

# Kinesiology Comprehensive Program Review Spring 2024

**Empowering Movement, Transforming Lives**



Presented by: Erin O'Hare, Kinesiology Division Chair

# Agenda

- **Why Kinesiology**
- **Changes in Division**
  - **Restructuring**
  - **Programs & Courses**
  - **Faculty & Facilities**
- **Addressing Equity**
- **Covid Recovery**
- **Challenges and Opportunities**
- **Student Success Stories**
- **What's Next**



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## Kinesiology Continues to Grow

- Societal need continues
  - Careers in: PT, OT, PA, AT
- New emphasis on holistic view of health
  - Connection to activity and health
- One of fastest growing majors in California
  - CSUMB and San Jose State
- Students needs are still evolving







## Administration and Staff

- Dean Vincent van Joolen, Ph.D. (STEM)
- Dean Wendy Bates\* (Student Services/Athletics)
- Division Office Manager Amber Mettler
- Equipment Specialist Renee D'Acquisto
- Athletic Trainers Lucy Bengard\* and Thien Tran\*

## Full-Time Faculty

- **Blake Spiering** - Men's Basketball Coach/KINS Instructor
- **Daniel Phillips** - Baseball Coach/KINS Instructor
- **Erin O'Hare\*** - Kinesiology Instructor/Division Chair
- **Ronnie Palmer\*** - Football Coach/KINS Instructor
- **Kit Moore\*** - Indoor and Beach Volleyball Coach/KINS instructor
- **Nick Cunningham\*** - Cross Country/Track Coach/KINS Instructor





## Adjunct Instructors

- Millie Benavente - PFIT/PHED
- Michelle Moldenhauer - PFIT/PHED
- Sharon Osgood - PFIT/SWIM
- Alexis Smith - PFIT/SWIM
- Vi Tran - Tennis/Pickleball
- Erin Gamble - KINS/PFIT
- Deanna Ross - Dance
  - Dance Department Chair
- Pam Keindl - Dance



# New Adjunct Instructors

- Kaitlyn Guevara - Softball Coach and KINS
- Adrian Gallegos - Asst Football Coach/PHED/PFIT
- Michael Villagrana - W. Basketball Coach/PFIT/PHED
- Lucy Bengard - KINS
- Leonard Han - Tai Chi
- Mark Cisneros - M. Soccer Coach/PHED
- Steve McCann - Martial Arts
- Matt Gilani - Martial Arts
- Alethia Egipciaco - Dance







# Restructuring of the Division in 2019

## Birth of the Kinesiology at MPC

- **Athletic Classes** → **ATHL**
- **Activity/Fitness Classes** → **PHED/PFIT**
  - All Articulated into AAT, AA, and Certificates
- **Lecture Classes** → **KINS**
  - Lecture Classes in AAT, AA, and Certificates
    - Area D and E
- **Dance Department**
  - Lecture (Area C) and Dance Classes

**Modernized and removed barriers**



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# New Courses Added: Kinesiology

## Kinesiology

- KINS 44: Sport in Society
- KINS 45: Introduction to Careers in Sports Medicine and Allied Health
- KINS 46: Principles of Strength Training and Conditioning
- KINS 47: Principles of Exercise Prescription and Program Design
- KINS 48: Psychology of Fitness and Sport Performance
- KINS 92: Practical Experience in Personal Training





# New Courses Added: PFIT/PHED/DANCE

## PFIT

- PFIT 23: Functional Fitness
- PFIT 24: Aqua Aerobics

## PHED

- PHED 9: Pickleball
- PHED 10: Flag Football
- PHED 23: Martial Arts/Self-Defense
- PHED 24: Beach Volleyball

## DANCE

- DANC 5: Dance Appreciation (GE Area C1)
- DANC 6: World Cultural Dance (GE Area C1)
- DANC 18: Hip Hop Dance
- DANC 19: Salsa Dance
- ADPE 96: Adapted Dance





## Dance on the Move

- Enrollment growth post-Covid
- Revamped AA for students starting Fall 2024
- Creating of Dance lecture classes - Area C
- Addition of highly enrolled Dance courses
- Collaboration of ADPE and Dance
- Dance concert every Spring - May 10th and 11th

### Opportunity for Growth:

- Need for full-time instructor - Adj. Dept. Chair
- Degree completion #s



# Bond Projects and Facilities Improvements

- Smart and Zoom classrooms
- Fitness Center and Dance Studio monitors
- Gender neutral restrooms and locker rooms
- Football, Baseball, and Softball Field
- Pickleball and tennis courts
- Re-surface of the track
- Gymnasium roof and safety improvements

Challenges: Facilities require upkeep and resources

Facilities are our classrooms, and are also used by local youth organizations, high schools, and community members - bringing potential students to campus





# Kinesiology Degrees Pathways

- Kinesiology AAT
  - Finalized 2 + 2 agreement with CSUMB in 2023
- \*Kinesiology and Human Performance AA
  - Remove barriers to completion
  - Pathways lead to Certificates
- Dance AA
  - Revamped



# New Kinesiology Certificates

- Certified Personal Training Certificate
- Athletic Coaching Certificate
  - Professional Development
  - Entry into the field
  - Stackable
- Future Certificates
  - Intercollegiate Athletics
  - 200 hr Yoga



## Programs and Degrees Discontinued/Inactive

- Massage Certificate/Degree Program
- Physical Education Aide
- Fitness Instructor Training AS/COA

***Assess programs to meet student and industry needs, streamline Pathways and improve completion***





# Kinesiology Program Awards 17-18 to 22-23

## Program Awards

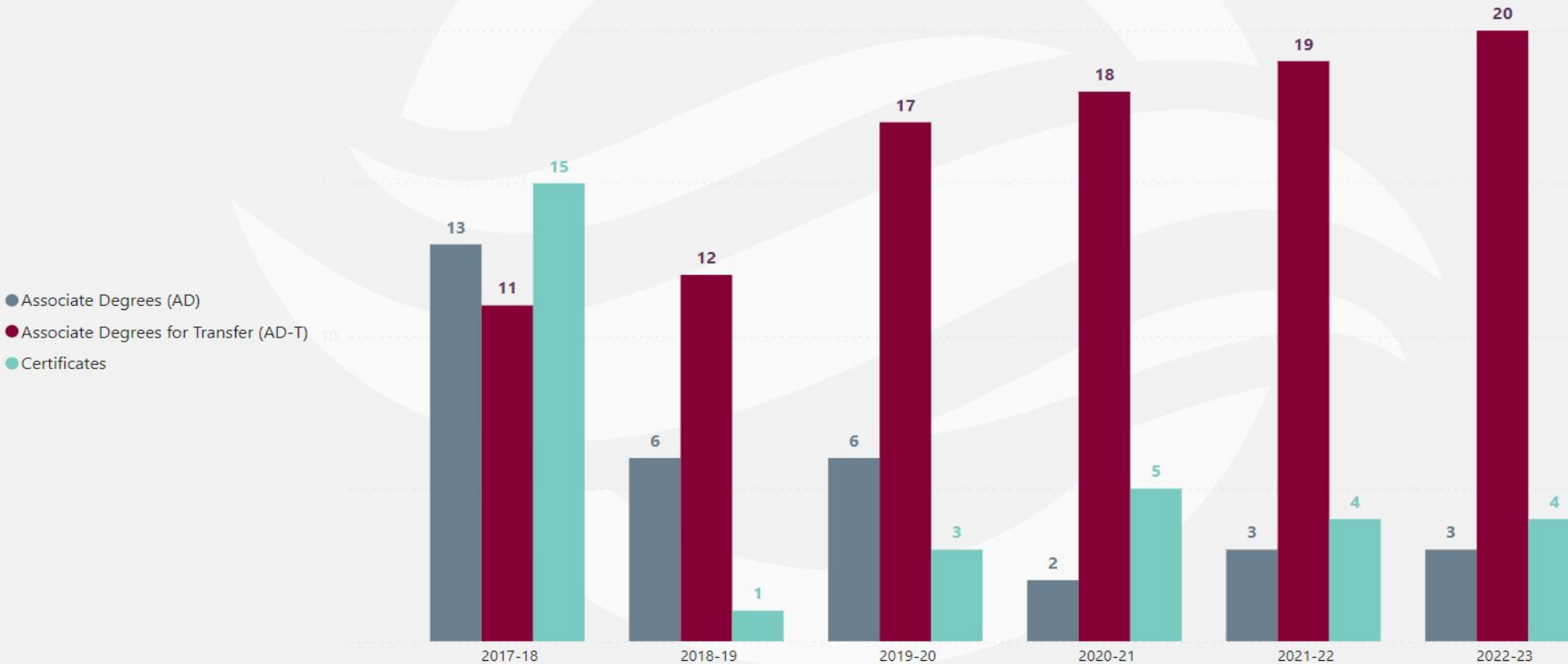
The number of awards that MPC students have earned from the 17-18 to 22-23 academic years. 23-24 data is not yet available.


Division:

Multiple selections

Department:

All





# Kinesiology Student Success Rates, Surprises and Next Steps



# Student Retention and Success Rates

Rates for all Departments

KINS, PFIT, PHED, and DANC

*\*\*\*Athletic Courses not included\*\*\**

92%

Student Retention rates (College  
89%)



78%

Student Success Rates (College  
74%)





# Surprising Age Data

## Your Academic Unit Selection



## Monterey Peninsula College



● 19 or Less ● 20 to 24 ● 25 to 29 ● 30 to 34 ● 35 to 39 ● 40 to 49 ● 50+



# Serving a Diverse Population

## Your Academic Unit Selection



## Monterey Peninsula College



● American Indian or Alaska N... ● Asian ● Black or African Americ... ● Hispanic / Latino ● Native Hawaiian or ... ● Two or More Races ● Unknown ● White

119%



# Student Equity in Kinesiology

- Activity classes are a great entry point into college
- Address mental and overall health concerns
- Inclusive facilities - restrooms and locker rooms
- Times of class offerings (weekends, nights, online)
- Free digital textbooks for KINS lecture classes
- Athletic equity and inclusion actions





# Needed Growth in Student Equity in Kinesiology



- Grow diversity of staff and faculty
- Safe Space training
- Online Ed. training for faculty
- Inclusive language in syllabus and classroom
- Create a Kinesiology student community
- Create more access to activity and sport
- Outreach to underrepresented students



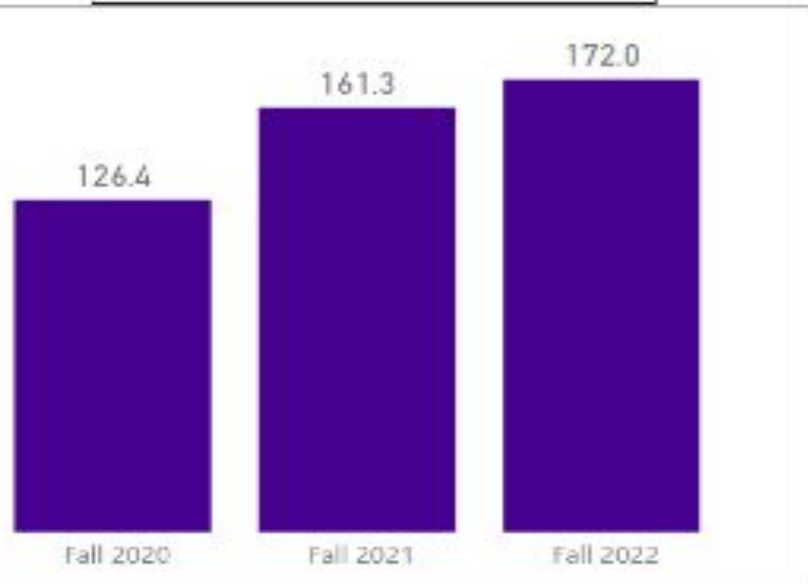
# COVID Response and Growth

- Moved all activity classes online
- Surprise - Yoga online
- One of first to return to campus
- Rolled out new programs/classes during Covid
- Seeing growth in enrollment



# Generating and Maintaining Productivity Post-Covid (With Athletics)

Fall terms



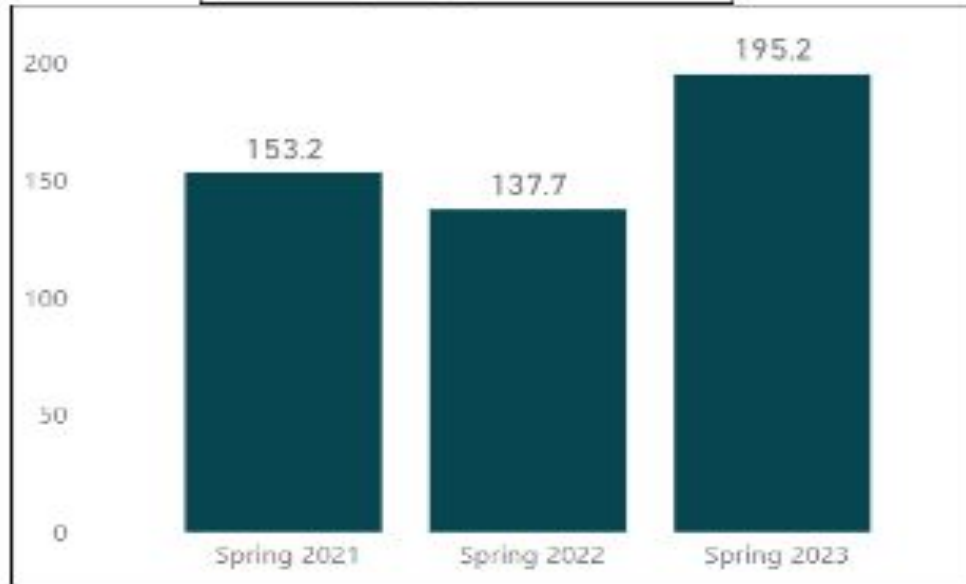
Productivity (FTES/FTEF)

Fall 2020	Fall 2021	Fall 2022
13.81	15.34	16.26

Enrollments

Fall 2020	Fall 2021	Fall 2022
1057	1432	1449

Spring terms



Productivity (FTES/FTEF)

Spring 2021	Spring 2022	Spring 2023
12.08	13.46	18.31

Enrollments

Spring 2021	Spring 2022	Spring 2023
1329	1223	1765

Division  
Kinesiology/Phys Ed

Discipline  
Multiple selections

Course  
All

# Challenges and Opportunity for Growth

- CAL-GETC implementation and removal of Area E
  - We are prepared, but more action will be required
- Occupation requirements change/trends change
  - Opportunity to meet students' needs
- Activity connection to retention and completion
  - Connection has been made at other colleges
- Outreach to new students





# On and Off Campus Outreach

- High school connections
- Athletic recruiting and campus tours
- Social media presence: @mpc\_kinesiology
- Kinesiology email: Kinesiology@mpc.edu
- MPC campus outreach events

## Future outreach to grow enrollment:

- Dual enrollment courses
- Continuing Ed teaser courses
- Marketing to reach diverse populations



# Community and Campus Collaborations

- Guest speakers - CSUMB
- Internships on campus and beyond
- Connection with Student Services
- Collaborations with Nutrition and Health

## Future Goals:

- Expand internship opportunities



# Athletic Teams at MPC

## Men's Sports

- Baseball
- Basketball
- Cross Country
- Football
- Soccer
- Track and Field



## Women's Sports

- Basketball
- Beach Volleyball
- Cross Country
- Softball
- Track and Field
- Volleyball

Discontinued - Women's Soccer & Tennis; Men's Golf





## Why Athletics?

- Over 225 Student-Athletes enroll in minimum of 12 units, must remain eligible with a grade point average of 2.0
- 38 Academic All-State Athletes in 23-24
- High retention, completion, and transfer rates
- Recruitment of Student Athletes and +1
- Athletic Recognition Ceremony - May 8th, 5:30pm

### Opportunity for growth:

- Grow female athlete participation to align with Title IX





# Student-Athlete Experience

**Noah Garry - Pacific Grove H.S.**

Member of Football team

Kinesiology Major, 4.0 gpa



“As a student-athlete at MPC, I’ve had to learn how to properly manage my time. My coaches and teachers have supported me every step of the way.

As a Kinesiology major, the classes I’ve taken have helped me better understand the different ways my body moves and works. This has enabled me not only to become a better athlete but a better student as well.”



# Kinesiology Student Success Story

**Sierra Samudio - North County H.S.**



Personal Training and Nutrition and Food Certificates  
Internships in Athletic Training and ADPE  
Kinesiology Major transfer to Long Beach ADPE

**"ADPE has helped me develop very essential communication skills. Since we have a wide variety of students with different conditions, I have learned not everyone understands or moves the same. So, I have been able to work on my instructional skills a great deal."**



# Athletic Training Student Intern Experience

## Maddie Rianda - Salinas H.S., Kinesiology Major

“As a student at MPC, I took the opportunity to collaborate with the athletic trainers, gaining valuable experience in the field I want to work in. Within the training room, I have been allowed to contribute to injury rehabilitation, implement injury prevention, and utilize various modalities.

Not only has working with the trainers helped me gain more experience, but it has also allowed me to apply the content I’ve learned from my kinesiology classes. The hands-on courses provide a well-rounded educational experience in a fun environment.”





# Adapted PE Intern Experience

## Maria Aranalopez

Kinesiology Major, transferring to CSUMB in Fall

“Working with our ADPE students has helped me clarify my career choice, I am impressed with our students every day.”

## Peyton Malecha

Kinesiology Major, 3.9 GPA

Transfer to San Jose State

Student-Athlete on the Baseball team

“Interning in ADPE has given me the hands on experience I need to be successful later on in life.”







# What's Next?

- Reassess programs due to roll out during Covid
- Meet challenges with creative solutions and quality instruction
- Create access to activity for all students - Marina campus
- Create a Kinesiology student community and space
- Meet needs of students
- Continue to transform lives through movement



*Connect with us:*

**@mpc\_kinesiology**

**Kinesiology@mpc.edu**

Thank you





# Student Success Story

## Zach Thomas

- 2018 Physical Education AA with honors
- CSUMB Guest Speaker connection
- Graduated from CSUMB with KINS degree
- Manager of Power over Parkinson's
  - Current internship opportunity for MPC students
- Returned to MPC for Nutrition courses





# Students of the Dance Department

## Jonathan Lipo

- Professor at the Naval Postgraduate School
- 6 original works of choreography
- In between his regular NATO missions to Iraq
- Currently holding rehearsals for his seventh piece of choreography
- Come see him perform this may



# What's Next



- **Meet Challenges with creative solutions/quality instruction**
- **Continue to Grow Partnerships**
- **Create Access to Activity for All Students - Marina**
- **Reassess Programs due to Roll Out During Covid**
- **Create a Kinesiology Student Community and Space**
- **Meet Needs of Kinesiology Students**
- **Continue to grow and change as Needs Change**
- **Continue to empower movement and transform lives**



# Race and Ethnicity

## Your Academic Unit Selection



## Monterey Peninsula College



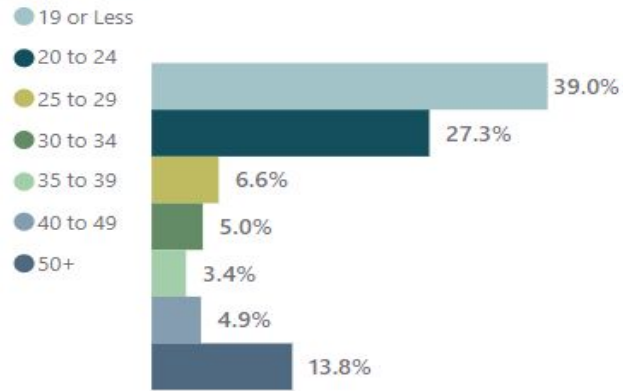
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100%

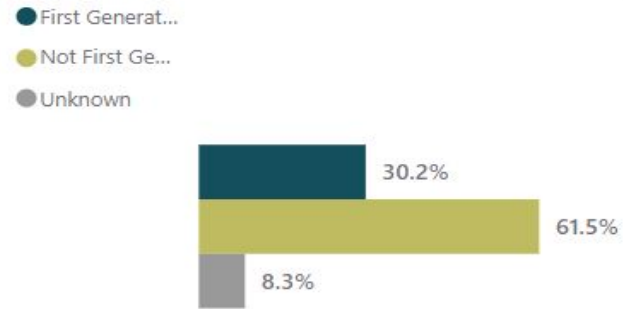


# Data Overview For Spring 2023

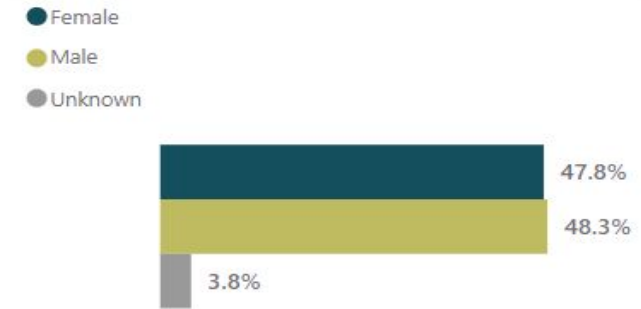
## Age Group



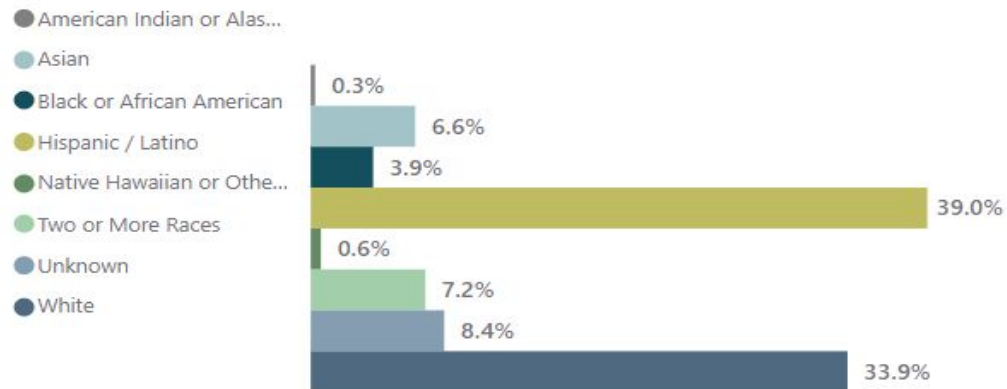
## First Gen



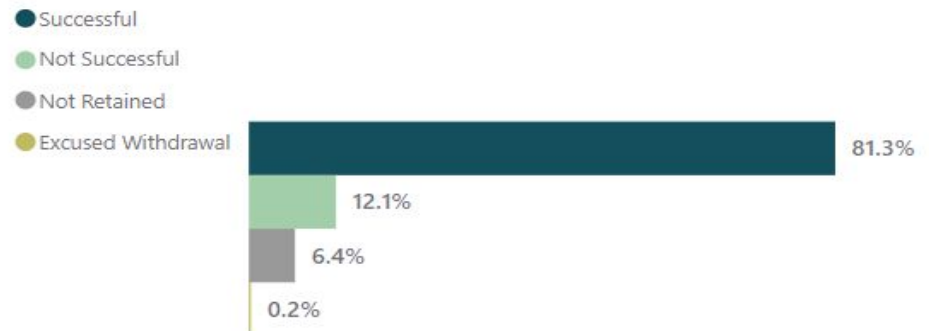
## Gender



## Race/Ethnicity



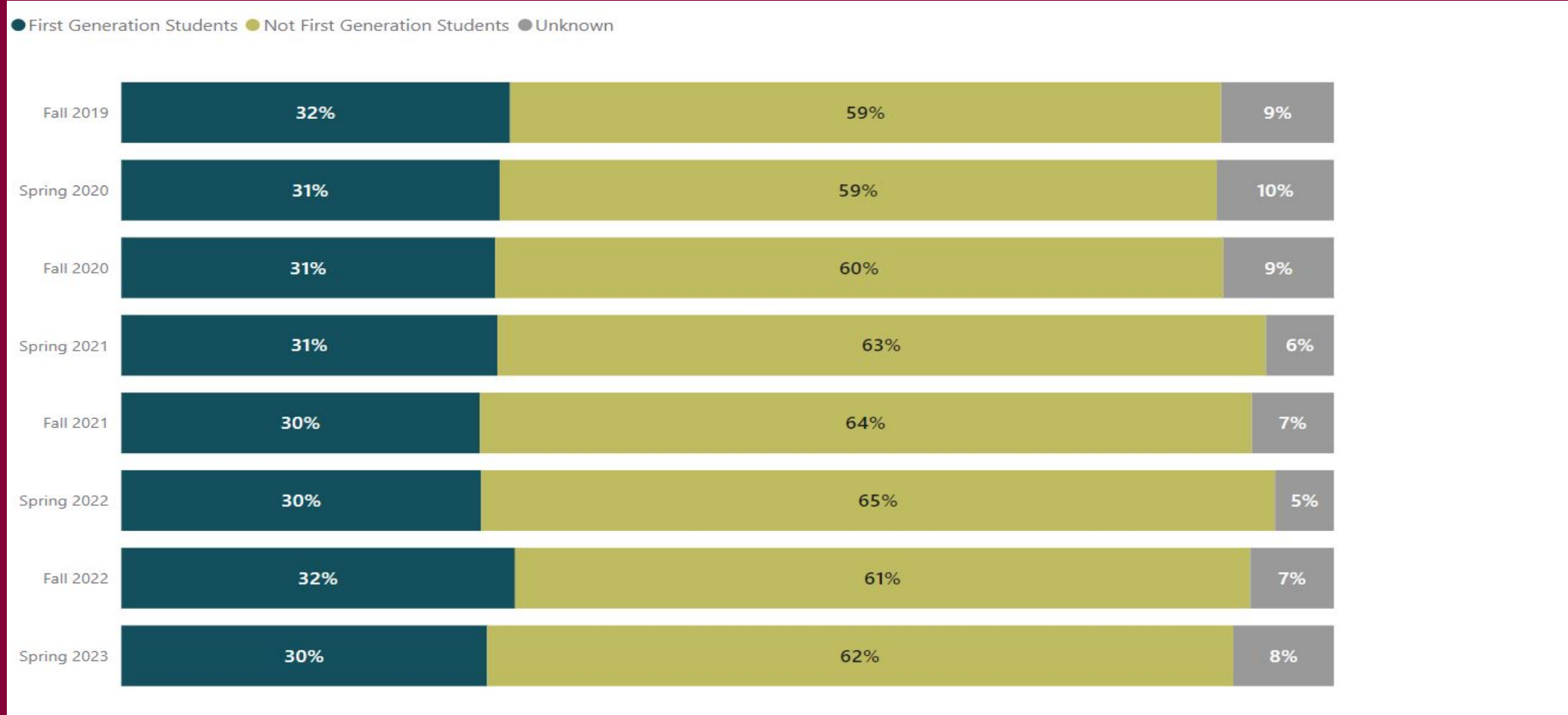
## Course Success





# First Generation College Students

## College in Spring 2023 34%



# Gender

## Your Academic Unit Selection



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● Female ● Male ● Unknown



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