

Basic Program Information

Department Name:	Adaptive Fitness
Division Name:	Kinesiology & Athletics
Program Mission(s):	The Adaptive Fitness Program (AFT) is designed to provide practical skills and knowledge for those interested in working in the field of health and fitness serving populations with special fitness needs including the disabled, those with chronic health and medical conditions.

Please list all Program Review team members who participated in this Program Review:

Name	Department	Position
Rita O'Loughlin	Kinesiology/Athletics	Full-Time Faculty

Please include the following information about your program:

Total number of Full Time Faculty:	1
Total number of Part Time Faculty:	0
Total number of Classified Professionals:	0

Please list all existing Classified positions:
<i>Example: Administrative Assistant I</i>

List all Programs* covered by this review & check the appropriate column for program type:

Program Name	Certificate of Achievement Program	Associate Degree Program	Pathway Program
Adaptive Fitness Therapy	X	X	

*If you have a supporting program or pathway in your area for which you will be making resource requests, please analyze it within this program review (i.e. Integrated Reading and Writing, Math My Way, etc.) You will only need to address those data elements that apply.

Section 1: Data and Trend Analysis

Please complete the appropriate data elements.

A) Instructional Program Data:

Data will be posted on <http://foothill.edu/staff/irs/programplans/programreviewdata.php>

You must manually copy data in the boxes below for every degree or certificate of achievement covered by this program review.

Certificate and Degree Programs	2011-2012	2012-2013	2013-2014	% Change
AFT AA degree	9	7	0	-100%
AFT Certificate	7	5	0	-100%

	2011-2012	2012-2013	2013-2014	% Change
Enrollment			17	
Productivity (College Goal 2014-15: 535)	471	335	129	-73%

B) Student Services Programs Data

Please enter the number of students served over the last 3 years.

	2011-2012	2012-2013	2013-2014	% Change
Students Served			17	

This data was obtained via the following sources (circle): CCC Apply, Ask Foothill, Credentials, SARS, Other (List)_____

C) Administrative Unit Data

Please enter the information below.

Dimension	2011-2012	2012-2013	2013-2014
Students Served (Unduplicated)			
Faculty Served			
Staff Served			
Full-time FTEF			
Part-time FTEF			
Full-time Staff			
Part-time Staff			

Using the data entered for your program above, briefly comment (1-3 paragraphs) on changes in students or staff served, enrollment and/or productivity for your program in the last year.

What changes have been made or are planned as a result of your analysis of the data? (for example, new curriculum, new pre-requisites, a focus on student retention, changes in teaching approaches informed by SLO Assessments, changes in when classes are scheduled, better use of technology, etc.)

During 2013-13 academic school year enrollment in the Adaptive Fitness Therapy Program (AFT) was steady and on the verge of increasing. Dr. Karl Knopf had been the Program Coordinator and sole instructor, retiring in 2013. During the 2013-14 school year the program was not given the attention needed to successfully outreach or promote the program at Foothill College or the community at large. At this time Dean of Kinesiology and Athletics, Susan Gutkind and I were reworking the program to update and revamp focus. Ms. Gutkind allowed scheduling but nothing was done to promote classes in any venue.

The AFT curriculum has now been updated to more completely integrate Kinesiology students. The AFT program now shares a common core with other (new) Kinesiology (KA) certificate programs. This better stacks certificate and degree programs for the student. However, additional small changes may still be made to include even more integration and meet the needs of the growing and changing industry. With promotion and successful media outreach, it is anticipated that the AFT program will begin to rebuild during the 2014-15 academic year.

The changes to the AFT curriculum program allows for greater breadth of skills sets being brought into the program. Any additional changes to the program curriculum, core requirements and support course will serve to increase this breadth.

Section 2: Student Equity

The college is committed to student equity, defined by the Student Equity Workgroup as fostering similar outcomes for all students. One targeted area for improvement in this year's Student Equity plan is to increase the course completion rates for African American, Latino, and Pacific Islander students over the next three years by 3 percentage points.

Please describe how you see members of your program contributing to this goal.

The AFT program curriculum and requirements have been re-worked. The intent is to reach out to a larger student population within the Foothill community and community at large. The AFT program has served students with all ethnic backgrounds. However, the distribution of ethnicity does indicate that the program has primarily served a larger white population. With success in this area, the program should contribute to the goal stated Section 2.

Please review the equity data available to you on the students served in your program and their outcomes by ethnicity (including, for instructional programs, course success rates by ethnicity). If differences exist, what efforts have members of your program undertaken or discussed to address them? If your program has undertaken any initiatives or interventions as a result of these efforts or discussions, please share what you have learned as a result of these initiatives.

As mentioned above, the AFT program has served students of all ethnic backgrounds. However, the distribution of ethnicity does indicate that the program has served a larger white population. The data also indicates that the program primarily serves an older age group, with the largest number of students in the 40+ age group. Many of these students already processed a college degree. Regardless of the age or ethnicity, the program has shown a 100% success rate across ethnicity.

Section 3: Outcomes Assessment Summary

- A) Attach 2013-2014 Course-Level** (for Instructional Programs Only) – Four Column Report for CL-SLO Assessment from TracDat, please contact the Office of Instruction to assist you with this step if needed.
- B) Attach 2013-2014 Program Level** – (for all programs) Four Column Report for PL-SLO Assessment from TracDat, please contact the Office of Instruction to assist you with this step if needed.

Section 4: Assessment and Reflection

Based on your assessment data and reflections, please respond to the following prompts.

- A) For instructional programs only, what curricular, pedagogical or other changes have you made as a result of your course level student learning outcomes (CL-SLO) assessments?**

Student response and faculty review of the curriculum indicated a great deal of overlap and common content in the coursework. Therefore re-working of the curriculum was completed for 2014-15. The changes bring greater breadth and less redundancy to the overall program.

Additionally, faculty retirement allows new instructors to bring additional perspectives to students in the program.

- B) For instructional programs only, how has assessment of program-level student learning outcomes led to certificate/degree program improvements? Have you made any changes to your program based on the findings?**

Student response and a review of the curriculum as well as a Division-wide effort to link classes throughout the Division have led to an overall refresh of the program. Students interested in AFT work now also have opportunities to take classes with Athletic Injury Care students and (soon) Personal Fitness Trainer students. The program has been completely integrated within the Kinesiology Division. Students report that access to facilities, instructors and other course content greatly enhance the program.

For all programs: Instructional, Students Services, Administrative

C) How do the objectives and outcomes in your area relate to the program-level student learning outcomes and to the college mission?

Mission Statement: Foothill College offers educational excellence to diverse students seeking transfer, career preparation and enhancement, and basic skills mastery. We are committed to innovation, ongoing improvement, accessibility and serving our community.

The program directly prepares students for jobs in the Adaptive Fitness field. Additionally, students seeking traditional Fitness employment are more hire-able with a background in Adaptive techniques and skills. To our knowledge, currently there is no other program in the area that provides specialized Adaptive Fitness.

Over the years, AFT students have obtained employment in health improvement programs (Stanford University), health clubs, private personal training, corporate fitness (Cicso, Google, etc.), community health and human services agencies, home health care agencies as well residential retirement communities and long term care sites.

D) What do members of your program do to ensure that meaningful dialogue takes place in both shaping and evaluating/assessing your program's student learning outcomes?

The past year was a transition year as the retired instructor of the previous years was the only instructor of all the classes and was housed more in Adaptive Learning than Kinesiology. In assigning AFT classes to other qualified instructors, discussion has begun in regards to how to teach concurrent classes in ways that would increase program breadth while enhancing student learning.

Section 5: Program Goals

Please comment on progress you have made on program goals from prior program reviews.
Check the appropriate status box & provide explanation in the comment box.

Goal/Outcome (This is NOT a resource request)	Related to prior resource request (Y/N)	Status: Completed, In progress or Revised	Comment on Status
1. Review and Re-work program curriculum	N	Y	
2. Increase number of students in the program	N	N	Retirement of the only program Instructor, change in Division Leadership (the AFT program moved from the ALD to Kines) and lack of outreach and program promotion has had an affect on program growth and success.

Please list any new goals for your program you would like to undertake this year. The goals should be linked to the college mission and be driven by data (including student and program learning outcomes reflections).

Goal/Outcome (This is NOT a resource request)	How will this goal improve student success or respond to other key college initiatives?	How will progress toward this goal be measured?
1. Rebuild program interest.	Students will have the opportunity to complete the AFT certificate program without interruption.	Number of students enrolled.
2. Increase number of students enrolled.	By increasing the number of students enrolled in the AFT program the college will be serving a larger number of the foothill community and the community at large. Ultimately providing service to community members that will benefit from AFT student's expertise.	Number of students enrolled.

3. Implement a marketing and ongoing outreach plan	<p>An ongoing marketing and outreach plan is key to getting the word out that Foothill College offers the AFT program that benefits not only the participating students, but the community at large. This comes as the result of graduating trained students with the expertise to serve community members that benefit from their knowledge and skills.</p>	<p>By actually implementing on ongoing marketing and outreach program with updated program brochures, mass mailers, and dialogue within the industry and professional businesses, etc.</p>
4. Implement additional changes to the core requirements and some of the support courses	<p>Additional changes will bring the program more in line with what the industry will need and require.</p>	<p>By making small changes to the core requirements and some of the support courses.</p>

Section 6: Program Resources and Support

To be completed only if making a new resource request.

Using the tables below, summarize your program's unfunded resource requests. Refer to the Operations Planning Committee website: <http://foothill.edu/president/operations.php> for current guiding principles, rubrics and resource allocation information.

Full Time Faculty and/or Staff Positions

Position	Related Goal from Table in section 5 and how this resource request supports this goal.	Was position previously approved in last 3 years? (y/n)

Unbudgeted Reassigned Time (calculate by % reassign time x salary/benefits of FT)

Indicate duties covered by requested reassign time:

Responsibility	Related Goal from Table in section 5 and how this resource request supports this goal.		% Time
Program Coordinator responsible for promoting the program out in the community. Additionally responsible for interfacing out in the community within the industry, connecting with professional businesses, setting up internship opportunities, etc.	The AFT program has suffered as the result of the lack of marketing and program outreach and promotion. The immediate main goal for the program has to be marketing and outreach.	One class release time or the use of Perkins funds.	

One Time B Budget Augmentation

Description	\$ Amount	Related Goal from Table in section 5 and how this resource request supports this goal.
Program Brochures	1500.00	Increase visibility and assist in marketing and program outreach.

Ongoing B Budget Augmentation

Description	\$ Amount	Related Goal from Table in section 5 and how this resource request supports this goal.

Facilities and Equipment

Facilities/Equipment Description	\$ Amount	Related Goal from Table in section 5 and how this resource request supports this goal.

Section 7: Program Review Summary
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Address the concerns or recommendations that were made in prior program review cycles, including any feedback from Dean/VP, Program Review Committee, etc.

Recommendation	Comments
1.	

a. After reviewing the data, what would you like to highlight about your program?

The AFT program data undoubtedly indicates the prior success of the program. The future of the program is exciting with the curriculum changes and inclusion into the Kinesiology Division and a part of the larger Division plan. With the “Baby Boomer” population will come the need to serve a larger population that suffers from health and medical conditions. The successful AFT students will be able to provide a service to this population. These Foothill graduates will be right there in the forefront of a needed service.

Section 8: Deans Feedback and Follow Up

This section is for the Dean to provide feedback.

A) Strengths and successes of the program as evidenced by the data and analysis:

This academic program was once very viable, and serves an obvious need in our community. The potential is certainly there for a strong comeback, which could help ancillary programs such as Athletic Injury Care, and the division as a whole. The curriculum has been revamped, and this program review has outstanding goals.

B) Areas of concern, if any:

Obviously, with no degrees awarded, no certificates awarded and only 17 enrolled, I have major concerns as Dean. I do think, however, that with the right kind of marketing, this program could thrive once again. The problem is obviously, resource availability at the college level.

C) Recommendations for improvement:

This program, based on the current financial climate, should be put on hold. Note, I am not suggesting it be ended, but we have so many challenges facing us in Kinesiology and Athletics, I do not see any point in trying to revive this in the coming cycle. I would, however support it in the next cycle.

D) Recommended next steps:

- ☐ Proceed as planned on program review schedule
- ☐ Comprehensive Program Review (Out of cycle) Recommended
- ☒ Remediation Plan Recommended

Upon completion of section 8, the Program Review should be returned to department faculty and staff for review, and then submitted to the Office of Instruction and Institutional Research for public posting. See timeline on Program Review Cover Sheet.