

Comprehensive Program Review Report



Program Review - Physical Education

Program Summary

2021-2022

Prepared by: Kimberly Rix/Ally Briano

What are the strengths of your area?: The PEAC programs have a lot of strengths. One strength is that it is extremely educational for students and provides them with knowledge and life skills that will assist them in having a healthy lifestyle long after they have completed the program. Even though most students took PE in high school, many of them are uneducated in proper exercise form and technique. In the PEAC programs at COS, students are not only taught the correct way to perform certain exercises, but they are also taught about exercise safety, heart rate, and also how nutrition plays a role in a healthy lifestyle. These students leave the program with the skills to continue working out and passing on their knowledge to their friends, family, and future generations to discourage sedentary lifestyles.

We have met with our classes in person, and via Zoom every day during the normal hours, and helped to answer questions posed by the students regarding scheduling, Ed plans, timelines, financial aid disbursements, etc. On top of this, we have helped students work through issues with Wi-Fi, technology, Zoom capabilities, and more. . . it has been a challenge but it has also allowed us to instruct students who need more help because we can meet with them via Zoom and help them one-on-one that way.

We have seen tremendous student success, great attendance, and improving resource efficiency as each week passes. The quality of their academic experience has indeed changed, but some would even say they like it better than coming in person which speaks to us loudly that we are continuing to address all the elements of institutional effectiveness.

What improvements are needed?: When covid hit, and courses all went online, some of the PEAC programs weaknesses became apparent. One weakness is that it is not realistic for certain PEAC classes to be offered and taught online. Classes like beginning/intermediate swimming and beginning/intermediate volleyball require equipment and facilities that students are not likely to have access to. It would not be reasonable to expect students to find access to a pool or volleyball court with balls, and the SLOs would not be able to be achieved, so the courses were not offered online during the pandemic.

We are on task to increase our FTES in our PEAC classes and one way we could achieve this is by refreshing the bleachers out at the baseball and softball field. Please note that we consider the bleachers the same as desks in a classroom.

Describe any external opportunities or challenges.: Currently, one of our main external challenges continues to be that we are trying to boost student enrollment and engagement in some of our courses. We lost about 10% of our FTE's due to the Covid shutdowns, and we are now hitting the social media hard in order to rebuild interest and regain an active recruiting pool for our courses, which are alive and well now in person.

Overall SLO Achievement: The SLOs are being achieved in the PEAC program. PEAC professors and instructors have come up with creative and successful ways to pretest, teach, and evaluated their students, in person and online. Modern technology has made it possible for PEAC courses to continue being taught and performed effectively, even during a pandemic. By evaluating the students and collecting data, professors and instructors have been able to confirm that their SLOs are being achieved.

Changes Based on SLO Achievement: None.

Overall PLO Achievement:

Changes Based on PLO Achievement:

Outcome cycle evaluation: Overall, this has been an interesting time, and has presented us with hurdles we never imagined. However, so much research has shown the benefit of continuing to stay socially connected, and continuing to exercise, and this time together with our PEAC students as we teach in a 50/50 format.

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Action: Attract more students to COS.

Replace the classroom seating area in both baseball and softball.

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Implementation Timeline: 2021 - 2022

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Identify related course/program outcomes: PEAC 46 - Analyze and demonstrate effective mechanics of receiving a softball ball.
PEAC 17 - Students will be able to identify and demonstrate defensive strategies to maximize game performance.

Person(s) Responsible (Name and Position): Jody Allen and Cori Janelli

Rationale (With supporting data): We are trying to create a more attractive environment for the classroom portion of our softball and baseball courses. If we have a more attractive environment, we will be able to increase our FTES in those classes and support COS District Objective 1.1.1.

Priority: High

Safety Issue: Yes

External Mandate: No

Safety/Mandate Explanation: The current bleachers out there are so old that have become wobbly and unstable. We have done what we can to patch them up for the past few decades. We need a new classroom setting out there for our students.