

HPEA 2011-12

Exercise and Movement Science Program Enhancement

Summary:

The Exercise and Movement Science Program faces the ongoing challenge of remaining 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. We are seeking support to update one of our current instructional classrooms with more current strength training equipment. This will help us to continue to meet industry standards for safety and technology and to remain a widely recognized and reputable program that produces qualified, prepared, and highly sought after graduates in the exercise science job market.

Description

The Exercise and Movement Science Program faces the ongoing challenge of remaining 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. We are seeking support to update one of our current instructional classrooms with more current technology and training equipment. This will help us to continue to meet industry standards for safety and equipment and to remain a widely recognized and reputable program that produces qualified, prepared, and highly sought after graduates in the exercise science job market. According to the American College of Sports Medicine (ACSM), hiring qualified, degreed fitness professionals is currently listed as the top fitness industry trend for the 2011 and has been for the last three years. Lane Community College can play a crucial role in meeting the needs of local fitness employers.

The Bureau of Labor and Statistics lists fitness professionals as one of the fastest growing job markets. This initiative will help Exercise and Movement Science Program students to be competitive job seekers in the fitness field. This can be accomplished by providing funding for the acquisition of technologically advanced instructional equipment. Work-based learning as a component of postsecondary programs is listed as the *most significant* source of education and training for fitness-related careers.

Support of this initiative will continue to allow the Exercise and Movement Science Program to meet the employment training needs identified by local fitness industry employers, the program's Advisory Committee, the American College of Sports Medicine and other leading national fitness organizations. This will also help us to meet Risk Management guidelines by enhancing numerous safety aspects in our current facility.

The Exercise and Movement Science Program is seeking funding and support for the following items:

- Instructional Support Specialists – Funding from the Carl Perkins Grant for part-time instructional assistants will increase learning opportunities for our career 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 Co-operative Education internships. These services will increase program students' technical skill and potential for employment. This initiative will provide students the chance to apply exercise principles and theories to real-life situations, while under faculty and staff supervision.
- Instructional Aids and Equipment – Funding for instructional aides and equipment are requested from the Carl Perkins Grant to enhance learning opportunities in Exercise and Movement Science Program. Many of our current instructional aides are beginning show significant wear and tear and don't necessarily meet

current industry standards for technology. It is a priority for our program to maintain useful, current, and relevant resources for our students. Funding for equipment is necessary to increase career 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 Exercise and Movement Science Program.

Questions and Answers

How is the initiative linked to the Unit Plans most recently submitted?

- 1. How does it continue the achievement of those goals?**
- 2. If this is a continuation of an initiative started last year, make sure that relationship is clear.**

How is this initiative linked to the efficiencies and productivities plans you had last year?

- 1. How does it continue the achievement of these plans?**
 - 2. If this is a continuation of an efficiency or productivity plan started last year, make sure that relationship is clear.**
1. How does it continue the achievement of these plans?

One of the Division goals for Health, PE, and Athletics has consistently been to enhance the technology and learning opportunities associated with the Exercise and Movement Science Program. In addition, we wish to increase the number of applicants to the Exercise and Movement Science Program and to maximize the retention rate in the program. The consistent Division support this initiative receives illustrates the high priority of these requests and our commitment to producing graduates who are of the highest quality and that have both the academic and professional skills to make them competitive in today's market.

By continuing to provide Instructional Assistants in the classroom and in cooperative education sites, Exercise and Movement Science students receive more assistance in learning key concepts and gaining critical skills. Students receive instruction in small groups and are then given the opportunity to practice those skills in a supervised environment. Providing these opportunities for engagement in the learning process has proven to improve our retention and success rate.

2. If this is a continuation of an efficiency or productivity plan started last year, make sure that relationship is clear.

The Health, Physical Education, and Athletics Division has consistently submitted Exercise and Movement Science Program Enhancements as one of its highest priority initiatives. This initiative will continue to enhance the quality of instruction and provide students with new and significant learning opportunities. One of our physical education instructional spaces is in need of updating. Building 5, Room 135 is one of the key sites for instruction of our Exercise Science students in their core classes, as well as an internship site. During the past academic year, we identified gaps in our equipment inventory that if filled, could enhance our curriculum and the training experience our students receive. By continuing to keep our equipment and lab supplies current, students are provided with the opportunity to achieve the skills necessary to work in the fitness industry. In addition, Exercise and Movement Science students are able to provide fitness services to the campus community. This not only gives students the opportunity to apply classroom learning objectives in a work environment, but it also provides the campus community with quality health and wellness opportunities. Thousands of Lane Community College staff and students benefit from the services provided by this program each year.

Perkins funding also provides Instructional Assistants for the program core classes and on-campus Co-operative Education sites which enables instructors to expand curriculum and develop more in-depth learning activities. Instructional Assistants provide the critical supervision and instruction that is required in career technical programs. Both in the classroom and outside of the classroom, these assistants enhance the learning opportunities available to Exercise and Movement Science Program students. Our student population is very diverse and includes single parents, displaced workers, women in transition, low-income individuals, ESL students, students with disabilities, and others with challenging life circumstances. Continued funding is consistent with prior year unit plans that identified successful program elements and their alignment with overall college priorities:

- The Exercise and Movement Science Program Enhancement initiative aligns with the college priorities 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.”
- The initiative also supports all of the core values of the college, which are incorporated in program core classes.
- In addition, the Exercise and Movement Science Program's primary goal aligns with college's goals to transform students' lives, the learning environment, and the college organization. The following are particularly evident in the 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.
- Program students will gain improved instructional services and access to technology. Cooperative Education internship sites increase supervised work-based learning opportunities. Students also gain from strengthened academic components within program core courses, and the requested instructional aides and equipment will facilitate kinesthetic learning styles.
- This initiative will also help to “position Lane as a vital community partner by empowering a learning workforce in a changing economy”, as well as “promote professional growth and provide increased development opportunities for staff both within and outside the College”.

How is this initiative linked to the efficiencies and productivities plans you had last year?

Through the cooperation of instructors and instructional assistants each student receives the contact hours and additional assistance they need in order to be successful. Faculty and staff continuously strive to provide students with the knowledge, skills, abilities, and self-confidence to be successful in this demanding field. Continued funding of this initiative will enable the Health, PE, and Athletics Division to continue to pursue enhancements identified in prior year unit plans including:

- Funnel High School seniors directly into Exercise and Movement Science Program..
- Develop and maintain transfer degrees with Oregon State University and Northwest Christian University's Exercise Science Programs.
- Offer more Continuing Education Courses (CEC's) for community fitness professionals.
- Maintain quality, diverse course offerings that will benefit current program students, as well as professionals in the community and other students who have an interest in the application of exercise in the health care field.
- Incorporate new teaching and learning modalities that utilize computer technology and develop distance learning opportunities to benefit a larger group of students.
- Enhance our current Exercise Science Testing Lab and offer fitness testing options to campus and community members.

In addition, the Exercise and Movement Science Program Community Advisory Committee is very active and consistently meets 3 times per year as a group. Each year the committee develops several goals. These goals are reflected within this initiative.

Describe the resources needed:

The Division of Health, Physical Education, and Athletics request Carl Perkins Grant funds for Exercise and Movement Science Program enhancements including instructional assistants (TMS), equipment (EQP), and materials and supplies (M&S). We are also requesting Technology Fee funds to purchase software. Detailed amounts are listed below:

Instructional Assistants: \$10,000

Request: Carl Perkins (TMS) \$10,000

Funding from the Carl Perkins Grant for part-time instructional assistants will increase learning opportunities for career 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 Co-operative Education internships. These services will increase program students' technical skill and potential for employment.

Equipment and Materials and Supplies: TOTAL \$41,945 (detailed item list below)

The following instructional equipment is requested to strengthen career technical students' academic and technical skills. Funding for equipment is necessary to increase career technical student opportunities for hands-on experience and will strengthen the academic, vocational, and technical components of the Exercise and Movement Science Program.

- Eight Stack Modular Cable Cross/Multi-Station – (1 * \$15,800 = \$15,800)
- Request: Carl Perkins (EQP) \$15,800
- Olympic Bench – (5 * \$875 = \$4,375)
- Request: Carl Perkins (M&S) \$4,375
- Arm Curl Bench – (3 * \$850 = \$2,550)
- Request: Carl Perkins (M&S) \$2,550
- Plate Loaded Hack Squat – (1 * \$3,700 = \$3,700)
- Request: Carl Perkins (M&S) \$3,700
- Magnum Varsity Half Rack – (2 * \$1,800 = \$3,600)
- Request: Carl Perkins (M&S) \$3,600
- Magnum Varsity Full Power Rack – (2 * \$2,000 = \$4,000)
- Request: Carl Perkins (M&S) \$4,000
- Magnum Varsity Flat to Incline Horizontal Bench – (4 * \$650 = \$2,600)
- Request: Carl Perkins (M&S) \$2,600
- Magnum Rubber 6x8 Power Lifting Platform – (2 * \$1,000 = \$2,000)
- Request: Carl Perkins (M&S) \$2,000
- Functional Movement Screen Test Kit – (4 * \$250 = \$1,000)
- Request: Carl Perkins (M&S) \$1,000
- Functional Movement Screen DVD - (1 * \$120 = \$120)
- Request: Carl Perkins (M&S) \$120
- TRX Suspension Training Pack – (2 * \$200 = \$400)
- Request: Carl Perkins (M&S) \$400
- BOSU Club Package – (1 * \$1800 = \$1800)

- Request: Carl Perkins (M&S) \$1800

Technology Fee: TOTAL \$9,000

- Dartfish Video Processing Software - 1 user license \$4,500 (2 * \$4,500 = \$9,000)
- Request: Tech Fee (CS) \$9,000

What specific measurable program outcomes do you expect to achieve with this initiative? The outcomes should be specific enough to be measurable. Also, outline the method that will be used to determine the results.

The outcomes of this initiative are both specific and measurable. Students will benefit from the initiative in a variety of ways including increased work-based learning opportunities through Cooperative Education, better access to state-of-the-art fitness and laboratory equipment, exposure to technology based learning aids, training and tutoring from instructional assistants.

The specific and measurable outcomes of this initiative are:

- Increase the number of applicants to our program, including a focus on particular populations (economically disadvantaged, single parent, displaced homemaker, academically disadvantaged, etc.).
- Improve student retention and success rates by providing students with strong experience in and an understanding of all aspects of the fitness industry and opportunities to meet the career related learning components of this program.
- Continue to place our graduates in industry related jobs by providing students with the opportunity to fully participate in comprehensive school and career development activities and opportunities.
- Continue to seek out articulation agreements with 4 year Colleges and Universities to better facilitate the future academic goals of our program graduates.
- Continue to assess the learning outcomes of our students and improve our curriculum and work-based learning opportunities to match the demands of the industry.
- Increase FTE for the Health, PE, and Athletics Division, as well as the College.

We plan to assess the success of these outcomes by developing surveys. One will be to be distributed to our graduates and the other to participants in the newly developed courses. Graduate's responses will help us to evaluate our curriculum and ensure that we are teaching applicable and timely knowledge, skills, and abilities as they relate to the fitness industry. We will also request feedback on the quality of our facilities and the extent to which students are provided with current technology and equipment to develop their professional skills.

We will also evaluate our enrollment numbers and our retention numbers from term to term. This information can be used to make necessary changes to our curriculum to enhance participation and retention.

A final evaluation tool will be to continue to seek feedback and input from our advisory board members and local fitness industry leaders. Their feedback is crucial in maintaining the quality of our program and continuing to keep pace with the changes in the fitness industry. Our initiative this year was developed based on feedback from our advisory committee.

Department Priority:

2

Unit Resources:

The Health, Physical Education, and Athletics department will continue to provide the resources necessary for the faculty that teach in the program and provide assistance with materials and supplies when budgetary resources are available. The department currently has numerous pieces of exercise science and fitness related equipment that will continue to be available to this program for instruction and learning activities.

Funding Request: Carl Perkins

Is this a Career & Technical Education program approved by the state and offered through Lane for credit?

Yes

If not a Career & Technical Education program, does your request provide considerable support for students enrolled in these programs?

No

Do you have an advisory committee that meets 2-3 times per year?

Yes

If request is for personnel, will funds be used to replace an existing position?

No

How will funding this initiative increase or sustain the academic achievement and technical skills attainment (GPA of 2.0 or better) of Career and Technical Education students?

The Exercise and Movement Science student population is very diverse and includes single parents, displaced workers, women in transition, low-income individuals, ESL students, students with disabilities, and others with challenging life circumstances. Students learning styles, abilities, and past experience in the field vary tremendously. As program staff strive to meet the needs of this varied population, it is clear that providing a diverse instruction team best meets the needs of this diverse student population and creates an inclusive learning culture.

Through the cooperation of instructors and instructional assistances every student receives the contact hours, additional assistance and the compassion that they need in order to be successful. Instructional Assistants provide additional office hours, tutoring sessions, in-class assistance with lab activities, and on-site assistance at cooperative education sites. The quality of students' work is enhanced, as is their grasp of key concepts and application of material in the workplace. Program staff continuously strive to provide students with the knowledge, skills, abilities, and self-confidence to be highly successful.

How will funding this initiative increase or sustain the number of CTE students that graduate or receive a one year certificate from Lane and help prepare the students for employment?

A major strength of the Exercise and Movement Science Program is that upon completion of a one year certificate, students are qualified and able to seek entry-level certifications and begin working in the field. This is due largely to the rigorous course work students complete during their first year and their Cooperative Education experience.

Work-based learning as a component of post-secondary programs is listed as the *most significant* source of education and training for fitness-related careers (Bureau of Labor Statistics). This initiative will allow students the chance to apply exercise principles and theories to real-life situations, while under the supervision of qualified, experienced instructors. Students will also gain from strengthened academic components within program core courses, and the requested instructional aides and equipment will facilitate kinesthetic learning styles.

In addition, instructional assistants allow Exercise and Movement Science instructors to expand their curriculum and develop additional, quality learning activities for a diverse group of students. Instructional assistants provide the critical supervision and instruction that is required in career technical programs. Both in the classroom and outside of

the classroom, these instructional assistants, in cooperation with faculty, enhance the learning opportunities available to Exercise and Movement Science students and are able to help ensure the longevity of the program through student retention, graduation, and job placement.

EQUIPMENT \$

\$15,800

COMPUTER HARDWARE \$

0

COMPUTER SOFTWARE \$

\$9,000

MATERIALS & SUPPLIES \$

\$26,145

CURRICULUM DEVELOPMENT (Hours)

0

PART-TIME FACULTY \$

0

TIMESHEET STAFF \$

\$10,000

TRAVEL \$

0

Can this initiative be partially funded?

Yes

EQUIPMENT \$

(E) Explanation of effect of partial funding:

The equipment requested cannot be partially funded. The price listed is for a single unit and would not be able to be purchased if funding is not in full.

COMPUTER HARDWARE \$

(CH) Explanation of effect of partial funding:

COMPUTER SOFTWARE \$

4500

(CS) Explanation of effect of partial funding:

Partial funding would eliminate a second computer station with this software. Student access would be limited.

MATERIALS & SUPPLIES \$

21,435

(MS) Explanation of effect of partial funding:

Partial funding would reduce the number of stations available to students. Partial funding could be feasible if PE activity fees were used to make up the remainder of the cost.

CURRICULUM DEVELOPMENT (HOURS)

(CD) Explanation of effect of partial funding:

PART-TIME FACULTY \$

(PF) Explanation of effect of partial funding:

TIMESHEET STAFF \$

5000

(TS) Explanation of effect of partial funding:

Timesheet staff reductions would eliminate a position that assists in on-campus Cooperative Education sites.

TRAVEL \$

(T) Explanation of effect of partial funding:

Funding Request: Curriculum Development

1. List the following information

- **Course Numbers (titles if not currently offered)**
- **Instructor Name(s) who will work on the curriculum development**
- **Whether each of the courses is in, or has been through, the curriculum approval process**

2. List each course number (or title) and the materials to be created for each class

- **Instructional goals, objectives, syllabi and outlines**
- **Lab instruction packets**
- **Practice, quiz, presentation &/or demonstration materials**
- **Other (specify)**

3. List each course number (or title) and give your timeline for beginning and completing each course curriculum development.

4. What are up to 3 departmental instructional goals that are met through the development of curriculum in each class?

5. List each course number (or title) and give the value of the development of curriculum in each course to other faculty members.

6. List each course number (or title) and say how many students will be served by the development of curriculum in each class.

7. List each course number (or title) and give the specific benefits to students that you expect from the development of curriculum in each class.

8. List each course number (or title) and give the specific benefits for diversity that you expect from the development of curriculum in each class.

9. List each course number (or title) and give the specific benefits to sustainability that you expect from the development of curriculum in each class.

10. List each course number (or title) and give the specific effects on distributed learning that you expect from the development of curriculum in each class.

Hours requested for Curriculum Development funding:

Please enter the amount of one of the following:

- 100 hours maximum for new development.
- 70 hours maximum for course revision
- 50 hours for 3-4 credit conversion
- other (use if multiple courses addressed in one initiative)

Do not enter any characters other than numbers and a decimal.

How many hours are you requesting? If there are multiple courses addressed in the initiative, please list each course number (or title) and give the number of hours requested for each course.

Can this initiative be partially funded?

Yes

Partially funded curriculum development HOURS requested:

Explanation of effect of partial funding:

Funding Request: Technology Fee

1. Category of request

- Maintain existing technology
- Increase student access to technology
- New technology

Please type in the category of the request in the field below.

New Technology

2. Campus location

- **Main Campus**
- **Downtown Center**
- **Florence**
- **Cottage Grove**
- **CLC (list specific locations)**

Please type in the location of the request in the field below.

Main Campus

3. Names of the person(s) with more information (if needed):

Marisa Hastie, Exercise & Movement Science

4a. Budget ORGN

4b. Budget PROG

5. How many students will benefit per year?

50 EXMS students + 250-300 Physical Education students

6. Describe the benefit?

The Dartfish Software is the most advanced video training and analysis tool that documents testing and exercise standards. This software allows the exercise science professional (i.e. EXMS program students) the opportunity to view client development of form and movement throughout an exercise training program. This software allows for anatomical analysis and body screening documentation which would enhance current curriculum being taught in our program courses. This software also allows for group analysis and movement breakdown via the internet (distance course potential) or CD/DVD (allows students to take home projects/assignments).

COMPUTER HARDWARE \$

0

COMPUTER SOFTWARE \$

\$9,000

STAFFING \$

0

INSTALLATION \$

0

LICENSING \$

0

Can this initiative be partially funded?

Yes

COMPUTER HARDWARE \$

(CH) Explanation of effect of partial funding:

COMPUTER SOFTWARE \$

4500

(CS) Explanation of effect of partial funding:

While partial funding would limit student access to the software, one software package could still provide learning opportunities with this new technology.

STAFFING \$

(S) Explanation of effect of partial funding:

INSTALLATION \$

(I) Explanation of effect of partial funding:

LICENSING \$

(L) Explanation of effect of partial funding: