

# Comprehensive Program Review Report



## Program Review - Physical Education

### Program Summary

#### 2020-2021

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**What are the strengths of your area?:** Our Physical Education classes have undergone a very interesting transition due to the Covid-19 restrictions put into place in March of 2020. Our in-person classes were cancelled, and one of our strengths in this strange time is that we have taken this opportunity to become like a Homeroom Teacher and Academic Advisor to all the students in our courseloads. We have met with our classes synchronously via Zoom every day during the normal hours our classes would have been held in-person, 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.

Another one of our strengths is that we have provided students with an opportunity for community, and a chance to work out. Although they are doing it from home, it has been fun to see 30-40 familiar faces in each class, and to work out with each other while laughing, seeing each others' pets come into the Zoom, and has provided a much needed relief from the isolation of quarantine. 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?:** At this point in time, we do not have quantitative data on how effective the students are feeling and performing from home via Zoom, however the qualitative data would suggest that students are enjoying their home workouts, and that they look forward to meeting and seeing other students and getting their exercise for the day. Their seems to be equal participation by males and females, and excellent attendance each day.

**Describe any external opportunities or challenges.:** The only challenge we currently are facing is that certain classes are impossible to teach from home, and students have a difficult time participating from home. For example, swim classes and volleyball classes had to be cancelled because we can't expect students to have lap pools and volleyball nets at home. On the other hands, other classes are still being offered which are difficult to teach at home. For example, weightlifting classes are still being held, but when students log in and don't have the proper equipment, it is common that our instructors have to modify and change activities at the last minute to accommodate the equipment that students DO have on hand. Aside from that though, any external challenges are offset by the fun of being together with classmates and working out together, making light of any inconveniences.

**Overall SLO Achievement:** Currently, we are meeting all SLO's and have adapted some of our SLO's to assessments that can easily be taken from home, such as heart rate calculation, and meal prepping.

**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 over synchronous Zooms has been a highlight in the day of the students and the professors.

**No Action were returned for this Unit based upon the selected parameters.**