1. Background

The Department of Kinesiology and Physical Education (KPE) offers a B.S. degree with four options, a, M.S. degree with four options, a minor, and an option in Liberal Studies. In 2001, the department served 207 undergraduate students and 38 graduate students. This was accomplished with 9 tenure-track faculty (6 full-time doctorates, 4 tenured). The objectives of the Department of KPE are to provide opportunities for learning and participation in a wide variety of Motor Activities at all levels, and to offer courses on Kinesiology. The KPE programs include both an academic as well as a performance base. The career opportunities for graduates in this program include athletic trainer, activities director, coach, community college teacher, fitness specialist, exercise and nutrition counselor, physical education teacher, and physical therapist.

CAPR received the complete documents pertaining to its Five-Year (1997 – 2003) Program Review from the KPE Department in early March 2003. On April 3rd 2003, KPE representatives Drs. Penny McCullagh (Chair), Cal Caplan, Rita Liberti, Don Sawyer, and the Director of Athletics, Debby De Angelis, met with CAPR to discuss the KPE Five-Year Review. Chair McCullagh presented a brief introduction of the Department and a summary of their review and strategic plan. Several CAPR members asked questions, followed by responses and clarifications by KPE faculty members.

2. KPE Five-Year Program Review and Self-Study (1997–2002)

The fundamental mission of the KPE Department is the education of three main student constituencies: 1) students interested in acquiring basic knowledge in Kinesiology through undergraduate and graduate-level curricula; 2) students interested in furthering their liberal studies through physical education by learning and performing a wide variety of motor activities at all levels; 3) students interested in preparing for careers in Kinesiology and related professions. During the period 2000 – 2001, the KPE Department identified 12 learning outcomes aligned with the philosophies and values of its program. In Spring 2002, a pilot study including 24 undergraduate students in four focus groups to determine to what extent the program and majors offered an opportunity to gain the required skills. In both 2001 and 2002, the faculty extensively reviewed the undergraduate and graduate curriculum and identified areas
of needed changes. The self-study by KPE by faculty demonstrated a remarked increase in research and scholarship activities by faculty since the last review. For example in the last five years, the faculty have collectively published over 30 research articles or chapters, and made over 60 conference presentations. This new emphasis on scholarship has brought increased opportunities for delivering new knowledge and for student participation. At the same time as this new vigor has developed, the Five-Year plan indicates that faculty retirements in the next five years will likely result in a loss of up to four of the current, highly-experienced faculty – which will have a significant effect on future scholarship and research.

To increase the number of majors, the department plans to actively recruit at the community colleges and engage current students in the Kinesiology Majors Club in outreach activities on campus. The intent is to provide students with the highest level of curricular offerings and advising possible. Drawing from their self-study, the faculty identified four major issues that may affect the future development and growth of the program:

- The future of KPE will depend on the availability of increased faculty resources.
- In the University’s student-first initiative, KPE must align its limited faculty resources to provide the highest quality of instruction possible to its curricula degrees and programs and balance scholarship and other professional contributions with the primary mission of teaching.
- The kinesiology laboratory needs to have as part of the department’s strategic planning process the means for systematic enhancement of its technological capacity over time.
- The department needs to increase the number of undergraduate and graduate students as part of a comprehensive department marketing and recruiting plan.

3. Outside Reviewer’s Comments & The Department’s Response

On January 30 - 31 2003, two outside reviewers, Dr. Jane Clark of the University Maryland and Dr. Greg Payne of San Jose State visited the KPE Department. Specific meetings were held with the Dean of the School of Education and Allied Studies, various faculty, coaches, undergraduate and graduate students, alumni, and staff. The reviewers also observed several classes taught by KPE faculty. The overall impression from the reviewers was that the “environment in the department is professional, warm, and caring”, “the consensus among students was that the department was an undiscovered treasure in need of greater publicity and marketing”, and “Like the students, the faculty, and staff we met appeared conscientious, capable, loyal, dedicated and caring” (p.1 of the external report). The reviewers were also pleased to see that course syllabi indicate considerable attention to active learning across the curriculum. However, the reviews pointed out several concerns with respect to the current KPE program:

- The Athletic Training Option appears to be faced with a serious and immediate predicament because it is not currently accredited and students graduating next year will therefore not be able to take the NATA certification exam.
- The Teacher Education Option has recently lost two key faculty members and the program is now “headless”. As a result, important student deadlines have been missed and students cited a “desperate” need for help.

In response to the outside review, the KPE concurred with the suggestions regarding the curriculum, including considering a future capstone course for majors. In relation to the Athletic Training and Teacher’s Education options, KPE has the following plan:

- Due to limited resources, KPE could not move forward to achieve an accredited Athlete Training
Option without hampering the rest of its programs because it would be too costly in terms of staffing and supervision. Consequently, KPE will change its catalog entries to clearly indicate this option is not accredited. The department indicated that it will modify a couple of course names but other than that will try to operate as is and hope that students will continue to be attracted. It will also encourage students who want to get certified to move on to an entry-level graduate program.

- Since there is a clear need for leadership in the Teacher Education Option, KPE plans to use its two approved hires this year to recruit individuals who can teach the core classes in this option. However, at the time of this review, KPE was concerned whether suitable candidates could be found, based on the general lack of trained doctorates in this area. KPE will also be requesting an additional hire for 2004.

4. KPE Program’s Five-Year Strategic Plan

In its undergraduate program, KPE plans to re-organize its required undergraduate core curriculum to add two courses, Sport Psychology and Motor Development, to increase the course Structural Kinesiology from 5 units to 8 units (4 in lecture plus 4 in lab), to include a Capstone or Integrative Seminar, and to change the course name of Sensorimotor Skill to Motor Learning/Control. Courses in the Exercise Nutrition and Wellness Option will also be modified to insure that once students complete this option they will be prepared to sit for the Health/Fitness Instructor Certification offered by the American College of Sports Medicine. The department is assessing the Pre-Physical Therapy Option to prepare students who are interested in related careers such as Occupational Therapy and Prosthetics, and Physician Assistants. Therefore, it is proposed that the option name should be changed to Pre-Physical Therapy and Allied Health Option. In addition, two existing courses will be added to the list of electives for this option: KPE 4330 Clinical Exercise Physiology and KPE 4615 Exercise and Stress.

In graduate program, KPE is also investigating the changing its required courses. The department will change the following option titles and the associated course requirements:
- the Sport Humanities Option will become Sport Culture Studies
- the Exercise Physiology Option will become Physical and Physiological Sport Studies
- the Skill Acquisition and Sport Psychology will become Psychological Sport Studies
- KPE will investigate the possibility of offering a Sport Management Option

In conclusion, the KPE Department will continue its commitment to provide a broad based curriculum that maximizes student participation through disciplinary classes. Many of the core classes require laboratory experiences and the students are exposed to current research methodologies. However, due to limited faculty and resources, the department is currently not able to reach its full potential and offer the highest level of instruction in state of the art facilities.


CAPR received the following documents from KPE Department as part of Five-Year (1997 – 2003) Program Review.
- 2002 Self-Study
- Draft Five-Year Plan
- Outside Reviewer’s Report
- Response to the Outside Review
5.1. The Document Format

The material supporting KPE’s Five-Year program review follows the required format. In addition, an executive summary of the program review was distributed at the CAPR meeting on April 2nd and was helpful to CAPR in quickly understanding the achievements and future focus of the KPE faculty and staff. Overall, CAPR considered that the data in this program review are clearly presented, and considers this documentation sufficient for the committee to assess the effectiveness of the plan and make recommendations.

CAPR suggests that the following minor improvements would have enhanced the clarity of the review:

- In the table of contents, subsections would help readers trace the contents and subjects throughout the report.
- The use of appropriately adapted table formats with highlights and explanations, in addition to the attached statistical information, would better support the department’s plans and arguments.

5.2. KPE Five-Year Program Review

CAPR is concerned for the future of the Athletic Training Option in the program as well as the potential impact on student enrollment if the Athletic Training Option fails to achieve accreditation in the near future. As noted by the external reviewers, the Athletic Training Option at CSUH is not accredited under the current mandates of the National Athlete Training Association (NATA). Nearly 30% of the undergraduate student majors in KPE are in the Athletic Training Option. However, those students in this option graduating in the next academic year will not be able to take the NATA Certification Examination due to the lack of accreditation. To deal with this serious and immediate predicament, the KPE department had requested additional training staff but in Feb. 2003 this request was denied by CSUH administration. Therefore, the KPE department decided not to pursue an accredited program in the near future and will move forward to direct those students who want to acquire a NATA credential to the accredited programs in other CSU campuses, such as Sacramento and San Jose. Even though the department indicates that currently only 2 or 3 students a year will try to get certified, CAPR suggests the department should monitor closely if the lack of accreditation will affect future student enrollment in the KPE program.

Another uncertainty addressed in the KPE review regards the leadership of the Physical Education Teaching Option, which accounts for another one-third of student enrollment in the KPE program. This option has met with considerable success over the years. However, having lost two key faculty members in 2002, the option now is lacking expert leadership. Based on the importance of this option to the State of California’s efforts to train and recruit physical education teachers, CAPR strongly supports KPE’s goals of hiring experts in Physical Education. CAPR expects the ongoing search for two tenure track positions to focus on finding suitable faculty who could instruct and guide students into joining the teaching profession. CAPR is also concerned about additional retirements expected from the tenure track faculty and the prospect of KPE securing the minimum faculty hiring needs over the next five years to maintain current curriculum and student needs.

The Pre-Physical Therapy Option is the only KPE option that exceeds 180 units. As explained in the KPE self-study, the reason this option requires a larger number of units is because all Physical Therapy (PT) graduate programs have clearly defined requirements to gain admission and most PT programs actually request more units than those covered by the current curriculum. As a result, it is quite normal...
for some students to take additional units to meet the admission requirements of those graduate PT programs. CAPR recommends that for a future review KPE should make a comparison between the option curriculum and the admission requirements of most graduate PT programs to better justify the need for keeping the higher units required for graduation. KPE noted in their response to this report that a five-unit course had (mistakenly) appeared in the catalogue without the department’s authorization, and that staff were working with Carl Bellone’s office to provide justification for units required beyond the maximum 180.

CAPR recognizes the extensive curriculum review effort made by the KPE, at both the undergraduate and graduate levels, to identify areas of immediate and future change to meet the needs of students. CAPR commends the professional achievement in excellence of teaching, scholarship, and service activities by the regular faculty members. For example in the last five years, the faculty have collectively published over 30 research articles or chapters, and made over 60 conference presentations. CAPR also notes KPE’s active participation in the University General Education Program.

CAPR notes the steady decline of the KPE major enrollment from 335 in 1997 to 245 in 2001. The smaller enrollment places CSUH at 14th place among the 19 programs offered in the CSU system. KPE claims that the decline was due to the decrease of the faculty size. During 1997 to 2001, average section size was slightly reduced, but in general, the Student-Faculty ratio has remained constant. It is worth noting that FTES indicates that more than 80% are full time, which is higher than most departments in CSUH. In light of the two new hirings this year, CAPR expects that continuous improvement in program design and curriculum quality will be achieved in the next five years. CAPR recommends clear specification and prioritization of each new hire request to strengthen the teaching resources in both the Athletic Training Option and Physical Education Teaching Option. In terms of improving the graduate program, CAPR notes the effort that KPE is currently undertaking with formal coordination with the Department of Educational Psychology to meet the certification process proposed by Association of the Advancement of Applied Sport Psychology (AAASP).

In conclusion, CAPR is satisfied with the performance of the KPE Program in the past Five-Year Review period based on its curriculum development, educational service, and faculty professional activities. CAPR recognizes the urgency of resolving leadership issues in the Physical Education Teaching Option and supports the KPE Department in hiring experts in Physical Education to develop the necessary leadership in the near future. As the Athletic Training Option will not become an accredited program, CAPR is concerned about the potential negative impact on student enrollment. Since KPE will recruit two new Tenure-Track faculties this year, CAPR recommends a clear specification and prioritization of each position to strengthen the faculty resources in both the Athletic Training Option and Physical Education Teaching Option.

6. CAPR Recommendation for Continuation of the Program

Continuation without modification.

7. Date of the Next Five-Year Review for KPE Program

Next review will take place in 2007-08 and cover the period 2002-03 to 2006-07.