve enrollment with the two dedicated adjunct faculty. Continued course offerings and an increase of Fitness Center hours are critical to continued retention success.

In the boxes below, please add improvement actions and resource requests that are directly related to the questions answered in this section. If there are no improvement actions or resource requested in this area, leave blank.

Improvement Actions

Choose your Action

Engagement

Discuss how faculty and staff have engaged in institutional efforts such as committees, presentations, and departmental activities. Please list the committees that full-time faculty participate in.

There are no full-time faculty in the kinesiology department. However, the two adjunct faculty are on the following committees: senate, curriculum, and guided pathways.

Discuss how faculty and staff have engaged in community activities, partnerships and/or collaborations.

There are no full-time faculty.

Discuss how adjunct faculty members are included in departmental training, discussions, and decision-making.

The kinesiology department's two long-term adjunct faculty are included in various training, i.e., goals for the department, guided pathways, institutional planning process focusing on student success, facilities and equipment needs

In the boxes below, please add improvement actions and resource requests that are directly related to the questions answered in this section. If there are no improvement actions or resource requested in this area, leave blank.

Improvement Actions

Choose your Action

Action Plan Summary and New Program Goals

Total Improvement Plans: 0

Total Resource Request: 0

Review, add or modify the following actions plans that were entered in each section. Then review the Program Goals that were marked as in progress. Determine if you would like to keep the in progress goals and draft new 3-year goals for your department or program. The action plan items should support your new program goals. Align your program goals to the college strategic goals and District Strategic Goals.

Section / Head

Description

Instruction

Engagement

New and Continuing Goals

Discipline, Department or Program Goal

College Goal

PCCD Goal

- 1. Continue to assess SLOs and to refine and develop rubrics in order to better align the SLOs with the ILOs.
- 2. Continued development of AA-T Kinesiology degree (classroom and online).
- 3. Continue to provide innovative instruction through the use of technology, group projects and service learning opportunities.
- 4. Increase enrollment in all kinesiology lecture and physical activity courses, i.e., fitness training, aerobics, badminton, yoga, volleyball and athletic courses. Offer late start courses in kinesiology lecture and physical activity courses.

Increase retention and persistence rates

Strengthen Accountability, Innovation and Collaboration

Resource Request Summary

Total Cost: \$0

Total Resource Request: 0

Instruction

Personnel

No Resources found for this category

Professional Development

No Resources found for this category

Technology and Equipment

No Resources found for this category

Supplies

No Resources found for this category

Facilities

No Resources found for this category

Library

No Resources found for this category

Other

No Resources found for this category

Engagement

Personnel

No Resources found for this category

Professional Development

No Resources found for this category

Technology and Equipment

No Resources found for this category

Supplies

No Resources found for this category

Facilities

No Resources found for this category

Library

No Resources found for this category

Other

No Resources found for this category

Sign and Submit

Please provide the list of members who participated in completing this program review.

Linda Thompson
Sue Altenbach

Please enter the name of the person submitting this program review.

Linda Thompson