

Lane Community College
Unit Planning: Instruction & Student Services
Health & PE: FTP

Program Analysis for Lane's Fitness Training Program

Key Question: Please review the planning initiatives that were identified in the annual planning cycle. Provide a summary analysis of your work completed last year in relation to your annual planning initiatives by responding to the following questions.

1. What did your unit accomplish last year in relationship to the annual planning initiatives? Other accomplishments not related to the annual planning initiatives?

Through the Carl Perkins Grant allocation, we were able to upgrade equipment needs and provide quality Instructional Assistants for the Professional Fitness Training Program Students.

We were able to replace our Fitness Coordinator when she resigned from the college.

We were able to increase our .833 Instructional Specialist position to a 1.0 FTE position.

2. What are the areas that still need attention?

We continue to have the need to upgrade equipment to stay a state-of-the-art program that is endorsed by the American College of Sports Medicine.

Expand our library with current educational materials for the students and staff of the Fitness Training Program. (e.g. software, Multimedia Kit, DVD's, Anatomy models and charts.)

We need to upgrade our computer systems used by students in our program for core class work.

We need to expand our educational opportunities for our program students with the equipment in the Wellness Lab.

We need to market our program and the many features of the Wellness Lab.

3. Considering your responses to questions 1 & 2 and emerging needs and demands, what are your plans for next year? This conclusion should be the foundation on which initiatives are built.

Request Carl Perkins Funding to upgrade equipment, purchase new instructional materials and provide quality Instructional Assistants for the students in the Professional Fitness Training Program.

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1) **Initiative Title:** Fitness Training Program Enhancements **Division Priority** 2

2) **How is the initiative linked to Program Outcomes Analysis for 2004-2005?**

The Fitness Training Program faces the ongoing challenge to remain current with fitness industry standards and emerging technology. Upon entering the job market graduates of this program are expected to have experience with new technology and to be up to date with current fitness trends and industry standards. The Bureau of Labor and Statistics lists Fitness Professionals as one of the fastest growing job markets. These program enhancements will help our students to be competitive applicants in the fitness field. The program enhancements will also help meet this challenge by providing funding for instructional assistants, who will supervise work-based learning opportunities in on-campus Cooperative Education sites (TERP, FEC, Employee Wellness Program, and the Wellness Assessment Lab), and acquisition of technologically advanced instructional aids.

3) **Describe the initiative**

▪ ***How does this initiative align with the strategic directions of the college?***

The Fitness Training Program Enhancement initiative aligns with the strategic directions of the college on multiple levels. It addresses the mission by “providing affordable, quality, lifelong educational opportunities that include: Professional technical and lower division college transfer programs, employee skill upgrading, business development and career enhancement, foundational academic, language and life skills development, and lifelong personal development and enrichment.” This initiative also supports all of the core values of the college, which are incorporated in program core classes. In addition, it is our program goal to align with college’s goals to transform students’ lives, the learning environment, and the college organization. The following are particularly evident in our program:

- *Assisting in the personal, professional, and intellectual growth of students by providing exemplary and innovative teaching and learning experiences and student support services.*
- *Creating a diverse and inclusive learning culture*
- *Enhancing and maintaining inviting and welcoming facilities that are safe, accessible, functional, well-equipped, and aesthetically appealing*

▪ ***What will the product, innovation, or change of this initiative be? Please be as specific as possible.***

Program students will gain instructional services and access to technology. Cooperative Education internship sites will increase supervised work-based learning opportunities. Students will also gain from strengthened academic components within program core courses, and the requested instructional aids and equipment will facilitate kinesthetic learning styles.

▪ ***What is the need or intended use? How was that need assessed? What is your evidence of the need?***

The initiative will continue to allow the Fitness Training Program to meet the employment training need identified by the Bureau of Labor Statistics’ *Occupational Outlook Handbook November 2004 Edition*.

“Overall employment of recreation and fitness workers is expected to grow faster than the average for all occupations through 2012, as an increasing number of people spend more time and money on recreation, fitness, and leisure services and as more businesses recognize the benefits of recreation and fitness programs and other services such as wellness programs.”

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Work-based learning as a component of postsecondary programs is listed as the most significant source of education and training for fitness-related careers. This initiative will help to allow students the chance to apply exercise principles and theories to real-life situations, while under supervision.

- ***Given college resources, is it feasible? Is it an efficient use of college resources?***
 Funding is requested through the Carl Perkins Grant. This initiative is not only feasible, but also practical and attainable. No additional college general fund monies will be needed to fund this project.
- ***What would be the campus location of this request/project?***
 The campus location is in Building 5, the Division of Health, Physical Education, and Athletics.
- ***How many students (per year) will benefit?***
 50 Fitness Training Program students per year will benefit. Other students and employees, approximately 3000, will benefit indirectly from increased services through the Cooperative Education internship sites (FEC, TERP, Employee Wellness Program, and Wellness Assessment Lab).
- ***How will students benefit? How specifically will it address Core Abilities or Learning Outcomes of your program?***
 Program students will benefit from the initiative in a variety of ways including increased work-based learning opportunities through Cooperative Education, training and tutoring from instructional assistants, access to fitness-based interactive software, and access to kinesthetic learning aids. Work-based learning opportunities provide program students with the chance to apply exercise principles and theories to real-life situations. Program students work directly with various student and employee populations during Cooperative Education internships, and the initiative would facilitate continued success and excellence in these areas.

4) Describe resources needed

The Division of Health, Physical Education, and Athletics request Carl Perkins Grant funds for Fitness Training Program enhancements totaling \$85,854.16, including instructional assistants, instructional aids, and equipment.

Instructional Assistants:

Funding from the Carl Perkins Grant for part-time instructional assistants will increase learning opportunities for professional technical program students. The instructional assistants will provide valuable instructional support including individual tutoring, assistance during course-related laboratory activities, and additional supervision and training during Cooperative Education internships in TERP, FEC, and the Employee Wellness Program. These services will increase program students' technical skill and potential for employment.

<i>Program Area</i>		<i>Cost</i>
TERP	Two Instructional Assistants, 0.38 FTE each	\$23,708.00
	OPE	\$9,534.00
FEC/Program Core Courses	Two Instructional Assistant, 0.35 FTE each	\$16,800.00
	OPE	\$6,753.36
Wellness Program/ Wellness Assessment Lab	One Instructional Assistant, 0.35	\$8,400
	OPE	\$3,376.80

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	Total:	\$68,572.16
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Funds are requested to hire two 0.35 FTE Instructional Assistants for the FEC and program core courses, two at .38 FTE to assist in TERP, and one at .35 FTE to assist in the Wellness Program and Wellness Assessment Lab. Five Program Assistants will be hired totaling 1.81 FTE rather than one 1.0 FTE position and one 0.81 FTE position due to the hours of fitness programming in the FEC, TERP, and the Employee Wellness Program (i.e. early morning, evening, and weekend hours). Costs for the instructional assistants were based on 40 weeks of 14 hours per week for each position at Grade 8, with their Step to be determined with regards to experience, including OPE at 40.2%.

Instructional Aids and Equipment:

Funding for instructional aids and equipment are requested from the Carl Perkins Grant to enhance learning opportunities in Fitness Training Program core courses to strengthen professional technical students' academic and technical skills. Funding for equipment is necessary to increase professional technical student opportunities for hands-on experience with the latest fitness technology and assessment tools, thus strengthening the academic, vocational, and technical components of the Professional Fitness Training Program. The following are listed in order of priority:

<i>Instructional Aids/Equipment</i>	<i>Description</i>	<i>Cost</i>
OptiPlex GX520 DT Desktop Computers	These computers would be placed in two resource rooms for program students. Anatomy, physiology, fitness assessment, and nutritional software would be downloaded on these computers for students to use for class projects and for studying. This would serve as a specialized information center for program students and would serve all learning styles.	\$1,822
Group Exercise Cycling Bikes	Group cycling is one of the most in-demand classes in health clubs and recreation centers. Over the past 15 years, the demand for classes and for qualified instructors has drastically increased. Program students would learn the components of teaching group cycling, valuable skills in group exercise, and would gain the knowledge to sit-for and pass a certification exam to become a group exercise instructor. Request to purchase 14.	\$10,850

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Anatomy Models – Hand and Hip Anatomy Charts	These models and charts will be used as instructional aids for the “Applied Anatomy and Kinesiology” program core course and as instructional tools for TERP internships. Program students will gain learning opportunities using these hands-on 3D models.	\$250
Teaching Stethoscopes and Sphygmomanometers	4 new teaching stethoscopes would allow for improved observation of students while learning to assess blood pressure in core classes, the FEC, and in TERP. These stethoscopes feature dual headsets so that an instructor and a student can listen for pulse sounds that the same time. This would enhance the learning experience, as well as help to improve their accuracy in blood pressure assessment. 4 new blood pressure cuffs (2 large adult and 2 adult) would allow students greater access to assessment equipment. These blood pressure cuffs would be used in program courses, TERP, and in the FEC for students to practice blood pressure assessment.	\$280
VHI Exercise Programming Software	The Visual Health Information software program will allow instructors and student interns the opportunity to create visual aids of rehabilitation programs, or exercise programs for students and employees in TERP and FEC. Exercise programs can be individualized and printed for each participant. This software would be made available in our Resource Library.	\$1180
Lange Skinfold Calipers	5 pairs of calipers would be used for classroom activities in program core courses. This would allow students greater access to these tools and more practice in measuring body composition.	\$1150

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Microfit Software	The Microfit software system represents the latest technology for assessing fitness levels, with analysis, interpretation, and exercise recommendations. Many local health and fitness organizations currently utilize this system. Program students would increase their work-based learning to remain competitive in the job market. The software system would be utilized in FEC and within core course assignments.	\$980
Nutrition Software	This software would be made available to program students in the resource library. This would be used in core class assignments/projects, as well as to assist program students in developing nutritional analyses for FEC and TERP students, and employees of the Employee Wellness Program.	\$500
Gray's Anatomy – Multimedia Kit	<i>Gray's Anatomy</i> software would allow to students access to numerous anatomical models and interactive learning tools. This technology would enhance program core courses and would be available for in the resource lab for class projects and review of core course material.	\$270
	Total:	\$17,282.00

5) List possible funding sources

▪ ***Can this project be partially funded?***

This project can be funded with Carl Perkins Grant Funds for professional technical programs. It could be partially funded, but not all components could be implemented, thus resulting in not all student needs being fully addressed.

▪ ***How does this request fit in with one or two of the Carl Perkins act goals?***

The Fitness Training Program Enhancement initiative aligns with the Carl Perkins Goals I and IV as described below:

“Goal I: **Student Skills Gain Goal** – Improve the academic and technical skills of students participating in vocational and technical program by:

A. Strengthening the academic components of such programs to enable students to meet the institution's academic requirements.

B. Strengthening the vocational and technical components of such programs to ensure learning in vocational and technical students.”

The initiative will contribute to academic and technical skill improvement by providing instructional assistants for tutoring, training, and internship site supervision, as well as equipment and computer software technology for student learning.

“Goal IV: **Work-based Learning Goal** – Provide vocational and technical education student opportunities for work-based learning as a component of postsecondary programs.”

The initiative will improve supervised opportunities for work-based learning in the Cooperative Education on-campus internship sites in the FEC, TERP, Employee Wellness Program, and the Wellness Assessment Lab.

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▪ ***How will the use of funds contribute to the success of Lane's Professional Technical students?***

Fitness Training Program graduates are eligible to take the American College of Sports Medicine's national certification exam for "Health and Fitness Instructors." Lane's Fitness Training Program is endorsed by ACSM and is currently the only Oregon college or university to hold this national recognition. Carl Perkins funds will allow program students to continue to have high completion rates on ACSM national certification exams. Graduate placements indicate our program students are highly employable, and program enhancements will facilitate continued specialized training.

▪ ***Past history of utilizing Carl Perkins funds***

Carl Perkins funds over the past few years have allowed for growth and development of the Fitness Training Program, specifically introducing program students to state-of-the-art fitness technology and equipment, while providing supervised work-based learning opportunities. In addition, the supervision and instructional support that has been made possible by Perkins funds has been invaluable to our program's success, our students' success, and in providing such a high quality experience for our students.

6) **ORG & PROG codes**

ORG: 671243 - Professional Fitness Training Program, 671350 – Therapeutic Exercise and Rehabilitation Program

PROG: 150000

7) **What plans do you have for working more effectively with your Advisory Committee?**

This year, our Advisory Committee has expanded from a group of eight to a group of nineteen. One of our goals was to have a more comprehensive representation of professionals from the variety of career paths our students can take. This will also enhance the number and variety of cooperative education sites our graduates will have access to, as well as increase awareness in the community about the Fitness Training Program. Our first committee meeting included setting goals to address areas that need improvement in our program. We plan to meet more frequently as a whole and also to develop sub-committees to work on some of the specific goals we have set. Another addition to our Advisory Committee are two student representative positions. This will enhance the committee members' understanding of the program from a student's perspective as well as provide networking opportunities for our students. We also plan to hold some of our committee meetings at various work sites in the community. This will help increase each of our knowledge of the services and programs that are being provided in our community. Another improvement that will be made this year will be agendas being sent out in advance, followed by timely meeting minutes.

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VP/AVP/ED Responsible	Division/Unit	Division Priority	Date of Initiative	Expected completion date	Initiative Title	Resource Description	\$	Recurring / NonRecurring	Resource Type (mark with an "X")				Funding Sources (mark with an "X")						
									Payroll	Equipment	Space	Other	Existing	New Gen Fund	Carl Perkins	Stud Tech Fee	Curr Dev	Recruitment	Other
PL	HPE	1	11/15/2005	6/1/2006	Provide students with continued access to a diverse curriculum	Replacement for retired faculty	Savings	R	x				x						
PL	HPE	2	11/15/2005	6/15/2006	Fitness Training Program Enhancements	Instructional assistants	\$68,572	N	x						x	x			
PL	HPE	2	11/15/2005	6/15/2006	Fitness Training Program Enhancements	Equipment and instructional aids.	\$17,282	N		x					x	x			
PL	HPE	3	11/15/2005	6/15/2006	Sustain Quality of Instruction and Instructional Services in TERP	Instructional assistants	\$33,252	R	x					x					
PL	HPE	4	11/15/2005	6/15/2006	Reclaim PE 132 for Instruction	Quiet classroom space	\$0	R			x						x		
PL	HPE/Athletics	5	11/15/2005	6/15/2006	Increase Athletic Training opportunities for student-athletes	Increase of FTE of Trainer	\$42,805	R	x					x					x
PL	HPE/Athletics	5	11/15/2005	6/15/2006	Increase Athletic Training opportunities for student-athletes	Equipment	\$2,000	N		x				x					x
PL	HPE	6	11/15/2005	6/15/2006	Classroom response software tools.	Clickers in the classroom	\$1,900	N		x				x		x			x
PL	HPE/Athletics	7	11/15/2005	9/15/2007	Track resurface	Track resurfacing	\$200,000	N		x				x				x	x
PL	HPE	8	11/15/2005	6/15/2006	Provide students with expanded access to a diverse Health education curriculum.	New 1.0 FTE Health Position	\$72,970	R	x					x					
PL	HPE/Athletics	9	11/15/2005	6/15/2006	Student-athlete support and retention	Expand scholarships and academic services to student-athletes.	\$62,500	R	x					x				x	x
PL	HPE	10	11/15/2005	6/15/2006	Safety for Archery and Fitness classes	Archery safety net and resurface asphalt ramp to track.	\$7,500	N		x				x					x
PL	HPE	11	11/15/2005	9/25/2006	Provide student access to a Health Degree	ASOT in Health 300 hrs CD	\$11,121	R	x			x	x	x			x	x	
PL	HPE	12	11/15/2005	12/20/2006	Increase access to buiding 5	Elevator for building 5	\$250,000	N		x	x			x		x			x
PL	HPE	13	11/15/2005	6/15/2006	Equipment purchases for Aerobic offerings	Expand equipment in Aerobic classes	\$5,000	N		x				x					x
PL	HPE/Athletics	14	11/15/2005	12/20/2006	Pro-active with Special Events Recruitment	Market Facilities for revenue	\$0	N		x	x		x					x	x
PL	HPE	15	11/15/2005	9/15/2006	Provide student access to Distance Learning	Develop online Human Sexuality Class 100 hrs CD	\$3,707	N	x								x	x	
PL	HPE/Athletics	16	11/15/2005	9/15/2006	Create a Student Recreation Lounge	Space for Student Recreation Facility	\$0	N			x		x						x