Riverside Community College  
Discipline Program Review  
Physical Education  
2004-2005  

Topic I. Where are we now?  

A. Purpose & Goals and relation to institution  

The Physical Education/Athletics’ Discipline serves the Riverside Community College District’s mission by providing the highest standard of instruction and programs, including nineteen athletic programs, designed to meet the needs of transfer, pre-professional, career and occupational students. Looking at RCCD’s mission, there are three areas that are closely related to Physical Education Disciplines activities and goals. They are as follows:

- “The Riverside Community College District is an accessible, comprehensive community college…”

The Physical Education Discipline provides access to Physical Education courses for students on all three campuses by not only offering a wide variety of courses but also a wide variety of instructional options. These options include on-line courses, telecourses, early morning, late evening and weekend courses, lifetime activity courses, lecture courses and certificate courses. With these options, we can offer the Moreno Valley or Norco student a chance to take a course without having to appear on the Riverside campus. They target the working individual and give them the opportunity to take courses without interrupting their work schedule. The Physical Education Discipline also offers multiple levels (beginning, intermediate and advanced) of physical education courses to better serve the individual needs of the student.

- “The district provides transfer programs paralleling the first two years of university offerings, pre-professional, career preparations and occupational…”

The Physical Education Discipline offers university level courses ranging from Introduction to Physical Education to First Aid and CPR to Nutrition. The Physical Education department has developed, approved, and implemented the Exercise, Sport and Wellness Certificate program.

- “The district works in partnerships with other educational institutions, business, and industry…”

The Physical Education Discipline, with the implementation of the Exercise, Sport and Wellness Certificate program, provides an educational and practical foundation for students interested in multiple professions within the community. The Physical Education Discipline embraces the RCCD’s values of student centeredness and teaching excellence.
We are constantly changing to keep abreast of the current trends, by creating more courses on line, surveying the students to find out what they want in a Physical Education course. Discipline members strive to provide an effective learning environment for students to exemplify the district’s traditions of pride, quality, innovation and professionalism.

The Physical Education Discipline relates most closely to RCCD’s number one goal, which is “The district shall improve student retentions and success by strengthening certificate, degree, and transfer programs and by establishing new programs and course sequences that lead students to opportunities for transfer education and career preparation.” The Physical Education Discipline has developed, approved and implemented the Exercise, Sport and Wellness certificate program, which is designed to give students career and transfer opportunities. Constant curriculum improvements and advances allow for better student retention. The Physical Education Discipline utilizes technology to improve effectiveness of instruction as well as providing the student with a positive learning environment.

The Discipline’s activities are in alignment with RCCD’s other goals in terms of continual curriculum improvements, adjusting programs for a three-college campus district, and keeping the program relevant to the diverse community that we serve.

Moreno Valley Campus

A. Purpose and Goals
Physical education at Moreno Valley works toward fulfilling college visions and values. We strive to provide relevant courses that will afford all students an opportunity to participate in fun and enjoyable activities that result in improved health, fitness, and well-being. We work to have the most experienced and talented adjunct instructors to present students with current, safe, well-rounded lessons. Physical education classes are held in a variety of settings, all of which are clean, safe, and well maintained.

Norco Campus

A. Purpose & Goals
The Norco Campus primarily serves the cities of Norco, Corona and the unincorporated areas of Home Gardens and Mira Loma. The Physical Education curriculum at the Norco Campus is representative of the college district’s vision and values. We strive to provide relevant lecture and activity courses whereby students gain valuable knowledge, develop an appreciation for physical activity, and more fully appreciate the concept of wellness. Our course offerings emphasize the life-long value of maintaining a consistent, personalized, and well-designed activity program. Class locations include the Activities Center, soccer field, and four off-campus community facilities.
B. History

1. What have been the major developments, activities, changes, and/or projects in your discipline over the past 5 years?

In the last five years, the Physical Education Discipline has developed, gained state approval and started the implementation of the Exercise, Sport and Wellness Certificate Program that included the following new course offerings:
- PHP-12 Sports Psychology
- PHP-14 Athletic & Fitness Organization & Administration
- PHP-26 Foundations of Coaching
- PHP-27 Football Theory
- PHP-43 Personal Training
- PHP-45 Group Fitness Instructor
- PHP- PHP-A80 Triathlon Techniques
- PHP-A87 Step Aerobics, Intermediate
- PHP-A88 Step Aerobics, Advanced

The prerequisites, co-requisites, advisories, and limitations on enrollment for all courses in the certificate program were reviewed as part of the certificate approval process and are currently being updated again as part of our current Program Review of the discipline. The course outlines for the certificate program including the updating of learning objectives and entry and exit skills (content review) for courses in a sequence have been revised.

The discipline has also established an ongoing Advisory Committee for the ESW Certificate program. Current advisors on the committee give us advice concerning current trends and needs of the employers of our students in the schools districts (part-time coaches), City Parks and Recreation Departments, sport medicine clinics, community sports organizations and clubs, athletic training businesses, fitness clubs, and the corporate fitness industry.

New lecture and activity courses have also been developed that were not part of the ESW Certificate Program:
- PHP-A04 Adaptive Water Exercise
- PHP- 8 Triathlon Techniques (Lecture/lab)
- PHP-59 Athletic Advisement
- PHP -200 Physical Education Work Experience
- PHP-A82 Speed, Agility & Quickness Training
- PHP-A83 Kickboxing Aerobics

After our last Program Review of 1998-1999, we were not given any recommendations other than to wait for the college to change the whole Program Review concept, design, process and procedures. At the time these goals were established, they pertained to all three campuses. The following goals were listed in the last Program Review:
Goal #1: The Physical Education Discipline will develop new curriculum for the Physical Fitness and Weight Training classes that will include an in-depth assessment component, individualized fitness programs for each student based on that assessment, and flexible scheduling.

For the last five years, the physical education discipline has wanted to create and implement a new course combining physical fitness and weight training courses. These are our most popular courses and are the largest generators of FTES in the discipline. The new course would be offered with flexible scheduling, if facilities allow, and would include an in-depth fitness evaluation of the students. Other activity and lecture classes in our department could also use the assessment equipment. The discipline has not written the new curriculum because the implementation of the course would not be possible with our current facilities and equipment, but require new facilities on all three campuses. The Associate Dean, PE and Athletics, formed a committee, which included PE Dept. members and staff, to work on the college facilities master plan (2001) with the Associate Vice President, Facilities, to build a new Physical Education Complex on the Riverside City Campus. The ability to do flexible scheduling would be dependent on the facilities available on all three campuses. We are currently working on the design of the course and plan to bring the new curriculum to the College Curriculum Committee in the fall of 2006.

Goal #2: The Physical Education Discipline will use technology to improve classroom instruction, increase faculty and student access to information, and improve communication between faculty and students.

The Physical Education Discipline has used technology to improve classroom instruction, increased faculty and student access to information, and improved communication between faculty and students. Faculty members have developed power point presentations for several lecture courses. Each full time instructor has a computer with internet access. Faculty and students can communicate through email and voicemail. We have added to the number of faculty who teach online and the number of course sections that are taught online or through telecourse offerings. Online and/or telecourses currently offered include the following:

- PHP-4 Nutrition
- PHP-16 Introduction to Athletic Training
- PHP-36 Wellness: Lifestyle Choices

We have made good progress on our second goal except for our plans to have a computer and an LCD projector permanently installed in our two classrooms on the Riverside City Campus to handle the power point presentations. The Moreno Valley and Norco Campuses have computers and LCD projectors installed in their classrooms. The discipline offered fifteen online sections and one telecourse during the 2004-2005 academic year primarily administered from the Riverside City Campus.

Goal #3: The Physical Education and Athletic Discipline will increase the number of
full-time faculty that is assigned to coach the college’s athletic teams. Special emphasis needs to be placed on the Women’s Athletic Teams where the majority of coaches are part-time.

The Moreno Valley and the Norco Campus each received a new full time faculty member in the Physical Education Discipline. The faculty members were able to facilitate the expansion of the physical education class offerings on their campuses. At the same time, the Riverside Campus lost two coaches for Women’s Varsity Sports teams.

In our last program review, we had a goal to hire replacements (so that we would not be in violation of Title IX) for the two Women’s Varsity Sports Head coaches that we lost due to their transfer to Moreno Valley and Norco campuses. Also, we were looking for faculty members that would be able to teach lecture courses such as Nutrition, First Aid and CPR, Introduction to Physical Education and Sport Psychology as well as coach a sport and instruct activity classes. We were able to hire two faculty members on the Riverside Campus during the past five years who have expertise in these areas.

(See History for Moreno Valley and Norco Campus under Programs and Curriculum)

C. Programs and Curriculum

The majority of our students take Physical Education courses that are transferable and offered to fulfill the A.A. Degree Self Development requirement including the following 3 unit lecture courses:

- PHP-4 Nutrition
- PHP-30 First Aid & CPR
- PHP-35 Fitness and Wellness
- PHP-36 Wellness: Lifestyle Choices.

These are our most popular and impacted classes. During the 2004 – 2005 academic year, 45 sections were offered and served a total of 1,318 students. This averaged out to be 30 students per section and were at full capacity at the start of the course.

The discipline has 56 one-unit activity courses available for AA degree credit and transfer. These courses are numbered PHP-A03 through PHP-A95. We offer a wide variety of activity classes to try to meet the diverse needs of our students. We offer individual activity courses, adaptive courses, team activity courses and fitness activity courses. Many of the activity classes are sequenced for skill improvement in a series of classes starting with beginning, and progressing through intermediate and advanced levels, such as PHP-A67 Volleyball, Beginning, PHP-A68 Volleyball, Intermediate, and PHP-A69 Volleyball, Advanced. The PHP-A81 Physical Fitness and PHP-A90 Weight Training are popular fitness activity classes, so we offer the most sections of these classes. Popular classes that are not included in the ESW certificate program include PHP-40 Karate, Beginning, PHP-41 Karate, Intermediate, PHP-46 Hatha Yoga, Beginning, and PHP-47 Hatha Yoga, Intermediate. We have only two adaptive physical education classes: PHP-A03 and PHP-A04.

Activity courses that are 2 units with a lecture/laboratory combination include:
EXERCISE, SPORT AND WELLNESS CERTIFICATE PROGRAM

The Physical Education Discipline offers an occupational Exercise, Sport and Wellness certificate program that can lead with additional units to an A.S. Degree in Physical Education. The Riverside City Campus offers all the courses in the certificate program. The Moreno Valley and Norco Campuses offer a few of the lecture classes and a few of the activity classes. The Exercise, Sport and Wellness Certificate Program require a 21-unit core requirements:

**Core Requirements**

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHP-4 Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PHP-10 Introduction to Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PHP-12 Sport Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PHP-14 Athletic and Fitness Organization and Administration</td>
<td>3</td>
</tr>
<tr>
<td>PHP-16 Introduction to Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td>PHP-30 First Aid and CPR</td>
<td>3</td>
</tr>
<tr>
<td>PHP-35 Foundations for Fitness and Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

**Fitness Professions Emphasis**

**Required Core Courses (21 units)**

Take one of the following:

- PHP-42 Lifeguard and Water Safety Instructor 3 Units
- PHP-43 Personal Training 3 Units
- PHP-45 Group Fitness Instructor 3 Units

**Total units required** 24

**Athletic Training Emphasis**

**Required Core Courses (21 units)**

Take all of the following:

- PHP-17 Athletic Training, Fall Sports, Beginning 2
- PHP-18 Athletic Training, Spring Sports, Beginning 2
- PHP-19 Athletic Training, Fall Sports, Advanced 2
- PHP-20 Athletic Training, Spring Sports, Advanced 2
- PHP 21 Athletic Training Applications 2,2,2,2

**Total units required** 37

**Coaching Emphasis**

**Required Core Courses (21 units)**

PHP 24 or 25 Sports Officiating, Fall or Spring 3
### ELECTIVE From Group 1 Elective Courses
3

### ELECTIVE From Group 2 Elective Courses
1

### ELECTIVE From Group 3 Elective Courses
1

### ELECTIVE From Group 4 Elective Courses
1

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**Total units required**: 30

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**Group 1 Elective Courses (3 Units):**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHP 26</td>
<td>Foundations of Coaching</td>
<td>3</td>
</tr>
<tr>
<td>PHP 27</td>
<td>Football Theory</td>
<td>3</td>
</tr>
<tr>
<td>PHP 28</td>
<td>Basketball Theory</td>
<td>3</td>
</tr>
<tr>
<td>PHP 29</td>
<td>Soccer Theory</td>
<td>3</td>
</tr>
<tr>
<td>PHP 42</td>
<td>Lifeguard/Water Safety Instructor</td>
<td>3</td>
</tr>
</tbody>
</table>

**Group 2 Elective Courses (1 Unit):**

**Individual Activity Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>PHP A-11</td>
<td>Tennis, Beginning</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-12</td>
<td>Tennis, Intermediate</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-13</td>
<td>Tennis Advanced</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-20</td>
<td>Golf, Beginning</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-21</td>
<td>Golf, Intermediate</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-28</td>
<td>Swimming, Basic Skills and Aquatic Exercise</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-29</td>
<td>Swimming, Intermediate Skills</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-30</td>
<td>Swimming, Advanced Skills and Conditioning</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-33</td>
<td>Track and Field: Running Event Techniques</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-34</td>
<td>Track and Field: Field Event Techniques</td>
<td>1</td>
</tr>
</tbody>
</table>

**Group 3 Elective Courses (1 Unit):**

**Team Activity Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHP A-50</td>
<td>Baseball Fundamentals, Defensive</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-51</td>
<td>Baseball Fundamentals, Offensive</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-54</td>
<td>Fast Pitch Softball</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-57</td>
<td>Basketball</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-60</td>
<td>Football Fundamentals, Defensive</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-61</td>
<td>Football Fundamentals, Offensive</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-62</td>
<td>Flag Football</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-64</td>
<td>Soccer</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-67</td>
<td>Volleyball, Beginning</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-68</td>
<td>Volleyball, Intermediate</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-69</td>
<td>Volleyball, Advanced</td>
<td>1</td>
</tr>
</tbody>
</table>

**Group 4 Elective Courses (1 Unit):**

**Fitness Activity Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHP A-31</td>
<td>Water Aerobics and Deep Water Exercise</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-74</td>
<td>Hiking and Backpacking</td>
<td>1</td>
</tr>
<tr>
<td>PHP A-75</td>
<td>Walking for Fitness</td>
<td>1</td>
</tr>
</tbody>
</table>
The PE Department/Discipline/Athletics offers 9 Varsity Sport Teams for Women and 10 Varsity Sport Teams for Men. Varsity athletes can compete for two seasons. All varsity team courses are offered on the Riverside City Campus only except Cross Country (Moreno Valley) and Soccer (Norco). All of the varsity courses have been revised (except Pep Squad) which will be submitted to the curriculum committee in the Fall of 2005. All varsity sports are two units each. Activity courses that support varsity athletes include activity classes that teach sport skills and PHP-A95 In Season Varsity Sport Conditioning and PHP-95 Out of Season Varsity Sport Conditioning.

Deletions include PHP-A24 Gymnastics, Beginning, PHP-A25 Gymnastics, Intermediate, PHP-A43 Horsemanship, Beginning, PHP-A72 Team Sports, PHP-A84 Parcourse Fitness and several .5 unit courses that were developed when we had a three week winter session. Lecture courses deleted were PHP-45 Recreational Leadership and PHP-43 Introduction to Recreation. PHP-40 Applied Theory of Aquatics. These courses have not been offered because of liability issues, lack of equipment and student interest.

**Riverside City Campus**

The Riverside City Campus offers all courses in our discipline’s curriculum except two of the varsity sports that are only offered on the Moreno Valley or Norco Campuses and PHP 29 Soccer Theory that is an elective in the ESW Coaching Emphasis. The PHP 29 Soccer Theory is scheduled to be offered for the first time in the spring of 2006 on the Norco Campus.

**Moreno Valley Campus**

**History and Curriculum**

At the previous program review, the Moreno Valley Campus Physical Education curriculum consisted of PHP 30 First Aid and CPR, PHP 40 Karate, Beginning, PHP A75 Walking for Fitness, PHP A81 Physical Fitness, and PHP A15 Bowling, Beginning. The Physical Fitness and Karate classes were held at 24 Hour Fitness. There was no shower or locker room facility available for students participating in on-campus physical education courses. **The most significant development since the last program review has been the completion of the Multipurpose Building. The completion of the Multipurpose Room provided the opportunity to offer students courses that had never been taught**
at the Moreno Valley Campus. This facility enabled Physical Education to move karate (PHP 40 and PHP 41) and dance classes from off-campus sites onto the campus. The facility included a large mirror and a dance floor especially designed for activity classes. It also provided space to offer new courses: PHP A86 Step Aerobics, PHP A10 Table Tennis, and PHP A46 Hatha Yoga, Beginning.

At the time of our last program review, there was not a full-time Physical Education faculty member on the Moreno Valley Campus. A full-time faculty member transferred from the Riverside Campus to the Moreno Valley Campus at the beginning of the 2000-2001 school year. Other classes that are now offered due to the facilitation of a full time faculty member on campus includes: PHP 35 Foundations for Fitness and Wellness, PHP 47 Hiking and Backpacking and the companion activity class PHP A74 Hiking and Backpacking, and PHP A20 Golf, Beginning. Within the last year, two soccer fields were also completed on campus. This was a joint project with the District and the city of Moreno Valley. PHP A64 Soccer was offered for the first time at Moreno Valley in Fall semester, 2004.

Norco Campus

History and Curriculum

With regard to Physical Education, we have witnessed the completion of an Activity Center which includes locker and restroom facilities, a classroom, and office space. This facility has afforded the opportunity to centralize some of our lecture and activity courses which include: PHP 30 First Aid and CPR, PHP 35 Fitness and Wellness, PHP 36 Wellness: Lifestyle Choices, PHP A46 Hatha Yoga, Beginning; PHP A47 Hatha Yoga, Intermediate; PHP A40 Karate, Beginning; PHP A41 Karate, Intermediate; and PHP A83 Kickboxing Aerobics. At the present time, various other course on-campus offerings are located in the ATEC, Theatre, and CACT buildings. With regard to Athletics, the most significant development has been the relocation of the Men and Women’s Soccer Program from the Riverside to the Norco Campus.

The Norco Campus has seen great expansion in the diversity and number of course offerings since the year 2000. Prior to a full-time instructor being assigned to the campus, there were a limited number of course offerings that included:
- PHP 30 First Aid and CPR
- PHP A15 Bowling, Beginning (off-campus site – Brunswick)
- PHP A67 Volleyball, Beginning
- PHP A75 Walking for Fitness
- PHP A81 Physical Fitness (off-campus site – Corona Fitness Center)

The program has now expanded its curriculum to include the additional courses:
- PHP 4 Nutrition
- PHP 16 Athletic Training
- PHP 35 Fitness and Wellness
During the spring semester 2005, the Physical Education Discipline at Norco served 945 students. Adjunct faculty instructed 680 of these students or an FTE’s of 56.66. Full-time faculty served 265 students or an FTE’s of 22.08.

D. Student Outcomes Assessment

The Physical Education discipline chose our PHP A81 Physical Fitness course as a model for our initial student outcomes assessment. This course is a major generator of FTES for our department and is in a transitional period as we develop a flexible scheduling and a comprehensive fitness evaluation plan that we will incorporate in the Fall 2006. This plan will allow our students the flexibility to attend the class at times that are convenient for their schedules and receive vital information pertaining to their health and well-being. Our department believes that this change will have an enormous impact on the popularity of the course.

Student Learning Outcomes
Physical Fitness – PHP A81

Upon completion of the course, students should be able to:

1. Utilize fitness principles and training guidelines to plan and practice an individualized cardiovascular, strength training and flexibility program.
2. Monitor their individual fitness level using appropriate record keeping methods.
3. Demonstrate proper technique and appropriate application of training guidelines to keep workout sessions productive and free from preventable accidents.
4. Identify and measure how the performance of various exercises will result in physiological changes and improved health.
5. Apply principles of physical fitness and good health practices.
6. Analyze how cardiovascular endurance, strength and flexibility assessments are interpreted and what impact they have on their health and well-being.

In the Fall of 2004, a majority of our discipline meetings focused on clarifying the student learning outcomes for this course. Currently, our instructors that teach the Physical Fitness course give extensive information pertaining to cardiovascular endurance, strength training and
flexibility. As our instructors work with the students throughout the course, these principles are
demonstrated through the completion of their individual workouts. Our students are required to
keep records of their individualized workouts through logs that have been developed for the
course. This information includes dates, exercises, sets, and repetitions for strength training and
flexibility and time, distance, and intensity for cardiovascular endurance.

Students are given extensive information in regards to training guidelines that are in line with
their personal goals. These goals can include an emphasis in cardiovascular, strength or
flexibility. Proper technique is demonstrated in all phases of their workout program that leads to
the elimination of any preventable accidents. As the students develop and apply the various
training principles, instructors emphasize the physiological changes and enormous health
benefits that are associated with their individual workout programs. Instructors work closely
with students to motivate and guide students to maximize their individual performances.

The discipline is in the process of developing a student learning outcome evaluation program.
This would include pre and post fitness evaluations in the areas of cardiovascular endurance,
strength and endurance, flexibility, exercise and resting heart rate, blood pressure and percent
body fat. Students are then classified and notified of any disease risks associated with their
current physical condition. These fitness evaluations would be mandatory for all students.
These components are crucial to our student’s health and well-being.

In relation to the student learning outcomes for the PHP A81 Physical Fitness course, we
hope our students are able to distinguish and apply the various health principles to adhere
to a lifetime of fitness and wellness. This has been evident in the number of students who
repeatedly enroll in our physical fitness courses. Students in our physical fitness courses
are being evaluated throughout the course as they keep record logs of their individualized
workouts (SLO #1 & 2). Students are evaluated through pre and post fitness testing and
are assisted in interpreting the results (SLO#4 & #6). The discipline plans to select pre and
post tests (SLO #4) that we will track in all sections of PHP A81 across the District. During
the 2005-2006 academic year, we plan to develop a common final exam for PHP A81
Physical Fitness that can be given to all students across the District. We hope to administer
this test during the fall of 2006. This will allow the PE Discipline to be able to track the
questions and topics that students do not understand as well as understand. The assessment
data will be reviewed and discussed at future Physical Education discipline meetings to
implement teaching techniques to improvement student learning outcomes.

After we accomplish this goal, then we will expand our assessment plan to other courses.
The student learning outcome # 4 is a common fitness evaluation method that is currently
being instituted in several of the physical education activity courses. The pre and post
physical evaluations that we plan to administer in PHP A81 can be used in other classes
such as PHP A90, PHP A92, PHP A94, PHP A95, PHP 35 Fitness and Wellness and others.
As for further assessment plans, the discipline is in the process of developing a standard
comprehensive assessment program for courses that may include common exam questions,
pre and post fitness evaluations, skill tests and record keeping. In the future, in lecture
courses such as PHP 4, PHP 30, PHP 35, and PHP 36, common midterm and/or final exam
tests questions could be collected and tracked in all sections of the course and used to discuss techniques to improve instruction.

E. Collaboration with Other Units

Riverside City Campus

The Physical education discipline is very involved in collaborative projects with other units at RCCD. Over the last five years, we have been very involved with Facilities and Planning with the design of a new Physical Education Complex. Phase 1 of the project (construction of the new Track and Football Field) was completed in June, 2005. In the Fall of 2004, the Physical Education department in conjunction with Rosella Marilao started the Health and Wellness Program for Classified and Confidential employees. This program enables faculty and staff to attend physical education classes during their lunch hour. Along with the Program Review process, we have worked with Institutional Research to develop a student survey that identifies student’s needs and concerns in regards to course offerings and facilities. The survey has been used for the scheduling of classes, new course offerings and facility/equipment improvements.

The discipline currently works with Community Education with the scheduling of classes and summer camp programs. We are in constant discussions with Disabled Student Services to be better meet the needs of students in our adapted physical education courses. We offer a course, Introduction to PE for preschool and elementary teachers in collaboration with the Early Childhood Studies Department. We work closely with the Financial aid, counseling and tutoring departments in regards to our student athletes. We are in discussions regarding curriculum with the faculty teaching the Health Science courses. The Ben Clark Training Center has used our Fitness center for many of their training classes. Finally, we work extensively with the marching band and dance teams as we share many of the Physical Education facilities. The result of these discussions have led the new course offerings, better student accommodations, and the improvement of our collaborative efforts with other disciplines.

(No report for Moreno Valley and Norco for this topic.)

F. Outreach

Riverside City Campus

In addition to collaborating with other units within R.C.C.D., the Physical Education discipline collaborates with other educational institutions, businesses and the community. The Physical Education department has developed an Advisory committee for the Exercise, Sport and Wellness certificate program that meets once a year to discuss relevant issues concerning the program. The department chair is a member of the advisory committee at Cal State San Bernardino that also discusses issues relating to Physical Education. As we get closer to the construction of our Fitness and Wellness Center, we are communicating with several area community colleges as resources as this facility becomes a reality. Finally, the Physical
Education/Athletics discipline is very involved with local service clubs such as the Rotary and exchange clubs.

The discipline organizes an annual middle school basketball tournament that includes schools from the Riverside, Jurupa, and Alvord school districts. We are partnership with the Riverside Unified School District with the use of several of our facilities including the Wheelock Football Stadium, Evans Complex Baseball and Softball fields, and the Wheelock/Huntley Tennis Courts.

The Physical Education Athletics/Discipline is involved with several fundraising events.
1. Tiger Backers Golf Tournament
2. Monte Carlo Night
3. Athletic Training Golf Tournament

The Physical Education Athletics/Discipline also is involved with several community camps throughout the year.
1. R.C.C. Summer Baseball Camp
2. R.C.C. Summer Basketball Camp
3. R.C.C. Summer Swim Lessons

(No report from Moreno Valley and Norco)

G. Resources

Riverside City Campus

1. Staffing
The Physical Education Discipline is committed to expanding and improving the existing curriculum and improving instruction to better meet students’ needs in the next five years. We must be more responsive, offer a more diverse curriculum and be flexible in the way classes are scheduled. The Physical Education Department currently has twelve full-time faculty. This includes the department chair that receives .40 reassigned time for this position and an assistant department chair that receives .20 reassigned time. There are also three full-time instructors at RCC who work in other departments that teach part-time in the Physical Education Department.

In the fall of 2004, the Physical Education Department hired thirty adjunct faculty. Adjunct instructors teach approximately 50% of the FTE’s in the department. At the present time there are eight varsity sports coached by part-time faculty. These part-time instructors are hired because they have the knowledge and the expertise that are necessary to teach a specific course.

The Physical Education faculty at Riverside Community College have diverse backgrounds and are skilled, proficient teachers. The existing faculty (both full-time and part-time) has the necessary education, experience, and teaching ability to provide a quality educational experience for our students. However, for the Physical Education Department to expand its curriculum, the college will need to hire additional full-time faculty with unique teaching expertise (See Topic 3 – Future Staffing Needs). This will be necessary to expand course offerings in the areas of the Exercise, Sport and Wellness Certificate and adaptive physical education. Additionally, there are other staffing needs for Physical Education outside of instruction. Adequate support staff for
facilities and equipment is critical. Currently, there are two full-time (one day/one evening) custodial person’s that are responsible for the entire Wheelock Gym/Stadium, Athletic Training and Tennis court areas. Huntley Gym has one full-time custodial/equipment person.

2. Facilities

In addition to the RCC Physical Education classes and the RCC athletic teams there are many other users of these college facilities. RCC students, the RCC Marching Band, the Academy of Justice, The RCC Dance Program, and various community activity programs use the Physical Education facilities. The college also has a joint powers agreement with the city of Riverside for use of the Evans baseball/softball fields and the tennis courts.

Classroom Space

Current Adequacy: The existing classrooms are not at the same level of the other classrooms on campus. There is only one classroom in Wheelock Gym. This classroom (Wheelock 102) offers a poor teaching environment. This space was never designed to be used as a classroom. There are pillars in the room, which obstruct the view of the students and the teacher. There is very little outside ventilation. Additionally, it is nearly impossible to hear in the classroom when activities are going on in the fitness center above. Huntley Gym has one small classroom (Huntley 108) that does not meet student needs. The room is too small and it will not accommodate a normal lecture class of 30 students. Because of the lack of adequate storage space in adjacent equipment storage closets, parts of this room are used for storage. In order to access these storage closets or enter the Athletic Training Room/Laundry Room in Huntley Gym; faculty, staff, and students must pass through the classroom and disturb the class in session. Another distraction is the loud music in Huntley Gym 100 next door, which is played for the Step Aerobic classes and the practice sessions performed by RCC’s marching band. The classroom was recently air-conditioned; however, there is a lack of proper heating in the winter. The room also needs new carpeting.

Fitness Room

Current Adequacy: The existing fitness room has limited space. This limits the number of students that can use this facility at a given time. This “L-shaped” room is not conducive to a good teaching environment. The room has liability concerns, since the instructor cannot see the entire room from several locations and proper supervision is difficult. Posts and beams throughout the room restrict movement between machines. Some of the equipment in the Physical Fitness Room has not been upgraded in many years and is inadequate to serve large classes. Maintenance and cleanliness of outdated equipment is also a major concern.

Wheelock and Huntley Gyms

Current Adequacy: These facilities were constructed years ago, and have undergone very few changes since they were built. Both gyms have poor acoustics and sound system. Floor space is not large enough to safely conduct many of our classes. There is no air conditioning, and very little ventilation, in either facility making it unbearably hot. Wheelock Gym makes for a poor teaching environment because of the construction of the building. Because there is no hallway from the north side of the building to the south, the gym is used as a passageway from the locker room facilities to the Fitness Room, Weight Room, Classroom, and Wheelock Stadium. Constant traffic through the gym is not only potentially dangerous, but also disruptive to classes and practices. Huntley Gym is shared with the Dance Department and the Marching Band.
Office Space

Current Adequacy: Office space in the department is inadequate, with many staff members (including head coaches) having to share offices with other staff members, and part-time instructors. Some offices are in poor shape, with old, dirty, or torn carpeting. Many of the offices provide a poor work environment because of excessive noise from the gym. There is no office space for the adjunct faculty and part-time assistant coaches.

Wheelock Track

Current Adequacy: Construction of all-weather eight lane track completed 7/05.

Wheelock Football Field

Current Adequacy: Construction of Field Turf surface completed 6/05. Concerns with seating will be addressed in Phrase #2 of the Physical Education Complex.

Locker Rooms

Current Adequacy: Locker room space and quality is a problem. Athletic locker rooms are completely inadequate for the number of sports R.C.C. sponsors. Like the faculty locker rooms, the plumbing is poor and out of date. There are no varsity locker rooms for women at R.C.C., which is a serious Gender Equality issue. The football locker room is too small to accommodate the size of the team, and thus forces the team to use the lockers in the locker room used by other sports. The men's locker room in Huntley Gym has no urinals, and is used as a storage space for the band.

Athletic Training Room and Equipment Rooms

Current Adequacy: The Athletic Training Room is very small and has limited equipment to serve RCC’s 400 athletes in nineteen sports. Additionally, the Athletic Training Room is located in the men's locker room, which is less accessible for female athletes.

Weight Room

Current Adequacy: R.C.C. has one small weight room for all of its physical education classes and fourteen varsity sports. The facility is too small, it has poor ventilation, and it has inadequate restroom facilities for men and no restroom facilities for women. The room is inadequate to handle large class enrollments, and does not adequately serve the needs of the sports teams. The room also has limited access for students with disabilities. Lost, damaged, or worn out equipment is not promptly replaced. There is no air conditioning, and the room is not cleaned on a regular basis, which is a health concern.

Cutter Pool

Current Adequacy: The aquatic facility is outdated, inadequate, and in some cases does not meet California Health Codes and OSHE standards. The pool was built in the mid 1950s and is 50 years old. The pools are not legal to host a college swimming or water polo contest. All “home” contests must be held off-campus. Problems and danger areas include: Ladders which protrude into the pool, chipped gutters, no drinking fountains, no handicapped access, and decks with big cracks. The pumps, chlorinating system, and filters are always breaking down, as they are out-dated. Teaching and coaching techniques are severely limited due to the narrowness of the pool and the shallow bottom. The swim lanes are narrow increasing the chance of injury in lap swim situations.
Lovekin Field

Current Adequacy: No access. Being used as swing space for construction projects.

Storage Areas

Current Adequacy: The current storage areas are inadequate to meet the needs of the physical education classes and athletic teams. The storage area used for track equipment is not in close proximity to the track for the heavy equipment to be moved regularly. Huntley Gym storage is deplorable, with no storage space for many items of equipment. The Huntley Gym classroom is currently used for storage of many items of equipment. Storage areas in Wheelock Gym are inadequate.

Portable 3

Current Adequacy: This facility is used for college credit yoga and karate classes. The room is also used for several CAP classes. Portable 3 needs upgrading. There was a problem with the roof leaking during rains, which was addressed last year with a new roof. However, there are still problems with leaks in the makeshift dressing areas. The makeshift dressing areas need benches and a step installed between this area and the floor of Portable 3.

3. Equipment

On the Riverside campus, the equipment is adequate. Limitations in the budget for new and replacement equipment affect both the quality and amount of equipment we have for our classes. This reduces the quality of the learning environment we provide for our students. We need to continue to upgrade our equipment in the fitness and weight rooms and replace outdated equipment that is vital for other classes. Maintenance/repair programs for this equipment are poor. We desperately need to increase our budget for maintenance and repair.

In the area of technology, the Physical Education Department has made significant strides to improve classroom instruction. The proper use of technology can provide a vehicle for improving classroom instruction and student learning. Faculty members currently are using PowerPoint presentations in their lectures and other faculty members are teaching online and telecourse classes. Each full-time faculty member has a computer and Internet access. Faculty and students can communicate through e-mail and voicemail. Several other faculty members are developing classroom presentations that use technology and there is a willingness to learn and implement technology by the rest of the staff.

4. Other Resources

The library does an outstanding job of consulting with the department and purchasing virtually all the materials we request. Physical Education would like to have a department library of video and other media resources available to faculty and staff.
This area should have equipment available that could be used to review the videos. Both
the videos and the media resources could be checked out to individual faculty as needed.
The Physical Education Department would like to be involved with the library in terms of
an RCC athletic archive with old photos, documents, certificates, uniforms, and other
relevant memorabilia.

Student Services is responsible for the entire Intercollegiate Athletic Program. In
addition to the institutional funds provided by the college, the Associated Students of
Riverside Community College provide significant funding for the Intercollegiate Athletic
Program. This funding helps to support 19 Men and Women’s Athletic Teams. The
money is used for game expenses, transportation, banquets and trophies, meals and
services, officials, awards and certificates, tournament expenses, and equipment and
supplies. At the present time, the funding level is adequate because the athletic program
raises additional funds through the Tiger Backers and other fund raising efforts. Without
this supplemental funding from the Associated Students, the district would need to
assume responsibility for the total cost of the program.

5. Alternative Investigation

Recently, the department developed and is currently offering two online courses,
(Wellness: Lifestyle Choices, Nutrition) and a Telecourse in Athletic Training. The
classes are very popular and reach students who might not be able to enroll in a
traditional on-campus class. Other faculty members have expressed interest in
developing additional online and telecourses for the department. Even in lab classes
where personal interaction between the teacher and the students is necessary, sections of
the class could be conducted on-line in Hybrid format. Individual faculty members are
also interested in using the Internet to supplement their traditional classes. The
development and use of this new resource is dependent on adequate funding for
equipment and training.

An alternative funding resource for the Physical Education Discipline would be the
creation of a new fitness center. It could attract funding from the police departments, fire
departments, large corporations, etc. who have demonstrated a need to hire employees
who must attain and maintain a particular level of fitness. A facility of this type would be
a resource for the entire college and could be used by community members (for example:
gym memberships) as well as our own faculty and staff and RCC students. The fitness
center is a part of the Physical Education Master Plan and with some help from the
college, it can become a reality.

We need to explore other possible funding sources. The college developed successful
partnerships with the city in the past. The best example of this type of partnership was
the building of the Evans Complex softball and baseball fields. Partnerships or
sponsorships with major corporations to improve existing facilities or build new facilities
are also a possibility. Other colleges have built golf driving ranges in order to generate
dollars.
The athletic booster club at RCC is a positive force for the college. The Tiger Backers provide support and generate significant dollars for the athletic teams. Other possible sources of funding for the athletic program are summer sport camps for children and sport clinics for adults presented by the coaching staff. In addition to a source of funds for the department, these programs provide the college with a great public relations tool.

Moore Valley Campus

G. Resources

1. Staffing - Moreno Valley currently has one full-time faculty member, with 5-7 adjunct instructors. Fifty to 60 sections of Physical Education courses are offered during the Fall and Spring semesters. Thirteen of those courses are taught by a full-time physical education faculty member. Adjunct instructors teach the remainder of the courses. All of the adjunct faculty members are proficient and skilled instructors. Because of the current number of classes offered, the projected increase in the number of sections offered, and new course offerings, the Moreno Valley campus needs to hire an additional full-time physical education instructor.

2. Facilities

The primary on-campus facility the department uses is the Multipurpose Building. The Multipurpose Building is adequate, but is small and leaves little room for an increase in student population. We have already outgrown this facility. Classes are scheduled from morning until night every semester. We cannot add any additional courses to this facility. The Step Aerobics classes currently store their mats, steps, body bars, and dumbbells in two unused faculty offices. Once these offices are needed by faculty, there will be no storage area for equipment. Also, this facility has no drinking fountain in or near the area. The locker rooms in the Multipurpose Building have been self-serve with students bringing their own locks and choosing lockers. With the increased use of the locker rooms, there should be a part-time attendant to make sure that lockers are cleaned and emptied at the end of every semester. There is no one overseeing this now.

The main off-campus facility is 24 Hour Fitness where Physical Fitness classes are held. The size and equipment at this facility is outstanding, however, there are limitations. There is no classroom to meet with students. There is no TV/VCR/DVD to use multimedia and no white board for instruction. We are also limited to offering classes during the middle of the day, i.e., the club’s “slow time.” We have also outgrown 24 Hour Fitness. Four Physical Fitness classes are typically offered every Fall and Spring semester. Those classes consistently have 50-60 students enrolled in each section. We need to be able to offer courses in the morning and evening, but are not able to utilize the gym when it is prime time for club members. We also offer PHP 35, Fitness and Wellness at the Moreno Valley Campus. This course is designed to have a lab “exercise component” where students utilize a fitness center to work on their fitness levels and work on designing a wide variety of fitness programs. There is no facility on campus for this and instructors have had to “make do.”
Another factor to consider is the cost incurred by the college for the use of 24 Hour Fitness. In the past, the college has been billed $20.00 per hour for the use of the gym. This equates to $11,880 per year (for 11 classes). The fee has been doubled beginning July 1, 2005. The college will now be spending $23,760 per year for Physical Fitness courses. It seems it would make better fiscal sense in the long term to have a facility on campus.

Physical Education also utilizes two new on-campus soccer fields and is now able to offer soccer courses. The Moreno Valley campus also has an outstanding 3-mile cross country course that is utilized by walking courses, RCC’s cross country team, and high school cross country teams in the community. This facility would be better utilized if there was a professionally designed sign with a map and directional arrows placed along the route. The department is excited about the prospect of offering tennis classes at Vista del Lago High School, but there are also great limitations for these course offerings. Understandably, the administration at Vista del Lago does not want tennis courses held on campus while they are in session. We are limited to offering courses after school and when there is natural light since the courts do not have lights. This limits us to offering one class in the afternoons in spring and one evening class in the summer. It gets dark too early to offer a class in the fall.

3. **Equipment**

Most of the classes we have offered in the past have required little in the way of equipment. More money needs to be spent to keep equipment for first aid/cpr courses up-to-date. We now need funds for our PHP A64 soccer classes. PHP 35 Fitness and Wellness, PHP A46 Yoga, and PHP A86 Step Aerobics are in need of additional equipment to allow for variety, flexibility, and creativity of routines and activities. Pending funding, we will be offering tennis courses at the Moreno Valley campus (held at Vista Del Lago High School) for the first time during the Spring 2006 semester. Tennis rackets, balls, and a ball machine need to be provided for that class.

4. **Resources**. Not applicable.

5. **Alternative Investigation**.

As Physical Education at Moreno Valley continues to grow and new classes are offered, we need a yearly, dedicated budget to provide students with the best and safest possible equipment. Most physical education courses do not lend themselves to alternate forms of delivery, since physical activity is the primary goal of most courses.

In the next five years, the Physical Education Department at Moreno Valley will need to offer more sections of currently offered classes and sections of new courses to accommodate the growing number of students. We would like to offer tennis classes on a regular basis, find a permanent home and instructor for golf classes, add more PHP A81 Physical Fitness classes (limited by the facility), and explore the
possibility of adding boating or canoeing courses at Lake Perris. This will not be possible with many of the facilities currently in use on and off-campus. It is an urgent need to provide adequate on-campus facilities for the ever-growing student population. These facilities should include:

1. Fitness center with a classroom, ample storage, and faculty offices.
2. Remodel and enlarge the Multipurpose Building or construct new gym to accommodate additional courses. With the proper facility, volleyball, basketball, and badminton could be added to the curriculum.
3. Lighted tennis courts (6-8).

Norco Campus

G. Resources

1. Staffing
The Physical Education Discipline is currently staffed by one full-time faculty member and ten adjunct instructors. We currently serve our student body with 31 Physical Education course offerings that are dispersed in four on-campus buildings and at four contracted off-campus community facilities. The Men and Women’s Soccer Programs are currently staffed by two part-time head coaches. We currently experience the absence of an on-campus physical education facility. Our staffing is limited to one full-time faculty member and we are lacking in budgetary funding. However, we have experienced a 200% increase in the diversity of course offerings.

2. Facilities
The Activity Center, our primary on-campus facility, serves in a limited capacity. Because of its classroom design, portable tables must be taken down and stacked against the wall in an attempt to provide the space necessary for activity courses. Activity space is further reduced because of necessary lecture course equipment and supplies (overhead projector, TV/VCR, computer technology, etc.). The room is also utilized as a storage area for large bottles of water that are necessary for the indoor water cooler. (There is no drinking fountain at the Activity Center). The primary off-campus facility is 24-Hour Fitness Center. Physical Fitness activity courses are held at this facility. The size of this facility and the available equipment is outstanding; however there is no classroom available for instructional sessions with students. In response to this matter, Beverly Wimer developed a facility usage proposal and request for Measure C funding. At the Physical Resources Committee meeting in April 2005, the proposal was unanimously approved. It now awaits final administrative approval.

3. Equipment
Previous course offerings have had minimal equipment and supply needs. However, with the expansion of our discipline offerings, we are in need of an annual budget developed
for the necessary equipment and supplies. This involves the purchase of a floating floor for the campus Activity Center.

3. Other Resources

Not applicable.

4. Alternative Investigation

As Physical Education at Norco continues to grow and new activity classes are offered, (e.g. Kickboxing Aerobics, Spring, 2005) we do need yearly dedicated budgets to provide students with the best and safest possible equipment. Most Physical Education courses do not lend themselves to alternate forms of delivery, since lifelong physical activity is the primary goal of course offerings.

PHYSICAL EDUCATION DISCIPLINE

H. Other Comments – None

I. Overall Assessment of Discipline Performance

Each discipline member completed the individual rating exercise as described in the Self Study resource guide. It included individually answering the questions, discussing the answers to the questions as a group and then reaching a consensus on the overall grade for the discipline.

The top five projects for the Physical Education discipline are the Exercise, Sport and Wellness Certificate, the Development of On-line courses, Curriculum revisions and updates, developing a Facilities Master Plan and developing new courses. During the month of February, discipline members were given the opportunity to address the following questions based on the top 5 projects:

1) What areas of the Districts mission, vision and strategic goals are most closely related to your discipline’s activities?
2) What are some of your discipline’s key activities and projects over the past five years (examples)?
3) How do you “grade” (A, B, C, etc.) your discipline’s performance on the top 5-10 activities and projects?
4) What evidence/documentation would you offer /collect to support these conclusions?
5) Overall, how would you “grade” (A, B, C, etc.) your discipline?

Individual responses were submitted and at the next discipline meeting, discipline members discussed their answers to the following questions:

1) Why did each person “grade” (A, B, C, etc.) as he/she did?
2) What did the grades mean to each person?
3) How did the discipline achieve the “grade” given?
4) How could it achieve a higher grade?
5) Should grades be adjusted in view of the discussion?

Based on the exercise, the discipline agreed to grade itself with a B. The top five projects were discussed and graded individually. The grades were averaged out to come up with the overall grade.

**Exercise, Sport and Wellness Certificate – Grade A**
In terms of development and approval, the Exercise, Sport and Wellness Certificate Program grade is an A. The program is well written, thorough and completely implemented. The discipline has been marketing and advertising the program to the students. We are in the process of developing an assessment plan for the Exercise, Sport and Wellness Certificate program. The District has hired a new faculty position that will be in charge of maintaining the goals of the program, advertising and promoting the program as well as assessing the students who take part of the program. We constantly need to expand and change based on the needs of the students.

**On-line Courses – Grade A**
The discipline, in keeping with the district’s mission for being an accessible college, has developed several on-line courses. As a discipline, we want to maintain flexibility in our course offerings not only for the students but to also keep up to date on the latest technology.

**Curriculum Revisions and Updates – Grade B-/C+**
The Discipline is constantly reviewing and updating the curriculum. We always strive to institute updated and new curriculum to better serve our diverse student population. There is one improvement in this area that the discipline needs to make. It is to get all of the discipline members involved in reviewing and updating the curriculum. Instead of a select few, get all of the members involved.

**Facilities Master Plan – Grade B+**
The discipline has been working with the Facilities Department to create a Physical Education Master Plan. Right now, the discipline is seeing some of the plan come to fruition, with the development of the Tennis Courts/Parking Structure/ Football Field. There still is a long way to go so the discipline needs to stay on top of the plan and continue to see through to completion.

**New Course Offerings – Grade C+**
New courses are being proposed by the discipline. For developing new course offerings, the discipline deserves an A-/B+. But, more planning is needed to get the whole discipline involved in developing new curriculum instead of only by a select few.

Considering the top 5 projects and averaging out the grades, the overall grade for the Physical Education Discipline is a B+. There is tremendous amount of evidence to support this grade – the development, approval and implementation of the Exercise, Sport and Wellness Certificate Program, Curriculum Committee meeting minutes, Discipline
meeting minutes, Course revisions, On-line Course developments and approvals, data from the Office of Institutional Research, instructor reports.

The key activities that the discipline has focused on (Certificate Program, Online courses, curriculum, etc.) have already been described in this document. Members of the discipline identified the disciplines’ strength as commitment: commitment to the student and the diverse student population and commitment to the institution. The discipline has identified its weakness as not having a complete assessment plan in place. We have a great program with great faculty, even though we are limited by our facilities, but our assessment plan is not completed. This is something as a discipline that we are working on.

There has been much progress in the last five years. The Exercise, Sport and Wellness Certificate Program has been written, submitted and approved, and implemented. In doing this, our entire curriculum has been reviewed and updated. We are in the process of hiring a new faculty member to direct and expand this program. A facility master plan was created and has been started. We need additional curriculum in the area of Adaptive Physical Education. The number one goal of Physical Education faculty is to constantly work to improve the discipline.

**Topic II. Where do we want to be?**

**Riverside City Campus**

**A. Environment Scan**

One of the major changes that are of particular relevance to the Physical Education Discipline is projected growth. According to the data provided in the Enrollment Simulation & Planning: Enrollment Analysis & Forecast –Riverside Community College, Final Report, December 2001 prepared by Charles McIntyre, RCCD had an enrollment of 23,262 students in Fall, 1998. RCCD had an enrollment of 29,257 students in Fall 2001. These numbers reflect a 26% increase in enrollment. In Fall of 2003, RCCD had another increase in enrollment up to 30,945 students. In Appendix G, Scenario C Forecast Results from the ESP model, McIntyre projects an enrollment of 37,258 students for Fall, 2006. This reflects a 27% increase in student enrollment. The Physical Education Discipline, from Fall 2000 to Fall 2003, has seen growth. This growth does not exactly mirror the rate of the district growth. The Physical Education Discipline believes that there are several factors that have contributed to this. The first factor is the state of the facilities. The facilities that are used for teaching physical education courses are limited in space and lack true learner centered classrooms, which in turn limits enrollment, limits the amount of course offerings and limits the times the course can be offered. Because of age and deterioration of facilities on the Riverside Campus, we cannot maximize enrollment due to health and safety issues. Another factor is the continued growth of the Norco and Moreno Valley campuses. As their facilities improve and their programs expand, so does their growth, which takes away from the need for the courses to be offered on the Riverside campus to serve students on the other campuses. The Moreno Valley and Norco campuses have not been able to offer a
wide variety of physical education classes due to lack of specialized physical education facilities. These campuses need an expansion of facilities to accommodate growth.

Another change of relevance for the physical education department is society itself. We are at risk for the development of an overweight, stress filled and inactive society. One out of every three elementary students is considered obese. The chances of this elementary student growing up obese are tremendous. This makes maximizing physical education enrollment so much more important. We need to teach the students to develop a healthy lifestyle and an exercise habit that will lead to lifetime fitness.

Physical Education has an extremely high success rate. From Fall 1998 to Fall 2003, the physical education department has an average 85% success rate. Retention levels for physical education from Fall of 1999 to Fall of 2003, is an average of 92.6%. Past history has shown that the Physical Education students have has positive learning experiences with the completion of physical education courses, along with high success rates. The Physical Education faculty is determined to not only keeping retention and success rates at the levels they are but also dedicated to increasing them.

B. Internal Review and Revised Vision

The Physical Education Discipline is committed to expanding and improving the existing curriculum and improving instruction to better meet the students’ needs in the next five years. We must be more responsive, offer a more diverse curriculum and be flexible in the way classes are scheduled. The Physical Education discipline provides lower division transfer courses for students majoring in the disciplines of Physical Education. The majority of our students are working on an AA Degree with the idea of transferring and earning a B.S./B.A. degree. Another large group of our students are undecided about their educational goals.

The Physical Education Discipline has a vision to continue to provide a wide variety of classes that are responsive to both student and community needs. These classes provide opportunities for the general student body to receive current knowledge about physical fitness, healthful living practices, leisure time pursuits, and stress management techniques. In addition, students develop motor skills and healthy lifestyles, and participate in activities that can be enjoyed throughout life. The discipline would like to implement new curriculum in a new Fitness and Wellness Center with more in-depth assessment of the students. In addition, we need to serve our physically challenged students better by surveying their needs and creating new curriculum for them. We need to hire a faculty member who specializes in adaptive physical education.

The Exercise, Sport and Wellness Certificate Program and A.S. Degree in Physical Education is just getting off the ground as a new exciting program and needs our time and effort to make it a successful program for our students. We need to do the following: market the program, answer students questions about the program, track students progress and success, and mentor them, keep and find quality instructors to teach the lecture courses. Continually assess and update. Continue to work with the ESW Advisory Committee and make additional contacts with community employers.
The discipline has some difficulty responding to popular activity trends or fads that come and go quickly in the fitness industry especially in the 18-24 age category. Some of the trendy sports have liability issues for the college such as snowboarding, martial arts kickboxing, skiing, and rock climbing, etc. In addition, the length of time that it takes to get a course through the College Curriculum Committee and into the college catalog makes it difficult to quickly respond to popular activity trends that are evident in the fitness industry. In the past few discipline meetings, the faculty has discussed developing a “current trends” course which will allow for flexibility in course offerings.

Our biggest challenge is to improve our learning environment for our students, to acquire additional capacity to offer more class sections with larger class sizes for our lecture and activity classes, to train current faculty in new technology use, and to hire additional qualified faculty to instruct our classes.

One issue is the problem of finding adjunct instructors with Master’s Degrees in Physical Education. There is a shortage of persons available in our discipline with a Master’s Degree. In order to find the best faculty members, who have expertise in a variety of lecture and activity classes, we need to be able to hire them full time.

Our students have a high success rate compared to other disciplines on campus. We are concerned about the success rate of our student-athletes because of their full time academic workloads and their demanding athletic team requirements and game schedules.

Besides faculty issues, another concern is the increasing demands that are made of our gym attendants/ equipment staff. With increased students and classes and new additional facilities, we will need additional staff.

Moreno Valley Campus

A. Environmental Scan

With the influx of new homes and residents, the Moreno Valley student population will increase tremendously.

B. Internal Review and Revised Vision

In the next five years, the Physical Education department at Moreno Valley needs to offer a greater number of sections of currently offered courses and offer new courses. We would like to offer tennis classes on a regular basis (limited by the facility), find a permanent home and instructor for golf classes, add more Physical Fitness classes (limited by the facility), and explore the possibility of adding Body Sculpting, Lacrosse, and boating or canoeing courses at Lake Perris. With the increase in students and course offerings, the Moreno Valley campus should hire another full-time Physical Education faculty member as soon as possible.
The primary need for Moreno Valley Physical Education is to have a Fitness Center on campus. As mentioned previously, at 24 Hour Fitness we are limited to offering courses in the middle of the day and there is no classroom or adequate teaching facility on-site. With our own facility, we could offer courses throughout the day and evening, provide better instruction and fitness testing to students, and provide a place where students, faculty, staff, and the community can improve their fitness and health. Physical Fitness courses are usually one of the most popular and well-attended Physical Education courses and are a large source of income for the college.

The Moreno Valley campus offers a health-centered curriculum and provides programs for Physician Assistants, Emergency Medical Services, Fire Fighters, and Health Care Technicians. An on-campus fitness center would provide a place for students in these programs, as well as the programs offered at Ben Clark Training Center, to gain expertise in fitness training and testing relevant to the field they are working in.

Norco Campus

A. Environmental Scan
With the influx of new homes and residents in our service area, the Norco student population will increase tremendously.

B. Revised Vision
In the next five years the Physical Education Department at Norco will need to present a greater number of sections (of both new and currently offered courses) to serve our growing student population. It will also be of importance to afford our Norco students the opportunity to both enter and complete the current Physical Education Certificate Programs. We now use many community facilities, but are in dire need of our own on-campus facilities to better serve our students. When utilizing community facilities, it becomes necessary to create our schedules based upon their “free time”. This is not always in the best interest of our students.

Topic III. What do we need to get there?

PHYSICAL EDUCATION DISCIPLINE GOALS

A. Initiatives, Strategies, Goals and Activities

Short Term (2005-2006)

GOAL #1: The Physical Education Discipline will develop new curriculum for the Physical Fitness and Weight Training classes that will include an in-depth fitness assessment component, individualized fitness programs and flexible scheduling.

Curriculum changes to the department’s Physical Fitness and Weight Training courses will require new equipment, and additional full-time staff. The new equipment must include a significant investment in technology. The retraining of existing staff is also necessary for these changes to take place.
GOAL #2: The Physical Education Discipline will use technology to improve classroom instruction and increase faculty/student access to information

The Physical Education Discipline’s first priority is our classrooms. We would like to incorporate technology into our classroom lectures and make maximum use of presentation software such as PowerPoint. We would also like to use web enhancement to improve classroom instruction. Physical Education is based on human movement. An analysis of this movement is essential to improvement in performance. This equipment would be used to improve the performance of our students both on athletic teams and in physical education classes. Communication between faculty and students and access to information is essential to a quality educational experience in today’s society.

GOAL #3: Develop new course offerings for the Exercise, Sport and Wellness Certificate and market the program to the community and potential students.

In order for our Exercise, Sport & Wellness Certificate to evolve and stay up-to-date, our department must develop new course offerings that meet the demands of our students and the community.

GOAL #4: Assess physically challenged student’s needs and expand curriculum in our adaptive course offerings.

Serve our students better by developing additional adaptive physical education courses.

**Long Term (2005-2010)**

**Riverside City Campus**

GOAL #1: Provide students with a conducive learning environment and a quality educational experience.

In order to provide Riverside Community College students with the highest level of educational facilities the modernization of Wheelock Gym/Stadium, Huntley Gym and Cutter Pool must be completed. These facilities should be conducive to learning and provide a safe and healthy environment for faculty, staff, students, and community members.

GOAL #2: Implement new curriculum for our physical fitness and weight training courses. Meet student needs with flexible scheduling and improved assessment.

The discipline would like to implement a new course that includes pre and post fitness evaluations and flexible scheduling. To accomplish this, we must construct a Fitness Center that will incorporate strength training, cardiovascular and pre/post fitness evaluations. We need a 20,000 square foot facility that would include both an area for free weights, fitness machines and cardiovascular equipment. Within the fitness and wellness facility, a new fitness assessment center would be developed. This type of in-depth assessment would allow the instructor to develop an individualized program for each student based on student’s needs.
GOAL #3: Meet student demand for a conducive learning environment and space to offer karate, step aerobics, kickboxing, and yoga courses.

The Physical Education Discipline is in need of multi-purpose rooms to meet the student demand for our karate, step aerobics, kickboxing and yoga courses.

GOAL #4: The Physical Education & Athletic Discipline wants to improve the success rates of our student-athletes.

Our student athletes deserve to have a full-time faculty member assigned to coach each athletic team. The Physical Education and Athletic Discipline will increase the number of full-time faculty. Academic athletic counselors will also be required to ensure the success of our student-athletes.

Activities
The goals and objectives for the Physical Education Program (both short term and long term) involve curriculum changes, the improvement of instruction and the hiring of full-time faculty. We want to improve the success rate of our students. In order to improve this success rate, we must become more responsive to our students’ needs. Today’s students want a greater variety of courses. Many students need greater flexibility in the way classes are scheduled. These students have outside responsibilities that make it difficult to complete classes that have a traditional schedule. Our students also have many different learning styles and come to the college with different levels of preparation. The department’s goal is to use technology to improve the delivery of information and to individualize instruction.

B. Resources

Riverside City Campus

1. Staffing Needs
The Physical Education Department needs to hire staff that has diverse teaching experiences. When hiring new athletic coaches, the department must also look for individuals who can bring new ideas and curriculum to the Physical Education Department. We need full-time faculty members who can teach a variety of academic and activity classes. We need to hire faculty who will be innovators and make a contribution to the Physical Education Department curriculum. The Physical Education Department has an immediate need for positions that would be responsible for the new fitness center and the expansion of the adaptive physical education course offerings. In order for the department to expand these courses to the curriculum, new full-time faculty with additional expertise must be hired on a yearly basis, or current full time faculty should be retrained to increase their expertise in these areas. The department believes that all head coaches should be full-time at the college. Athletic programs at community colleges that employ part-time coaches usually experience more problems with their athletic teams than colleges with full-time coaches. Ideally, RCC should have a full-time faculty member in charge of each sport at the college. The Physical Education Department believes that full time faculty can better serve the students because they are available to them outside of class; they are familiar with other programs at the college, and have a vested...
interest in the institution. The department is concerned about gender equity and its responsibilities under Title IX and would like to add Women’s Golf to the Athletic Program. The Title IX Self Study was completed in June 2000.

There is a need for a site manager that can oversee and maintain facilities. This person would provide better supervision of janitorial and maintenance staffs and would be responsible for coordinating the rental of our facilities to outside groups. In addition, all support staff should be accountable to the Physical Education Department. In the area of intercollegiate athletics, there is a need for additional academic and student services support.

**Short Term - (2004-2005) Riverside City Campus**

- One Full-Time position – Coach/direct, develop curriculum and instruct courses in the Exercise, Sport & Wellness Certificate Program.
- One Full-Time position – Coach/direct the development of the Fitness Center.
- One Full-Time position – Coach /develop curriculum and instruct courses for adaptive Physical Education.

**Long Term – (2005-2010) Riverside City Campus**

- One Full-Time Position – Coach/Athletic Academic Advisor – Men’s Sports.
- One Full-Time Position – Coach/Athletic Academic Advisor – Women’s Sports.
- Five Full-Time positions – Coach and teach both lecture and activity courses in the Physical Education Department.

**2. Facility Needs**

Preliminary plans and working drawings have been completed for the Riverside Campus Physical Education Complex (A copy of these plans will be included with the Self Study document). According to the Riverside Community College’s district’s facility master plan (completed in October 2001), construction is planned to begin during the 2006-2007 academic year.

**Classroom Space**

An outside door to the Huntley Gym Athletic Training Room and adequate heating and sound proofing for Huntley Gym classroom 108 would provide a temporary fix for this facility. However, at least two regular classrooms are needed for both Huntley and Wheelock Gyms, free of the above problems and equipped with video capabilities to meet the needs of classes and athletic teams. Wheelock and Huntley Gym’s also need at least two new open classrooms (multi-purpose rooms of at least 3,000 sq. ft. for Karate, Aerobics, Kickboxing Aerobics and Yoga and additional courses that will be added to the curriculum).

**Fitness Center**

A new facility is needed to bring RCC to the safety and instructional standards of fitness and weight facilities at other community colleges. The college needs a new Fitness Center of at least 20,000 sq. ft. with state-of-the-art equipment. In order to better serve our students and increase enrollment, a large, well equipped, clean Fitness Center should be constructed and maintained. This room needs to be designed so that the instructors can see all of the equipment and provide proper supervision. Restrooms are needed near
the fitness center facility. The existing weight room would be converted to an athletic weight room that would serve the college’s nineteen sports athletes.

**Athletic Strength Training Facility**
A new strength training facility for our student-athletes. We need a safe, healthy environment in which to instruct strength training and development. We have 19 varsity sports that continue to fall behind in this area. This facility needs to be a minimum of 3,500 sq. ft. It should have a men’s and women’s restroom, two drinking fountains and a heating/air conditioning unit. Must have proper flooring and siding materials.

**Wheelock and Huntley Gyms**
Improved acoustics are also needed (perhaps through a lower ceiling) to improve the learning environment for students and teachers. An air conditioning system and improved ventilation are needed. Refurbish men’s and women’s student locker rooms in both gyms. Wheelock Gym also needs improved rest rooms accessible to the public, an improved concession area, and display cases for the athletic awards. A new facility with additional floor space may have to be constructed in the future. If the college could find new facilities for the Marching Band, the space that could be recovered would help classroom, storage, and office needs of the Physical Education Department.

**Office Space**
Private offices for all full-time faculty members, particularly head coaches are needed. Office space is needed for adjunct faculty and part-time head and assistant coaches. Offices need to be free of shaking walls and loud noises when the gym is in use.

**Faculty Locker Rooms**
Construct new, larger, men and women's faculty locker rooms, with modern plumbing for both gyms. Currently there is no men’s faculty restroom at Huntley Gym. The women’s faculty restroom is being used as a coed faculty restroom. Construct new conference rooms capable of holding faculty meetings and team meetings.

**Wheelock Track**
Construction completed 7/05 to install all-weather track surface.

**Wheelock Football Field**
Construction completed 7/05 to install Field Turf surface.

**Athletic Training and Equipment Rooms**
Construct a larger, air conditioned Athletic Training Room with state-of-the-art equipment, which is equally accessible both male and female athletes.

**Cutter Pool**
RCC is in desperate need of a new aquatic facility. A pool, which measures 50 meters by 25 yards, would meet athletic and physical education needs. A new larger pool would have numerous benefits. It would allow the teaching of up to three classes at the same time. A new facility also would allow the college to increase its very profitable CAP summer swim program. This facility should include handicapped access, at least one classroom, a separate fitness facility, a lifeguard office, larger men’s and women’s locker rooms, adequate storage space, and faculty offices. The new aquatic facility would need adequate bleachers, two one-meter diving boards and two three-meter diving boards. This facility must also include adequate lighting for the pool and deck areas, adequate air conditioning and heating for the building, showers that are comfortable for the students, and new drinking fountains.
Portable 3
Install new air conditioning and heating unit. The mat and/or flooring need to be replaced.

3. Equipment

Wheelock/Huntley Gym Classrooms
LCD Projectors and computer’s wired for internet access.
Dual entry student desks.
Screen, Whiteboard, television with videotape and DVD capabilities.
Overhead projector with cart.
Instructor’s desks and chairs.
Security devices

Fitness Center
Life Fitness Strength and Cardiovascular equipment.
Fitness Evaluation Equipment: Percent Body Fat, Blood Pressure Monitors, Flexibility
High speed video cameras and equipment
TVs with Dish Network and Video Tape/DVD capabilities.
Computer with attendance, nutritional and fitness program software.

Wheelock and Huntley Gyms
Sound system
Scoreboards
Volleyball nets and standards
Men’s/Women's half lockers, benches and whiteboards

Offices
Minimum of 1,000 sq. ft. offices for fulltime faculty. Adjunct faculty workroom with computers and internet access with printers.
Desks, Chairs and bookcases.
File Cabinets and Student Chairs.

Faculty Areas/Faculty Locker Rooms
Meeting rooms for department/discipline and athletic team meetings.
Tables, Chairs and Whiteboards.
Television with VCR and DVD capabilities

Wheelock Track
New equipment was purchased with the completion of the all-weather track.

Wheelock Football Practice Field
Sleds, running ropes and shoots.
Yard markers and chains.
Bags

Athletic Training and Equipment Rooms
Taping Bench and Utility Sinks
Refrigerator and Freezer
New ice machine
Muscle stimulating machines
Additional treatment tables and whirlpools
50 lb washers and dryers
Cabinets, Workbench and Island
Desk, Chair, File Cabinet and bookcase.
Computers with internet access and printers.
2-way Lockers.

**Athletic Strength Training Facility**

- Video and Stereo equipment
- Dumbbells and racks
- Elite Stations/Squat Power Racks
- Curl/Hex Bars
- Platforms/Bumper Plate Sets
- Olympic Bars, Collars, and Racks
- Flat Benches, Incline Benches, Olympic Plates and Racks.

**Pool**

- Flagpole, Bleachers and scoreboard
- Goals and Lane Lines
- Sound System
- Whiteboard

**Soccer Field**

No equipment at this time. It is being used for swing space for construction projects.

**Wheelock/Huntley Tennis Courts**

- New tennis ball machines.
- Racquets and tennis balls
- Tennis standards and nets
- Windscreens
- Bleachers

**Portable 3**

- Instructor’s desk/chair with computer and printer
- Mirrors and sound system

**All Sports**

Two new vans were purchased in January 2000. A van rotation schedule should be developed so every year there will be one to two new vans. Another option would be to purchase 25-passenger vans and hire qualified drivers.

**Topic III. Moreno Valley Campus**

**A. Resources**

1. **Staffing**

With the addition of tennis courses, we would need the additional support of adjunct faculty. Once the fitness facility is in place, the Moreno Valley campus would need an additional full-time Physical Education faculty member. Support staff would also need to be hired to maintain and clean equipment in the fitness center.

2. **Facilities**

We need planning, development, and funding for an on-campus fitness center. We would also like to begin the planning stages for building a fitness facility on the Moreno Valley campus, with the facility in place in 3 years. **It is an urgent need to provide adequate**
on-campus facilities for the ever-growing student population. These facilities should include:

1. Fitness center with a classroom, ample storage, and faculty offices.
2. Remodel and enlarge the Multipurpose Building or construct new gym to accommodate additional courses. With the proper facility, volleyball, basketball, and badminton could be added to the curriculum.
3. Lighted tennis courts (6-8).

3. Equipment

In the next academic year, we would like to be offering tennis courses at a nearby facility. We need to provide equipment for tennis classes and any other new classes offered. Need to keep equipment for current courses up-to-date.

Topic III. Norco Campus

1. Staffing

   1. With the increase in the number of class offerings, a minimum of one additional full-time Physical Education faculty member will need to be hired.
   2. Planning, development, and funding are required for the essential improvement of facilities.

2. Facilities

Physical Education needs to serve the Norco Community and students with immediate planning and funding for:

1. Fitness/Wellness, strength, cardio, and endurance facility (10,000 sq. ft.)
2. Multipurpose activity room with floating floor (3600 sq. ft.)
3. Lecture classroom of sufficient size to accommodate at least 60 students.
4. Full-service large gymnasium.
5. Fully-equipped locker rooms with shower facilities.
6. Ample indoor storage space.
7. Large faculty offices.
8. Indoor cooled water fountains.

The above additional resources would lead to an increase in course offerings and programs. It would also afford the opportunity to expand and create new curriculum.
Topic IV. What evidence do we need to track our progress?

The Physical Education Discipline is committed to improving the process of assessing our students in a systematic and complete manner. Individual instructors assess students for the attainment of their student learning outcomes in each class, but there are some variations among instructors. The Physical Education Discipline/Dept. plans to develop a comprehensive and systematic approach to assessment that requires new equipment, software, and training of faculty. There has not been an across the district discipline assessment plan established yet in physical education.

During the 2005-2006 academic year, we plan to develop a common final exam for PHP A81 Physical Fitness that can be given to all students across the District. We hope to administer this test during the fall of 2006. This will allow the PE Discipline to be able to track the questions and topics that students do not understand as well as understand. Also, the discipline plans to select pre and post tests (SLO #4) that we will track in all sections of PHP A81 across the District. The assessment data will be reviewed and discussed at future Physical Education discipline meetings to implement teaching techniques to improvement student learning outcomes.

After we accomplish this goal, then we will expand our assessment plan to other courses. The student learning outcome # 4 is a common fitness evaluation method that is currently being instituted in several of the physical education activity courses. The pre and post physical evaluations that we plan to administer in PHP A81 can be used in other classes such as PHP A90, PHP A92, PHP A94, PHP A95, PHP 35 Fitness and Wellness and others. As for further assessment plans, the discipline is in the process of developing a standard comprehensive assessment program for courses that may include common exam questions, pre and post fitness evaluations, skill tests and record keeping. In the future, in lecture classes such as PHP 4, PHP 30, PHP 35, and PHP 36, common midterm and/or final exam tests questions could be collected and tracked in all sections of the course and used to discuss techniques to improve instruction.

The Director of Institutional Research has given us a profile of our Physical Education students and it shows many successes indicating that we are serving our students and community well over the last five years. We have excellent success rates in our classes. We need to mentor our ESW students and track their success as they go through the certificate program, and of course, keep track of how many have completed the program.

Riverside Community College

The Physical Education Department at Riverside started conducting surveys of our students last year to get information from them concerning: the reason they are taking the course that were enrolled in, the time of day that they prefer to take the class, new course offerings that they would like to be offered, and any problems that they experience such as learning environment problems or other needs. We are continuing our surveys this semester and will continue to work on the questions that we need to ask our students so that we can respond to their needs.
Topic IV. Moreno Valley Campus

Physical education faculty need to be involved in the process of planning and approving the design of the fitness center. Faculty would like an open line of communication with planning and facilities regarding the design and progress of new fitness facility and regular updates on evolution of this facility.

Besides the Discipline Meetings that we have in the beginning of each semester, we need more Discipline meetings that everyone can attend throughout the year to further face to face communication. When this is not possible, small committees will meet to discuss discipline issues across three campuses and report back to the Discipline as a whole. The Discipline members communicate regularly by email and voicemail.

In addition to communicating with Discipline members, the Co-Discipline Coordinators communicate with Asst. Chairs and Chairs on the Moreno Valley Campus and Norco Campus who schedule classes and deal with other issues such as facilities, budget, and equipment, etc. for Physical Education classes. The Co-Discipline Coordinators provide them with our discipline meeting minutes and assist each other with adjunct faculty recruitment and scheduling. Both Moreno Valley and Norco only have one full time faculty member who currently works within a multi-discipline dept. With the completion of our PE self-study, it can now be used throughout the District to help plan Department Program Reviews on all three campuses. A yearly update of our Program Review will be easier now that we have been through the process.

Topic IV. Norco Campus

During the process of planning and approving the design of any Physical Education facility, Physical Education faculty needs to be involved

Topic V. How can we improve the discipline self-study process?

Discipline members agreed that the data presentation could be improved by making it easier to understand. Most members needed to be educated as to how to interpret the data from Institutional Effectiveness. It became difficult to involve new members during the process of this discipline self study. In the future, this may be a problem, as newer faculty simply do not have the knowledge from which to address some or all of the questions. One area where newer faculty can contribute is the overall vision of the physical education discipline.

Topic VI. Activities for Academic Year 2005-2006

- Discuss at first discipline meeting of fall 2005 semester the importance of maintaining cohesion of curriculum across the three campuses including the Exercise, Sport & Wellness certificate program.
• Discuss new curriculum for the Physical Fitness and Weight Training courses. (Goal #1)
• Discuss different types of fitness evaluation components (pre and post tests) (Goal #1)
• Discuss ideas in relation to improving classroom instruction. (Goal #2)
• Discuss strategies to market the Exercise, Sport & Wellness certificate program (Goal #3)
• Discuss new course offerings, including the area of adapted physical education (Goal #2 and # 4)