TO: The Academic Senate

FROM: The Committee on Academic Planning and Review (CAPR)

SUBJECT: Five-Year Program Review for Kinesiology

PURPOSE: For Action by the Academic Senate

ACTION REQUESTED: Acceptance of the Five-Year Program Review of Kinesiology and Approval of the Continuation of the Programs without Modification

Executive Summary
Kinesiology has undergone rapid change, having hired three new tenure track faculty, collaborated with students on research and scholarship, designed new space in an older facility, increased Lower and Upper Division Undergraduate GE contributions, and achieved strong satisfaction among students. While the department has a revised curriculum and a strong faculty research culture, assessment is in its early stages. The department, however, has a plan to strengthen this. In fall 2001, total FTES was 307.7; in fall 2006, FTES increased to 345.7. In fall 2007, KPE had 303 undergraduate majors and 27 graduate students. Graduate enrollment, however, is declining, and the program is working on curriculum review to make the program more attractive to students.

KPE is particularly complex. The decision to move to Division II was not made at the time of the self-study, but issues related to that must be addressed. Athletics is currently part of KPE with implications for costs, facilities, faculty-coach relationships and a host of other issues. A committee is currently considering whether Athletics should remain part of KPE; the decision will affect the programs considerably. Finally, there are significant challenges to the CSUEB’s older facilities, regardless of KPE’s configuration.

CAPR is constrained by the uncertainties surrounding Athletics’ position in the KPE department and the move to Division II; however, key recommendations are a) to develop stronger assessment, including data gathering, with progress to be described in annual reports, b) to improve facilities in order to maintain strength and growth in programs (with the support of University administration), and c) to contribute to decisions related to Athletics’ position in the department and the move to Division II status (with the support of University administration).

CAPR RECOMMENDATION FOR CONTINUATION OF THE PROGRAM
CAPR recommends the continuation of the BS and MS degree programs in Kinesiology without modification. However, in future annual reports, programs must submit documentation of progress towards assessment, including relevant data gathering.

The date of the next Five Year Review will be 2012 – 2013.
CAPR Report

1. BACKGROUND

1.1 Overview description of program
The Department of Kinesiology and Physical Education (KPE) consists of 7 full-time Tenured and Tenure Track faculty and several part-time lecturers. The department has experienced a large growth in the number of undergraduate students enrolled in the program and the number of FTES generated in the last five years. As of fall 2007, the department had 303 undergraduate majors and 27 graduate students. The FTES for the 2007-2008 are as follows: fall 2007-351; winter 2008-345; spring 2008-386. Highlights of the program appear below.

- The department offers a BS in Kinesiology with four options (Exercise Nutrition and Wellness, Pre-Physical Therapy, Physical Education Teaching, and Pre-Athletic Training) and a MS degree in Kinesiology with four options (Professional Perspectives, Humanities and Cultural Studies, Exercise Physiology, and Skill Acquisition/Sport Psychology).
- The department ranks 12th out of 40 in the number of majors enrolled.
- In addition to serving its majors, the department contributes to the University through a large physical activity service program and lecture courses that fulfill General Education (GE) curriculum requirements.
- KPE is the only department (or academic unit) in the California State University system that is ‘home’ to University Intercollegiate Athletics. Athletic coaches and trainers are considered KPE department faculty.
- The department has a strong research culture. Faculty have published 31 articles and book chapters and edited volumes in the last five years. With a faculty mentor, numerous students have engaged in scholarly pursuits leading to publications and academic presentations. Other students have garnered honors, awards, scholarships or grants. Several graduates of the department are currently enrolled in or have completed Ph.D. or DPT programs.
- The recent renovation of the Physical Education facilities, now the Weight/Fitness facility, has provided a way to connect the campus to the department by offering classes and an alternative space for faculty and staff to use the facility for a fee.

1.2 Overview of the documents submitted to CAPR
The report to CAPR included:
- A Self – Study
- A plan for the Program for 2007 – 20011
- Report of the Outside Reviewer
- Program response to the outside Reviewer’s Report
- Appendices and supporting documentation
2. FIVE-YEAR PROGRAM REVIEW-SELF-STUDY
2.1 Summary of Specific areas of the Self-Study

Overview
- The BS degree in Kinesiology is based on a strong 10 course core sequence that reflects the multi-dimensional focus of the Department.
- A new faculty member was hired to lead the Physical Education Teaching Option (PET) and will coordinate the writing and submission of the Single Subject Matter Document to the Commission on Teacher Credentialing.
- Participation in the GE program was expanded through courses that meet Lower Division and Upper Division GE requirements. The courses span the humanities, social sciences, and sciences, reinforcing Kinesiology's interdisciplinary nature.
- A template was created for physical activity syllabi. Faculty is also provided with instruction and direction for creating sound learning objectives and possible evaluation methods.
- Discussions on revisions to the Graduate Program have begun.

Curriculum and Student Learning
- The Pre Athletic Training option in the major was retained, as opposed to an Athletic Training option.
- Faculty modified course content in the Exercise, Nutrition and Wellness option to better prepare graduates for ACSM (American College of Sports Medicine) Health/Fitness Instructor Certification.
- Faculty was hired to lead the development of the Single Subject Matter Preparation Program for Physical Education and its submission to the Commission on Teacher Credentialing.
- The 187 units required for the BS in Kinesiology Degree with an option in Pre-Physical Therapy were maintained.
- Faculty started to develop an assessment plan that aligns Student Learning Outcomes (SLO’s) with the department’s future direction. This process will specify which SLO’s are covered in which courses and the identification of signature assignments that reflect indicators of the SLO's.
- Students from the KPE club created and administered a student survey of student perceptions of the major and options. It provided the program with an opportunity to examine the climate in which student learning occurs.

Curricular Comparisons
- The ten course undergraduate core sequence is the most expansive among CSU Kinesiology Departments and reflects CSUEB's commitment to a broad curriculum for undergraduate students.
- The four undergraduate options align well with other CSU programs.
- KPE 3740 Philosophy of Sport and Physical Activity is the only stand-alone philosophy-based course among all CSU kinesiology curricula.
- CSUEB’s options and core curriculum at the graduate level are aligned with other programs across the CSU.
Students, Advising, and Retention

- The department has grown during the last five years. In fall 2001, total FTES was 307.7; in fall 2006, FTES increased to 345.7.
- From fall 2001 to fall 2007, the number of majors rose from 204 to 303.
- The number of sections offered increased from 131 in 2001 to 157 in 2006.
- The department SFR is near 20.9 for lower division courses, 12.6 for upper division courses, and 5.7 for graduate courses.
- The number of students who self-identified as Black, Asian/Pacific, or Latino has doubled or more than doubled. KPE is developing a plan to ensure that these candidates graduate.
- For recruitment, KPE sends representatives to community colleges and CSUEB's major and minor fairs, and also updates information on its web site.
- The department has developed a peer advising program where a group of selected students are trained by faculty to serve as advisors to students in the major.

Faculty

- The department's full time tenure track faculty (non-FERP) dropped from 9 in 2001 to 5 in 2006. Since the Chair's time ratio base for administrative vs. teaching responsibilities is .8 and .2 respectively, the fulltime faculty was 4.2.
- Since 2002, the number of tenured and tenure track faculty in the department has ranged from five to seven. Three new faculty members have joined the department since fall 2003. Two successful searches were completed in 2007-2008 to bring the number of tenured/tenure track faculty to nine.
- Lecturers accounted for nearly 72% of FTES generated in fall 2006 (247 out of 345.7). Note: The university-level IRA data do not separate the category of coaches from that of lecturers. The FTES number is misleading, as only 40% of the coaches’ load is instructional, with 60% for coaching. A coach's annual 45 unit WTU is calculated as follows: 18 WTU for instruction and 27 WTU for coaching (per the self-study).

Resources

Facilities

- The department relies on university departments to maintain instructional spaces – swimming pool, fields and courts, fitness center, kinesiology lab, mat room, etc.
- Since 2002, several upgrades have been made to facilities, including the old 'weight room', and computer upgrades have been made in the students’ Kinesiology lab.

Library

- The KPE curriculum is supported through the collection of e-book, online, streaming media print, and other resources.
- The cost of building electronic collections is substantial; resources needed to meet the university's ATI initiative are unknown.
- Demand for document delivery of unsubscribed journal articles is increasing; one-year institutional journal subscription rates for online access are reaching $3,000.

Requirements

Justification for the Pre Physical Therapy Option whose units (187) exceed the typical number of units (180).
- Students must complete the required 72 units of courses to meet GE requirements.
- Within the major, students must complete the undergraduate Kinesiology core (46 units), lower division courses (51 units), upper division courses (13 units), and electives (5 units).
- The option within the major was intended to prepare students to meet the clearly-defined requirements for entrance into graduate school programs. At this time the major only covers 90% of the requirements for acceptance into most Physical Therapy programs.

### 2.2 Summary of supporting data

#### A. Students

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*FTES Generated for Winter 2008 – 345; and for Spring 2008 - 386

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#### D. Student Faculty Ratios

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<td>6. Graduate</td>
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3. OUTSIDE REVIEWERS' REPORT

Dr. Carole Oglesby, Professor, Chair, Department of Kinesiology, California State University, Northridge, and Dr. Emily Wughalter, Professor, Department of Kinesiology, San Jose State University, visited the campus on January 31 and February 1, 2008.

The reviewers commended the faculty and staff of the Department of Kinesiology and Physical Education for several significant achievements since the last five year review: three new tenure track faculty members have been hired; faculty members have collaborated successfully with students on research and scholarship; the department has creatively designed a new space in an older facility, which could eventually bring resources to the department through faculty/staff contributions as well as alumni giving; the department has increased its GE contributions to university curriculum and faculty involvement university-wide; and, students are very satisfied with faculty and departmental operations.

Re-visioning and Strategic Goals
The reviewers noted that KPE has two clear components housed in one department: tenured/tenure track faculty and full-time lecturers; and coaches of athletic teams with academic appointments that include teaching in the KPE department. The reviewers concluded that KPE could offer a cutting edge curriculum and program if time was allotted for reorganization and focus. A wide range of perceptions and opinions exist regarding the placement of KPE and Athletics in a single department. This schism must be healed and/or removed for the department to move ahead.

The specific recommendations of the Outside Reviewer are highlighted below:
- Develop a strategic plan for the department that is focused on student learning objectives and assessment
- Address the matter of continuity of leadership for the department
- Consider the addition of a capstone class as a part of the assessment plan
- Review possible use of selected coaches more extensively in the undergraduate major
- Increase communication with relevant university units in regard to matters such as registration, retention, advisement, and placement of graduates
- Review the requirement for graduate students to repeat one of their seminars
- Revisit recent decisions and handling of the athletic training option
- Consider moving athletics out of the department if the university moves athletics to Division II status
- Consider the offering of Athletic Training as an option for students, as the Pre-Athletic Training option does not prepare students to continue their education in a graduate athletic training program

Athletics
According to the Outside Reviewer, in addition to the costs and needs presented by Dempsey/Leland and the self-study review, there are needs for extensive facility upgrades and increased support for scholarships, recruitment, coaching time, and Athletics staff. As for the general operations budget, out of ten “companion schools,” only one has a smaller budget than CSUEB. There will also need to be a re-assessment of coaches’ contributions to the KPE curriculum, with related replacement costs in KPE,
and an additional assigned time position for a faculty member to assume an “associate chair” role. CSUEB’s move to Division II is now determined. If the Athletic Program stays within KPE, the chair will require more administrative help.

In the report, there were many references to facilities, including everything from classrooms to office space to labs to renovation of the KPE facility in general.

Finally, the Outside Reviewer believes that the Athletics issue will impact morale, the relationships between coaches and faculty, the role of coaches in faculty governance, and collaboration between Athletics and Alumni Relations & the Development Office (which has diminished in the last few years), all of which will in turn impact the climate in which students learn and the way the program plays out in the courses.

Assessment
As mentioned above, the KPE Club assisted the department with a student satisfaction survey. Students provided positive feedback and ideas for changes based upon strengths and weaknesses identified in the department; however, the Outside Reviewer recommends that a more formal assessment program should be planned where faculty demonstrates how student learning objectives are being met. Faculty should contribute to this assessment by indicating what student and class-assigned activities meet the student learning objectives. The assessment plan should be integrated with the strategic plan to evaluate the effectiveness of KPE and its programs in general. As the KPE chair began her presentation to CAPR by commenting that more assessment work is required, CAPR is confident that this work will proceed and be reflected in future annual reports.

Curriculum
- The department should address the offering of Athletic Training as an option for students as the Pre-Athletic Training option does not prepare students for a graduate athletic training program. This strategic goal, mentioned above, also impacts curriculum.
- The department needs more electives at the undergraduate and graduate levels. This will require more tenure track faculty and resources to support them.
- The department plans to expand its GE offering and add an activity component to GE courses; However, this will require prioritization, both in terms of laboratory space and faculty energy and time.
- The department plans to continue its current courses for GE requirements. Two new courses are also under consideration as possible additions.
- Beginning in fall 2008, the department will change curricular offerings for students enrolled in the multiple subject matter preparation program. Students will be required to complete two (2) rather than one (1) course in physical education. These will better prepare classroom teachers to handle physical education duties, if assigned.

Students
- The department has made progress in developing a mechanism for advising students, e.g., through the peer advising program referenced above; however, communication still requires attention. For example, students who wish to become physical education teachers do not know the admission requirements to the Single Subject Credential Program at CSUEB
Tenure track faculty has insufficient office and research space. Full time faculty members should be given private offices and adequate facilities for research. Coaches should have office space to support their coaching, recruiting and advising responsibilities.

3.2 DEPARTMENT RESPONSE TO THE OUTSIDE REVIEWERS' REPORT

Re-visioning and Strategic Goals
In many ways developing a department Plan and formulating a response to the reviewers’ report are difficult tasks because KPE is in a state of flux both in terms of its intercollegiate athletic program and the continued inclusion of Athletics in its department. As a result, KPE can address some, but not all, of the reviewers’ comments.

- Faculty agrees with the reviewers regarding the differences of opinion among the faculty, coaches, and staff over the place of a Division II athletic program (in or out of the Department of KPE). The various perspectives have been presented to the Provost and Interim Dean of the College.
- The faculty will explore the possibility of a capstone course, whether an adaptation of an existing course or an entirely new course.
- Beginning spring quarter 2008, KPE began a peer advising program to bolster advising in the major.
- KPE faculty share reviewers’ concern about redundancy in the graduate program (repeating a seminar) and have concerns about the organization of options, the courses within those options, and about whether or not a seminar-only program is best for the graduate students we teach at East Bay. These issues will be taken up in earnest in 2008-2009 as two new tenure track faculty join the department ranks (and the graduate faculty) in September 2008.
- Though the Pre Athletic Training Option is not accredited, faculty is in favor of maintaining the option for the two dozen or so students who are enrolled in the program. Students continue to choose this option despite its non-accredited status. The option prepares a student to apply to a graduate entry-level Athletic Training Education program to become a Certified Athletic Trainer (one of two types of accredited graduate athletic training education program).

Athletics
The timing of the department’s five-year review coincided with internal campus discussions about the possible move to Division II athletic status (now determined). The external reviewers were asked to weigh in on the issue after their on-site visit with several different constituents and reviewing various documents, including the Dempsey and Leland Report. The reviewers raised a number of points, including the fact that a change in Divisional status is not just an operational and fiscal decision, but one that can signal a change in a University’s perspective on Athletics and its role at the institution. A broad overview of this is given above (see page 7).

KPE Facility
The upgrade to the fitness facility during the summer 2007 on the building’s second floor represents a major point of change and improvement within the department. The space is used by hundreds of students enrolled in classes each quarter as well as over 100 faculty
and staff members. The fitness center is a wonderful addition to the department and the campus, a fabulous teaching station, and a great place for community members to work out. There are, however, some cautionary notes regarding the cost of maintenance and equipment. Also of concern is the cost of maintaining the Kinesiology Lab, despite entrepreneurial efforts towards revenue streams. Space, generally, is inadequate due to the growing undergraduate major and the upcoming move to Division II.

Assessment
The KPE leadership is committed to an assessment plan. More than ever, current faculty realizes that an assessment plan can be created but cannot be successful without group “buy-in” to the process and to the idea of assessment. Dr. Penny McCullagh and Dr. Jeff Simons are coordinating assessment efforts. Dr. McCullagh was selected to join a handful of faculty across the University to participate in a Faculty Learning Community on assessment offered through the office of Faculty Development.

4. PROGRAM’S FIVE-YEAR Strategic Plan (2008-2012)

Curriculum
- The department will retain the multidisciplinary-focused 10-course 46-unit core sequence, but will consider modifying a course to include a capstone or synthesis requirement.
- They will also maintain the four undergraduate options in the major
  - Pre Physical Therapy, updating course content to ensure graduates meet entry requirement for graduate study
  - Physical Education Teaching, developing a new Single Subject matter document; revising program curriculum to include more coaching-related courses; and possibly including an applied motor behavior course as an elective
  - Pre-Athletic Training, adding Biology 2020 (Human Anatomy and Physiology II), but not changing the option to an accredited Athletic Training option
  - Exercise, Nutrition, and Wellness, modifying KPE 4510 (Exercise Prescription) and KPE 4010 (Contemporary Perspectives in Exercise Nutrition) to better prepare students to sit for the Health/Fitness Instructor Certificate (American College of Sports Medicine); and creating a follow-up assessment to determine student success rates.
- Graduate Program faculty will continue to review the options within the graduate program, including the arrangement of courses within the options.
- Liberal Studies students currently take a single course for the major. In fall 2008, this will change to two courses for better preparation of future teachers to handle physical education duties at the elementary school level.
- The addition of the student-funded Recreation Center enhances the quality of student life; however, this may impact the KPE curriculum. A survey of students found that unit credit or fulfilling GE requirements was not one of the top three reasons for enrolling in activity classes. Will students continue to take activity classes for credit when they can exercise on their own in the new facility? What will be the impact on the department of a decrease of 25-30% FTES, if students choose not to take activity classes?
Students
KPE’s goal is to create an academic and learning atmosphere where students feel connected, challenged, and supported in their learning.

- The department anticipates continued growth in undergraduate majors, as the University’s enrollment continues to climb. Also, forecasts suggest that the need for health professionals, teachers, and especially physical therapists will continue to be intense over the next decade at least.
- Adjustments to scheduling patterns will be needed to ensure program quality in the face of growing undergraduate enrollments. A greater array of offerings in the summer quarter and during the December break should ease the enrollment crunch during the regular school year.
- Faculty need to continue to interact with students beyond the classroom, including graduate career/graduate advising and fielding questions about course selection and sequencing.
- KPE faculty is initiating a peer advising program in 2008 with a few peer advisors and limited hours during the week. This will complement advising provided by faculty and coaches.
- The department is enhancing communications with students through e-mail and Blackboard. Students receive bi-monthly updates on scheduling, important dates, etc. Students report that they feel more connected to each other and the major.
- The department is enhancing recruitment strategies to include the attendance at any and every community college recruitment event. A revision of the graduate program brochure is in progress.
- The department will create a plan to address declining enrollment in the graduate program.

Faculty
- The successful searches conducted this year will bring the total full-time tenure track faculty to nine with two faculty members in FERP.
- In the next five years, the department will seek at least one tenure track position in fitness and health in an applied, community-based setting.
- The department will request a full-time lecturer to “backfill” the Chair’s teaching assignment since the Chair’s assignment is .8 administrative and .2 teaching.
- Retention of faculty is essential the Department’s success. The current 36 WTU load is excessive, especially when combined with increasing expectations around scholarly production and the service demands. There is little or no flexibility for special projects, innovative work in the department, or creating something new for students.
- A unique KPE issue is the place (and protection) of coaches’ teaching loads amid lecturers with earned entitlements.
  - Lecturer entitlements are relatively new in the contract, but coaches cannot build entitlements.
  - Coaches are hired on annual, temporary full-time appointment (60% coaching; 40% teaching). Being able to offer full-time employment enables the department to recruit and retain quality coaches.
  - There has been a distinction between courses taught by coaches and those taught by lecturers, but as undergraduate offerings expand, this may not continue. Growing the department may mean offering a class to a lecturer that was once taught only by a coach. This means that a coach might be “bumped” as one and three year
Lecturer entitlements are built in the department.

- One-year entitled lecturers have already “bumped” coaches off courses. If personnel remain static, the problem may worsen. To date, the University has not developed a strategy or a plan to assist KPE with this issue.

- Current faculty office space is inadequate for advising, mentoring and improving student learning.

5. CAPR ANALYSIS OF THE PROGRAM’S FIVE-YEAR REVIEW

The Department of Kinesiology and Physical Education has submitted an excellent five-year report. The documents reveal a department that is strong in teaching, scholarship and service to the CSUEB community. The department has grown in number of majors and FTES generated. The addition of five new faculty hires since fall 2003 will bring the department to nine full time tenure track faculty. This greatly increases the Department’s ability to continue providing quality experiences to students. The next five years will provide many opportunities for the Department to build on recommendations from the outside reviewers as well as from faculty, students, and graduates.

The Department will be impacted by the move Division II athletics and the construction of the student-funded Recreation and Wellness Center. Both events have ramifications for the organization and structure of the department as well as opportunities for continued growth and generation of FTES.

The decision on the placement of Athletics is not a direct matter for CAPR; however, CAPR is significantly interested in the impact of this decision on the academic programs within KPE. CAPR is aware that a new committee has been formed by the provost to address the issue of whether Athletics should remain within KPE or be separated. CAPR’s interest is focused on the impact on the programs, both in terms of quality and resources. CSUEB and KPE must determine whether Athletics will or will not have an “educational orientation” and identify how to ensure that Athletics are excellent. This will require attention to appropriate and structured goals of achievement, appropriate competitive schedules, and financial considerations.

CAPR recommends that particular attention be given to the following:

1. The Department must create Student Learning Outcomes (SLO’s) at the undergraduate and graduate levels that can be measured through an analysis of student work and other sources of data. The identification of signature assignments and development of evaluation rubrics will define department goals and expectations for students.

2. The Department will also need a) a system for collecting and analyzing the data gathered in order to determine progress towards meeting the program SLO’s and b) second system for program and course modification based on the data gathered.

3. Although the undergraduate program is increasing in enrollment, graduate enrollment has been decreasing. Over the next five years, the Department plans to revise its
graduate program to attract and retain students and create a vibrant learning community.

4. KPE is rightly concerned about the impact of the move of CSUEB to Division II Athletics on the organization and structure of its department. Thoughtful consideration is required on the issue of the inclusion/exclusion of Athletics in the department.

5. The completion of the student funded Recreation and Wellness center may impact negatively the enrollment of students in KPE activity classes. The Department and University will need to work together to minimize the change in activity options and identify new/additional sources of FTES generation.

6. It is critical for the continued growth of KPE that its facilities are upgraded and that space is created for classes and faculty offices. University and Department collaboration is necessary to develop a plan for such renovations.

6. CAPR RECOMMENDATION FOR CONTINUATION OF THE PROGRAM

CAPR recommends the continuation of the BS and MS degree programs in Kinesiology without modification. However, in future annual reports, programs must submit documentation of progress towards assessment, including relevant data gathering.

7. DATE OF THE PROGRAM’S NEXT ACADEMIC REVIEW

The date of the next Five Year Review of the program is 2012 – 2013.