

# INSTITUTIONAL EFFECTIVENESS REVIEW

## ~ HEALTH/PHYSICAL EDUCATION / 2009-2010 ~

### *The purpose of the review is to:*

The purpose of the Institutional Effectiveness Review is to assess the currency, scope, strengths, weaknesses and needs of the health/physical education program.

### *The process will involve the following steps:*

The health/physical education faculty met to discuss the Program Review process.

The Program Review document is completed based on data compiled by the health/physical education faculty and the Social Science Division Chair.

The completed Institutional Effectiveness Review is submitted to the Dean of Arts and Science Education for review and feedback.

Additional follow-up meetings scheduled as needed to assess the status of the Learning Goals and Action Plans.

### *Time frames/timeline for the review will be:*

May 2009	The initial meeting took place.
July 2009	The health/physical education faculty and the Social Science Division Chair met with Sandy Frey, Director of Teaching and Learning. They were introduced to the new syllabus format and explored ways to write objective-based outcomes.
November 2009	The health/physical education faculty met with the Social Science Division, Carolyn Elphingstone, to be introduced to the official Institutional Effectiveness Review process.
January 2010	A meeting took place to assess progress toward completing the Institutional Effectiveness Review.
February 2010	The final documents were submitted to the Division Chair.
March 2010	The Institutional Effectiveness Review document was submitted to the Dean of Arts and Science Education.
March 2010	Follow up with the Division Chair.
April 2010	The Dean of Arts and Science Education reviewed and provided feedback on the Institutional Effectiveness Review documents.

**Program/Service:** Health/Physical Education  
**Date of Review:** March 1, 2010  
**Review Participants:** Sam Carel; Aida Antanaviciute

## OVERVIEW

*Purpose of the program and how it relates to college mission, values, vision:*

The health and physical education department is committed to providing opportunities for participation and study that are supportive of the Vision, Values, and overall Mission of Jefferson College. The health and physical education department strives to provide information, instruction, and an arena to help students make lifestyle choices leading to complete well being, including the physical, psychological, spiritual, social, intellectual, and environmental dimensions.

The health and physical education department faculty support the Mission of Jefferson College by providing a quality education that is student-centered, comprehensive and accessible by:

- Providing a positive environment for social development, enhancement of leadership and interpersonal skills.
- Providing quality instruction to encourage the development of intellectual growth.
- Demonstrating and supporting the value of respect, cultural diversity, and service.
- Providing life enriching educational and physical activities that will promote the development of skills and lifestyle choices leading to sound mind, body, and spirit and value physical activity.
- Creating opportunities for students, faculty and staff to interact with the community.

## Institutional Effectiveness Review

### Dresent Status

*Learning/Service and Action from 2005 Institutional Effectiveness Review:*

<i>Learning/Service Goal</i>	<i>Assessment Measurement/ Action</i>	<i>Person(s) to Implement</i>	<i>Time-frame</i>	<i>Resource Implications</i>	<i>Use of results</i>
<b>Goal 1</b> With the addition of two sports and the opening of the North campus, the program will need to respond with additional sections of Weight Training as well as Wellness and CPR classes.	<ul style="list-style-type: none"> <li>• Official course offering comprising</li> <li>• Student enrollment in HPE courses</li> <li>• Review of trends in enrollment</li> </ul>	Social Sciences Division Chair; HPE staff; Director of Planning and Research	Re-evaluate each academic year	Additional Faculty	<ul style="list-style-type: none"> <li>• Additional weight training classes offered at JCH</li> <li>• Increased course offerings at JCNW and Arnold sites</li> <li>• More health courses offered</li> </ul>
<b>Goal 2</b> Investigate partnering with the city of Arnold to determine health and fitness opportunities at JCA.	Documented summary of results from investigation	Social Science Division Chair; designated HPE instructor	Initial investigation 2009; Review each academic year.	Faculty/Staff/ Administration resources	A preliminary investigation has been made with the Arnold Recreational Center; additional work needs to be done
<b>Goal 3</b> Add Varsity soccer and Varsity softball	Actual program establishing	Board of Trustees; Administration; Athletic Department	2005	<ul style="list-style-type: none"> <li>• Additional funding for added equipment needs</li> <li>• Increase facility usage</li> </ul>	On-Going
<b>Goal 4</b> Faculty need to determine a means to encourage students using the facility to enroll in HPE classes.	HPE course enrollment comparison	HPE faculty/staff	Each academic year.	Faculty/staff resources	Data indicates increased enrollment

*Innovative Changes (in last 5 years):*

### Expansion of Health and Physical Education Department course offerings

In response to increased demands from students, new courses have been offered. Courses in sports management have been developed and offered to reflect current trends in related

majors. Increased enrollment in Personal Health (HPE130), particularly online, has resulted in several courses being added to the health and physical education department course schedule every semester. Hybrid course in Personal Health have also been added, with future courses being consider.

**Increase Use of Technological Support**

SMART Boards have been added to the Field House classrooms that are used for credit classes. Additionally, new technology is being used to analyze sport techniques in coaching courses.

**Facility/ Equipment Improvements**

There have been several beneficial improvements in the Field House fitness center, including elliptical, treadmill, leg press machine, and leg extension machine, squat bar rack, as well as new balance balls. In addition, other miscellaneous innovative fitness equipment has been added.

**Faculty** (Degree to which faculty/staff are qualified, effective, and supported):

*Faculty Qualifications and Professional Development:*

Name	Title	Highest Degree	Institution	Graduate Hours
Sam Carel	HPE Instructor/ Head Baseball Coach	Masters Degree in Education	Missouri State University	33 hours
		Graduate Certificate in Online Teaching & Learning	University of Central Missouri	15 hours
Aida Antanaviciute	HPE Instructor/ Head Volleyball Coach	Masters Degree in Sports Management	St. Louis University (U)  Missouri Baptist University	33 hours

The health and physical education department consists of two full-time instructors who have a portion (1/2) of their regular load devoted to coaching responsibilities, and several adjunct faculty, some of which have other positions on campus.

Aida Antanaviciute Steiger is a former distinguished student/athlete and a graduate of Jefferson College who was named to the NJCAA All-American team. Aida earned a full scholarship to St. Louis University, where she was named to the NCAA All-American Team. Aida was also named to the “Jefferson College Wall of Fame.” Aida received her B. S. degree in Criminal Justice at St. Louis University and continued her education and master’s degree program at Missouri Baptist University majoring in Sports Management with additional graduate hours in Education. Aida has continued to develop professionally by attending clinics, course-related conferences, online training and has recently earned a CPR certificate.

Sam Carel earned his Bachelor of Science and Master of Science degrees in Physical Education from Missouri State University. He also holds a Graduate Certificate in Online Teaching and Learning from the University of Central Missouri. He has been a full-time faculty member in the health and physical education department at Jefferson College since January 2006. In addition to his teaching responsibilities, Mr. Carel has been Jefferson’s head baseball coach since July 2006. Mr. Carel has been named Coach-of-the-Year three times, and his program has produced over 50 student-athletes who were able to continue their academic and athletic endeavors at the four year institutional level.

Prior to coming to Jefferson in Spring 2006, Mr. Carel taught in the physical education department at Missouri State University, both as a lecturer and as a graduate assistant. His extensive baseball experience includes three years as an assistant baseball coach at Missouri State University, work as a professional scout, and he has presented at several camps, clinics, and conventions across the country.

*Faculty Data:*

**Faculty Indicators for Physical Education Instructional Program Review, School Years 2005-2009  
School Terms 200501 through 200903 (Summer 2004 through Spring 2009)**

Number of Course Sections Taught	Total Students	Attrition Number (“W” Grades)	Attrition Percent	Student Credit Hours (A to F grades)	Average Students	Average GPA	Annualized 5-Year Program FTE
383	6,743	358	5.3%	11,278	---	---	---
					17.6	3.317	75.2

Notes: Attrition % represents the number of “W” grades conferred as a percentage of ALL students.  
Annualized Program FTE is the number of graded credit hours divided by 150 (30 hours/yr for 5 years).  
Graded Credit Hours are “A to F” only, not “W, I, H, P/F, or Other”.

**Students** (The degree to which student needs are met.)

The following is a list of examples and a reflection of the health and physical education department’s successes, quality of teaching, and demonstrates how the HPE department meets the need of students with regard to success-quality-accessibility:

1. Health and physical education department courses are offered via several deliveries: day, evening, weekend and online and include a variety of formats, such as, brick-and-mortar, online, hybrid.
2. Course materials in all courses are current and accessible and are offered to students in a wide range of formats including print, webpage, online access to article and documents and artifacts.
3. Resources have been updated to reflect the constant changes in the field.
4. The following chart represents a steady increase in enrollment since the last Institutional Effectiveness Review; and increase of 44%.

<b>Health/Physical Education Generated Student Credit Hours by Academic Year</b>						
	2004-2005	2005-2006	2006-2007	2007-2008	2008-2009	2009-2010
<b>Hours</b>	2075	2200	2464	2312	2635	3001

*\* Note Law Enforcement Academy numbers Academic Years 2007-2008, 2008-2009, and 2009-2010 have not been included in the count.*

### *Student Satisfaction and Feedback:*

A sampling of student evaluations from department courses uncovered the following trends:

#### Strengths of the Program:

- Course offerings adjusted to address student increased interest in fitness/strength building courses.
- Flexibility in online courses was often expressed by students as being one of the most worthwhile aspects.
- Many students commented that they increased their understanding of what their bodies can do and how to achieve their fitness goals through their activity classes.
- Knowledge of instructors.

#### Suggestions for Program Improvement:

- Having to return to campus to take exams was indicated as a weakness for the online classes. All of the web HPE courses are now strictly online.
- Students also requested more fitness/strength courses in the afternoon.
- Outdated fitness equipment needs to be continuously replaced.
- More student involvement in the fitness class was requested.

**Documentation is on file in the Arts and Science Division Office, AS110.**

**Curriculum** (The degree to which curriculum is thorough, current, and supported.)

*Curriculum (Scope, Currency, Changes):*

Official course syllabi have been reviewed for currency and scope; revisions have been completed and they are on file in ASI110 and on the web. New textbook editions are evaluated and used when appropriate. Usually editions are changed every two years to remain current. Newer textbook editions are providing more internet and online options for course enhancements.

As a result of the Institutional Effectiveness Review, the following courses have been deactivated:

- HPE103 Beginning Tennis, 1 credit hour - last taught fall 2001
- HPE104 Recreational Games, 1 credit hour - last taught spring 2002
- HPE120 Beginning Swimming, 1 credit hour - last taught prior to fall 1998 (Banner Conversion)
- HPE134 Coaching/Officiating Volleyball, 3 credit hour - last taught Spring 2008
- HPE220 Intermediate Swimming, 1 credit hour, - last taught prior to fall 1998 (Banner Conversion)
- HPE226 Water Safety Instructor, 2 credit hours - last taught prior to fall 1999 (Banner Conversion)

The Department of Health/Physical Education offers the following courses:

<b>Course #</b>	<b>Title</b>	<b>Course #</b>	<b>Title</b>
HPE101	Physical Fitness I	HPE138	Lifetime Fitness and Wellness
HPE102	Volleyball I	HPE140	Foundations of Sport Management
HPE104	Recreational Games	HPE201	Physical Fitness II
HPE105	Basketball	HPE202	Volleyball II
HPE106	Weight Training I	HPE206	Weight Training II
HPE107	Aerobics I	HPE207	Aerobics II
HPE109	Beginning Golf	HPE230	Tournament & Events
HPE122	Water Fitness	HPE235	Sport Management Practicum
HPE124	Recreational Water Activities	HPE250	Varsity Baseball
HPE130	Personal Health	HPE260	Varsity Basketball
HPE132	1 <sup>st</sup> Aid/CPR	HPE280	Varsity Volleyball
HPE135	Coaching Baseball		

*Curriculum Issues (Support, Technology, Equipment)*

The health and physical education department strives to maintain currency regarding the curriculum which is thorough and supported by the College and includes the following:

1. All classrooms used are SMART; adequate technology support is available.
2. HPE instructors integrate technology into their teaching.
3. The majority of the health and physical education department non-activity courses use Blackboard or STARS as a teaching and learning tool. Syllabi and class materials are posted online.
4. Web activities and Library research are integrated into appropriate courses.
5. Textbook editions are reviewed every two years and changes are made, if appropriate.
6. Supplemental references are current and available to students in the class.
7. Use of internet and current media presentations are used to enhance courses.
8. Equipment and supplies for fitness and strength training classes and other courses are increased and updated periodically.

**Community** (The degree to which the program contributes to the community and responds to community needs)

The health/physical education department staff and students value community involvement and service and are responsive to community needs. The HPE instructors are actively involved in providing clinics and camps for area students, speak at various community functions and are involved in, along with student athletes, various community service events. The following are examples of community outreach activities participated in or supported by the faculty, staff, or students of the Jefferson College health and physical education department:

- Hillsboro Junior High School Career Day
- Fox C-6 REACH program for gifted children
- Breast Cancer Awareness
- Hillsboro Community Easter Egg Hunt
- Assisted with Jefferson *Fall Into the Arts* festival
- Junior Volleyball development program
- Hillsboro R-3 School Board member
- Assisted with Jefferson College Balloon Glow
- Tutoring youth in the Festus/Crystal City Community (grades K-6)
- Assisted senior citizens with computer skills at community center
- Participants of Concerned Citizens of Jefferson County
- Girl and Boy Scout swim day
- Youth sport clinics

### **Cost**

A summary of the HPE budget for 2005-2009 is on file in the Office of the Art & Sciences Division Chairs. The cost per FTE for HPE courses is \$2,712.52.

## **Summary (SWOT)**

<p style="text-align: center;"><b>Strengths</b></p> <ul style="list-style-type: none"><li>• Offer lecture courses at JCH, JCA, JCNW</li><li>• Monitor program quality through evaluation and mentoring adjunct instructors</li><li>• Expanded online program to meet student demand</li></ul>	<p style="text-align: center;"><b>Weaknesses</b></p> <ul style="list-style-type: none"><li>• No full-time water instructor</li><li>• Two full-time faculty, each with half-time coaching duties</li><li>• Space issues in fitness center</li><li>• Space limitations at JCA for activity classes</li><li>• Under-use of the swimming pool</li></ul>
<p style="text-align: center;"><b>Opportunities</b></p> <ul style="list-style-type: none"><li>• Expand lecture courses to JCNW</li><li>• Add physical activity courses at JCA</li><li>• Expand water activity courses</li><li>• Expand activity course offerings (yoga, etc.)</li></ul>	<p style="text-align: center;"><b>Threats</b></p> <ul style="list-style-type: none"><li>• Lack of full-time instructors in the Field House for student contact and safety issues</li><li>• Demand for HPE courses is growing faster than ability to keep up</li><li>• Aging facility</li><li>• Lack of ability to offer activity courses at JCA (Missouri Baptist transfer students need a 1-credit physical activity course)</li></ul>

**Future** (Proposed Learning and Service Goals and Action Plan)

<i>Proposed Learning/Service Goal</i>	<i>Proposed Assessment Measurement/Action</i>	<i>Person(s) to Implement</i>	<i>Timeframe</i>	<i>Resource Implications</i>
<b>Goal 1:</b> Reinstate the requirement for 2-credit hours of physical activity for graduation	Two PE activity credits added to degree plans	<ul style="list-style-type: none"> <li>• HPE staff</li> <li>• Athletic Director</li> <li>• Dean of AS</li> <li>• Social Science Division Chair</li> </ul>	Fall 2015	<ul style="list-style-type: none"> <li>• Faculty</li> <li>• Supplies &amp; equipment</li> </ul>
<b>Goal 1:</b> Improve completion rates of online students	Increase retention rates by 10% (Data comparison between current retention and future)	<ul style="list-style-type: none"> <li>• Faculty</li> <li>• Director of Teaching &amp; Learning</li> <li>• Social Science Division Chair</li> </ul>	On-going	<ul style="list-style-type: none"> <li>• Faculty resources</li> <li>• Director of Research &amp; Planning</li> </ul>
<b>Goal 2:</b> Improve and update fitness center equipment	Checklist of inventory	<ul style="list-style-type: none"> <li>• HPE staff</li> <li>• Athletic Director</li> <li>• Dean of AS</li> <li>• Social Science Division Chair</li> </ul>	2012	Faculty/staff budget
<b>Goal 3:</b> Add additional online classes and yoga class	Course offerings	<ul style="list-style-type: none"> <li>• HPE staff</li> <li>• Athletic Director</li> <li>• Dean of AS</li> <li>• Social Science Division Chair</li> </ul>	2011	Faculty/staff/administration resources
<b>Goal 4:</b> Increase number of full-time HPE instructors	Hiring of new faculty	<ul style="list-style-type: none"> <li>• HPE staff</li> <li>• Athletic Director</li> <li>• Dean of AS</li> <li>• Social Science Division Chair</li> </ul>	2015	Faculty/staff/administration resources budget

**DISCIPLINE STATUS**

Satisfactory  
 Requires Immediate Attention  
 Unsatisfactory

  
 \_\_\_\_\_  
 Dean

\_\_\_\_\_  
 April 30, 2010  
 Date