

Program Review – Annual Program/Discipline Update

Administrative Response and Follow Up

2020-2021

Program/Discipline: Exercise Science
SAC Chair(s): Alma Eaton, Mike Guthrie
SAC Administrative Liaison: Karen Sanders
Other Division Dean(s): N/A
Department Chair(s): Tanya Littrell Kraus
Date: April 19, 2021

Administrative Response

I would like to thank the Exercise Science (EXS) SAC for the hard work, dedication and service your faculty and staff team provides to your students and to Portland Community College day in and day out. Your program has been successful for many years, and I would like to commend all of you for maintaining this quality during the chaos of the last year. Thank you!

This administrative response is intended to both recognize your efforts, and provide you with some suggestions for the future. Specifically, it will:

1. Highlight the strengths and successes of the program as evidenced by the data, your analysis and your reflection
2. Recognize areas of challenge or concern
3. Address your reflection on goals and resources
4. Provide recommendations for next steps

=====

Strengths & Successes of the Program as Evidenced by Data, Analysis and Reflection

Enrollment: I would like to commend the SAC and support staff on recent increases in enrollment numbers - in a time when general college enrollment has been declining. This is a reflection on the quality of the program and the dedication of the faculty and staff to student success.

Retention strategies: Intentional and consistent retention strategies that I understand from your report to have been successful over the last several years include: high touch program advising, nurturing of cohesive student cohorts, student-student mentoring, and involvement of faculty, staff and advisors in full wrap-around support for all students in the program. High

course success rates reflect the effectiveness of these current strategies. I encourage the SAC to reflect on learnings from the past year to determine if there are additional strategies that you can add to your tool kit.

Curricular Innovation: I applaud the SAC on its innovative and evidence based approach to curriculum and program development. The development of the two additional Career Pathway Certificates (Group Fitness Leader and Yoga Teacher Training) and the implementation of Community Based Learning (CBL) experiences are two concrete examples of how you are creatively serving students. The in-process development of the Health & Wellness Degree proposal has been an amazing accomplishment - a stellar example of interdisciplinary collaboration which put the student at the center.

Resiliency: The program has successfully navigated simultaneous and significant change in the past two years. The rapid pivot to remote learning as a result of COVID-19, the disruptions and uncertainties coming from the HT remodel, the launch of two new certificates, and significant staff changes - all happened at the same time - and yet you continue to offer high quality instruction and support for your students. You are amazing!

Continuous Program Improvement: I applaud the SAC on its use of data for continuous program improvement. In addition, it is clear that professional development - for both full and part time faculty - is valued and encouraged. I strongly support this and believe it is one of the reasons that students in the program continue to be successful.

Partnerships: The program has done an excellent job of initiating, nurturing and maintaining strong partnerships with other educational institutions, community and industry partners. This is evidenced by high engagement of the Advisory Committee members in fundraising, scholarship review and the provision of relevant feedback on all aspects of the curriculum.

Areas of Challenge (highlighted by the SAC)

Challenge: Providing consistent and high quality instruction remotely in courses that require significant hands-on learning (remote lab courses).

Response: I acknowledge that this has been a significant challenge, both because of the need to adjust the curriculum and course sequencing and because of students' limited access to equipment and materials. You have done an amazing job of creating alternate assignments and creative ways for keeping students engaged until they are able to return to in-person labs. Be patient and kind to yourselves and continue to think creatively. Reflect on what you have learned from this challenge that might contribute to the continuous improvement of your program in the future.

Challenge: What is not yet known is how the lack of in-person teaching will affect the team work, communication and professionalism growth of the students, which are the soft skills so desperately needed when working in the fitness industry.

Response: Continue to rely on your advisory committee members for advice in this area. You might also investigate potential professional development opportunities that could help inform curricular innovations and adjustments in this area.

Reflection on Program Objectives

Program Objectives 1-3: As listed by the SAC -

- Update certificate and degree outcomes in response to industry changes and internal PCC student success initiatives
- Create and implement valuable, robust and consistent learning assessment methods
- Update course outcomes to align with new certificate and degree outcomes

I strongly support the above three objectives as they clearly reflect a student-centered approach. Thank you for prioritizing student learning and focusing on those outcomes that will make students successful after they leave PCC.

Program Objectives 4-5:

- Develop new Health and Wellness degree and certificate
- Develop and offer first Health and Wellness degree and certificate courses

Thank you for the extensive amount of work that has thus far gone into the development of the proposal for this new degree. Upon approval, I suggest creating a work plan - in collaboration with your Program Dean and Dean - that includes information on needed human resources, financial resources and a timeline.

Resources

Request: Development funding for Health & Wellness degree, certificate and new courses, faculty training and other major curriculum revisions

Response: Regarding the Health & Wellness degree - the first step is to get this approved for development. This may involve some additional work with labor market data and/or responding to questions from the Academic Affairs Council. If and when the certificate and degree are approved, I suggest that the full time EXS faculty work with their Program Dean to create a timeline and development plan, including needed fiscal resources. As part of this plan the Program Dean can identify different funding sources for this work - including but not limited to Professional and Organizational Development, Perkins, Department and Division funds and possibly grants.

Request: Fill open permanent full time faculty position

Response: This request is currently under consideration by the Academic Affairs Council (AAC). AAC will look at all faculty needs across the college and make recommendations in the coming weeks. You should have an answer to this request before the end of spring term.

Request: Continue to support a dedicated program advisor for EXS students

Response: Effective winter 2021 advising shifted to the 'Guided Pathway Model'. As part of the Health and Emergency Professional (HEP) pathway, Exercise Science is served by HEP advisors. There is currently work underway to better understand how the pathway advisors (formally general advisors) and the CTE program advisors will work together to serve all students interested in health and wellness programs. Barbara Griffin has been part of these conversations and it will be important to keep a voice at the table for EXS after Barbara retires.

Request: Dedicated HT remodel planning, logistics and facilities support for the program.

Response: I agree that this is a need that should be addressed in order to allow faculty to focus on students and instruction instead of the large and small details that come with complex construction projects. I suggest meeting with Kurt Simonds, the new Dean for Academic and Student Affairs Operations, to make a request for support.

Request: Coordinated marketing support for all programs in EXS and wellness

Response: The lack of a program focus by central marketing has long been an issue for CTE programs. As we shift to Guided Pathways I suggest a coordinated ask by the HEP pathway programs to provide external marketing support for all programs in the pathway. In addition, I suggest working with the new EXS Program Dean to identify targeted funds in the budget to support faculty and staff marketing efforts.

Request: Professional development for EXS SAC faculty

Response: The Exercise Science department has done an excellent job over the last few years supporting its faculty with professional development opportunities. I suggest working with the new Exercise Science Program Dean to create a plan for the 2021-2022 academic year that identifies specific professional development goals for the department as a whole and then earmarks funding for these opportunities.

Request: Support with labor market data collection and analysis specific to the fields of exercise science, fitness, wellness, yoga etc.

Response: As part of the College's Title III grant, there is a recently created district-wide position to do just this. Dr. Magda D'Angelis Morris has been hired into this role. I suggest that you meet with Dr. D'Angelis Morris, as well as Sarah Tillery - Executive Dean for Teaching and Learning Support, to discuss the needs of your department.

Conclusion and Suggestions for the Future:

Thank you for putting together a comprehensive and meaningful Annual Program Update. The Exercise Science program is strong and I commend all of you on your resilience, creativity and dedication to the students. Some things for you to think about for the next year:

Data Collection and Analysis:

- You mentioned in your report that it appears that more students are choosing to transfer to a four-year college to continue their education. This increased from 28% in 2019 to 64% in 2020. Why do you think this is? Does this impact in any way your curriculum? Have you considered exploring additional articulation agreements?
- High course success rates: Dig deeper into the data and explore the variety of practices that you believe have contributed to high course success rates. Do they hold true for all demographic groups? If not, what adjustments could you make to address this?

Program Expansion

- Continue to expand course offerings to campuses outside of Sylvania. Consider this question: How does Exercise Science, traditionally a single campus CTE program, 'fit' into the new one-college model?
- Health & Wellness Programming: Continue to look at interdisciplinary approaches to serving the health and wellness needs of students. If there is a delay in the approval of the proposed new degree what intermediate steps could the SAC take to continue the momentum of this work?

☐ Proceed as planned on program review schedule

☐ Follow up conversation needed with SAC, Dept Chair(s) and Dean

Thank you,

Karen Sanders, Dean - Health Professions, Exercise Science and Physical Education