

Comprehensive Program Review Report



Program Review - Physical Education

Program Summary

2022-2023

Prepared by: Ally Briano

What are the strengths of your area?: 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. We offer intro level courses to our general student population, but many of these intro courses are taught by our Head Coaches in their respective sports, so our general students are gaining exposure to high level coaching, and in return, the coaches gain an opportunity to revisit their basic technique instruction, and every once in a great while, in a PEAC course, we will discover a general ed student who should have been placed on a sports team, and recruit them.

Our students leave the program with skills that allow them to continue working out and passing on their knowledge to their friends, family, and future generations to discourage sedentary lifestyles and embrace healthy living. In general, we have seen tremendous student success, great attendance, and improving resource efficiency.

What improvements are needed?: Currently, the only improvements we are seeking were written into the Intercollegiate Program Review as Actions and Resource Requests. We are asking for:

- a. Pole Vault Pit Cover
- b. Weight Room Equipment
- c. Softball Field Accessories
- d. CPR and First Aid Mannequins

Additionally, our FTES are up by .02 percent, which we are thrilled about after Covid (12.45 in 2021, as opposed to 12.43 in 2020). However, in spite of our growing the FTES population, our success rate is still down by 5%, which means we need to put all our attention on creativity in order to retain the athletes and students who enroll.

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,

Overall SLO Achievement: The SLOs are being achieved in the PEAC program.

Changes Based on SLO Achievement: None.

Overall PLO Achievement:

Changes Based on PLO Achievement:

Outcome cycle evaluation: All in all, we are happy with the way our courses continue to fill as we return to an in-person format, but we are noticing a dip in our Student Success Rate, and are working to retain all students with good grades from start to finish each semester.

Action: Attract more students to COS.

Replace the classroom seating area in both baseball and softball.

Leave Blank:

Implementation Timeline: 2021 - 2022

Leave Blank:

Leave Blank:

Identify related course/program outcomes: PEAC 46 - Analyze and demonstrate effective mechanics of receiving a softball ball.

Program Review - Physical Education

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.