

## Annual Program Review 2011-2012 - INSTRUCTIONAL

## Division - Program HEALTH Education

#### Authorization

After the document is complete, it must be reviewed and <u>submitted to the Program Review</u> Committee by the Division Chair.

Author:

Division Chair: Jon Gold

Date Received by Program Review: November 8, 2011

#### Overview of the Program

All degrees and certificates are considered programs. In addition, divisions may further delineate and define programs based on their assessment needs (developmental sequences, career track, etc).

**Statement of Purpose –** briefly describe in 1-3 sentences.

The Health Department's program emphasizes a holistic approach to health and wellness. Its courses explore the latest concepts in physical, mental, emotional, spiritual issues. Instruction focuses on individual responsibility for wellness, cultural diversity, and effective interpersonal communication.

Please list the most significant achievement accomplished since your last program review.

Women's Health Education is now offered both in the traditional and online formats. Additionally, First Aid courses have seen upgrades per the most recent Red Cross requirements.

#### List the current major strengths of your program

- 1. It provides the student with an awareness of the significance of prevention, early detection and management of disease.
- 2. It offers traditional courses, web-enhanced courses, hybrid courses, and on line courses.
- 3. Faculty who teach it are experts in specialty area, enhancing the student experience.

#### List the current weaknesses of your program

- 1. Lack of adequate staff to offer as many courses as are needed to serve the student population.
- 2. Lack of updated AED equipment and adult, child, and infant manikins.
- 3. Lack of time on the part of many instructors to add web-enhancements to their courses (since their jobs require coaching sports as well as teaching health)

#### 1.0. Trend Analysis

For each program within the division, use the data provided to indicate trends (e.g., steady, increasing, decreasing, etc.) for each of the following measures.

	Academic			WSCH /			Success	
Program	Year	FTES	FTEF	FTEF	Full-Time	Fill Rate	Rate	Awards
		Trend	Trend	Trend	% Trend	Trend	Trend	Trend
	2007-2008	205	10.6	617	67.5%	92.9%	74.5%	33
HEALTH	2008-2009	204	9.8	666	69.7%	102.1%	72.6%	40
EDUCATION	2009-2010	229	10.3	709	81.4%	103.3%	74.9%	34
	2010-2011	192	10.6	576	72.0%	98.4%	72.9%	32
	% Change	-6.3%	+0.4%	-6.7%	+6.7%	+6.0%	-2.1%	-3.0%
	4-Yr. Trend	stable	stable	stable	stable	stable	stable	stable
PHYSICAL	2007-2008	160	12.8	400	58.0%	61.0%	61.0%	4
EDUCATION	2008-2009	220	11.9	587	69.0%	78.0%	64.0%	4
	2009-2010	280	11.1	807	72.0%	103.0%	61.0%	8
	2010-2011	270	8.8	980	61.2%	106.1%	69.3%	0
	% Change	+68.5%	-31.3%	+145.2%	+3.2%	+45.1%	+8.3%	-100.0%
	4-Yr. Trend	increasing	decreasing	increasing	stable	increasing	stable	decreasing
ATHLETICS	2007-2008	179	12.8	443	45.0%	68.0%	90.0%	0
	2008-2009	189	12.8	468	38.0%	69.0%	92.0%	0
	2009-2010	174	13.1	424	42.0%	71.0%	92.0%	0
	2010-2011	205	11.1	586	37.7%	73.5%	89.4%	0
	% Change	+14.8%	-13.2%	+32.2%	-7.3%	+5.5%	-0.6%	
	4-Yr Trend	increasing	decreasing	increasing	stable	stable	stable	
HEALTH &	2007-2008	544	36.2	479	56.0%	69.8%	69.7%	37
P.E.	2008-2009	613	34.5	565	58.0%	82.3%	70.8%	44
DIVISION	2009-2010	684	34.4	632	63.4%	97.1%	69.3%	42
TOTAL	2010-2011	667	30.8	690	55.9%	103.1%	74.4%	32
	% Change	+22.6%	-14.9%	+44.0%	-0.3%	+47.7%	+6.6%	-13.5%
	4-Yr. Trend	increasing	decreasing	increasing	stable	increasing	stable	decreasin
								g

1.1. Describe how these trends have affected student achievement and student learning:

The Trends indicate stability in all areas

1.2. Is there other relevant quantitative/qualitative information that affects the evaluation of your program?

Health and PE had four retired position this past year, three of which taught nine of the Health 104 courses, Health and PE Division will be pressed to get all these classes covered and will have to look at offering overload to present full time instructors and look at adjunct instructors to help in the deficit. This could affect FTES and FTEF in the next couple of years if replacement positions are not hired.

#### 2.0. Student Learning and Curriculum

Provide the following information on each department and program within the division.

List each Department within the Division as well each degree, certificate, or other program* within the Department	Active Courses with Identified SLOs		Active Courses Assessed		Course Sections Assessed		If this area has program outcomes have they been assessed?	
	n/n	%	n/n	%	n/n	%	Yes or No	
HEALTH ED	10/10	100%	1/6	16%	0/6	0%	NO	

2.1. Please comment on the percentages above.

There is 12 health courses – 2 are going to be removed from catalog; 4 courses have not been taught since administration had us stop the personal trainer certificate; 6 active courses. The first 6 courses have not been put in a rotation to be assessed because they are not being taught. Due to the lack of full time instructors, Health has been struggling to complete assessments. Effort is going to be made to make a push to complete 50% of the assessments this year (timeline) – Complete Hlth 101, 102, 104 and 110.

- 2.2. a) Please provide a *link\** to all program <u>assessment timelines</u> here. This link could be to your division /department website, eLumen, etc.
  - b) Briefly summarize any pedagogical or curricular elements of courses/programs that have been changed or will be changed as a result of developing assessment timelines and course/program alignment matrixes.
  - c) Based on the program assessment timelines you have developed and the evidence you have gathered, please comment briefly on how far along your division/program is in the assessment process.
- a) Faculty member John Rome has managed the SLO data for the department
- b) There will be an adjustment to the CPR course to meet the TMC-AA in Kinesiology.
- c) Health is making a push to complete 50% of the assessment process by the end of the school year.
- 2.3 a) Please provide a *link* to any program and/or relevant course <u>assessment reports</u>. Does the evidence from assessment reports show that students are achieving the desired learning outcomes?
  - b) Please briefly summarize any pedagogical or curricular elements of courses and/or programs that have been changed or will be changed as a result of the assessments conducted.
- a) Faculty member John Rome has managed the SLO data and should have any reports
- b) At this time, there will be no program changes
- 2.4 Please list all courses which have been reviewed in the last academic year.

  Note: Curriculum Review is required by the Chancellors Office every 6 years.

None in the Health Department. They are reviewed in previous years.

2.5 Please list all degree/certificate programs within the division that were reviewed in the last academic year.

None in the Health Department.

2.6 For each program that was reviewed, please list any changes that were made.

N/A at this time. Health 102 is being revised to meet the new TMC-AA: Kinesiology. It should go into effect in Fall 2012

#### 3.0. Reflection and Action Plans

3.1 What recent activities, dialogues, discussions, etc. have occurred to promote student learning or improved program/division processes?

There has been significant discussion regarding changes to the CPR courses to make them transferable for Kinesiology majors. This will likely become effective fall of 2012. There has been discussion and implementation of online versions of nearly every Health course the department offers. Some instructors also have an interest in adding web-enhancements to their courses but lack time to do learn to do so.

3.2 Using the weaknesses, trends and assessment outcomes listed on the previous pages as a basis for your comments, please briefly describe your plans and/or modifications for program/division improvements

Plans or Modifications	Anticipated Improvements
Implementation of major changes to CPR course	Having this course transferable for kinesiology majors may help draw interest to this new certificate (find info in the PE program review document). We hope to document this in the future.
Refine hybrid and online courses	Existing online course instructor is working to refine stumbling blocks for students related to clumsy GCC software and the need to use GCC equipment for examtaking (as this in many students' eyes defeats the purpose of online education). New software is being sought.
Add web enhancements to traditional courses	Our ideas included having a single faculty person "in charge" of managing web enhancements for the Health curriculum/program. If release time or other compensation were possible, this may come to fruition.
Replacement of full-time faculty	The division 6.6 full time instructors (4.6 are coaches) doe not have the time or support to complete outcome assessments.

# Section 4

HEALTH&PE HEALTH ED	I: HPE-3
HeartStart Defibrillator	_
(AED Trainer)	

Resource Request
Type of Request:       Facilities/Maintenance       Classroom Upgrades       New space         x_ Instructional Equip.       Conference/Travel       Training         Computer/Hdware       Software/Licenses       Supplies       Other
Mandatory: Is this request for one-time funding?x_ OR Does this request require ongoing funding?
If this is a repeat request, please list the Resource ID code or year requested:
Mark if the following apply to this request: _x Health & Safety Issue Legal Mandate Contractual Requirement
<b>4.1</b> . Clearly describe the resource request.
HeartStart HS1 Defibrillator – Clear, confident voice instructions that provide easy-to-follow directions, and preconfigured scenarios, make training students easier. Equipped with a nylon carrying case, one set of reusable adult training pads, and one external manikin adapter strip for use with standard manikins.
Amount requested \$ 300 not including Tax and S/H
<b>4.2.</b> Justification and Rationale: What planning goal, core competency or course/program SLO does this

request address? Use data from your report to support your request.

This request addresses the safety of our student body and staff who use the AED. Over use of the Trainer AED has lead the AED Trainer not to functioning correctly. The AED is now limited in its functionality in an instructional situation.

**4.3.** What measurable outcome will result from filling this resource request?

Having new HeartStream Trainer HS1 Defibrillator will allow the students a better situation to learn the first aid procedures for CPR and Rescue Breathing.

AGENCY	DECISION							
The Program Review Committee has reviewed the data, outcomes and plans in the report and finds	Well supp	Well supported						
	Adequate							
this request to be:	Not suppo	Not supported						
	Reason:	Sect.1: Data	Sect.2: SLOs	Sect.3: Plans	Other:			
Standing Committee Review of Reso	urce Requ	est		Prioritization				
Committee: Academic Affairs				Score				

# HEALTH&PE-HEALTH Little Anne Manikins 4 pak

I: HPE-4

# Section 4 Resource Request

Type of Request:       Facilities/Maintenance       Classroom Upgrades       New space         x_ Instructional Equip.       Non-Instructional Equip       Conference/Travel       Training         Computer/Hdware       Software/Licenses       Supplies       Other
Mandatory: Is this request for one-time funding?x_ OR Does this request require ongoing funding?
If this is a repeat request, please list the Resource ID code or year requested:2010
Mark if the following apply to this request: _x_ Health & Safety Issue Legal Mandate Contractual Requirement
4.1. Clearly describe the resource request:
Little Anne™ Manikin 4 Pack Item: 20024
The Little Anne™ cpr training manikin is a realistic, inexpensive, lightweight, adult CPR trainer that offers all the essential features. It is designed with both the user and instructor in mind. The airway can be opened using head tilt/chin lift and/or jaw thrust techniques. Economical, disposable airways Removable, reusable faces A "clicker" confirms correct compression depth Compression spring for consistent resistance Four Pack <i>Includes</i> : 4 Manikins, Soft Pack Carry case, 8 Resusci manikin Faces, 8 Little Anne Airways, 24 Resusci Manikin Wipes, and Directions for Use.
Amount requested \$ 700.00 not including Tax and S/H

**4.2.** Justification and Rationale: What planning goal, core competency or course/program SLO does this request address? Use data from your report to support your request.

This request addresses the safety of our student body and staff who use the mannequins. Over use of the adult mannequins has lead to many of them to break or not function correctly. They are no longer usable in an instructional situation.

4.3. What measurable outcome will result from filling this resource request?

Having new mannequins creates a better learning environment for the students and will help them to succeed in learning CPR and Rescue Breathing.

AGENCY	DECISIO	ON						
The Program Review Committee	Well supported							
has reviewed the data, outcomes and plans in the report and finds							X	
this request to be:	Not suppo	Not supported						
	Reason:	Sect.1: Data		Sect.2: SLOs		Sect.3: Plans	Other:	
Standing Committee Review of Resor	urce Requ	est			Pr	ioritization		
Committee: Academic Affairs					Sc	ore		

## HEALTH&PE-HEALTH ED. Little Junior Manikins 4 pak

I: HPE-5

## Section 4 Resource Request

Type of Request:x_ Instructional Equip Computer/Hdware		Classroom Upgrades Conference/Travel Supplies	
Mandatory: Is this request	for one-time funding?x_ OF	R Does this request require	ongoing funding?
If this is a repeat request, p	please list the Resource ID code	e or year requested:2010_	
Mark if the following apply	to this request: _x Health & Accreditati	Safety Issue L ion Requirement Co	egal Mandate ontractual Requirement
4.1. Clearly describe the re	•		
The Little Junior Manik	kin 4 Pack Item: 180022		
effective child CPR train tradition as the popular L head tilt/chin lift and/or ja Compression "clicker Economical, disposal Removable, reusable Four Pack includes: 4 Manikin Wipes, and I	" provides audible confirmation ole airways for quick and eas faces 4 Manikins, Soft Pack carry c	alism. Little Junior continu lannequins. The airway ca on of adequate compress by cleanup ase, 8 Junior Faces, 8 Jun	es in the same an be opened using ion depth

**4.2.** Justification and Rationale: What planning goal, core competency or course/program SLO does this request address? Use data from your report to support your request.

This request addresses the safety of our student body and staff who use the mannequins. Over use of the adult mannequins has lead to many of them to break or not function correctly. They are no longer usable in an instructional situation.

4.3. What measurable outcome will result from filling this resource request?

Having new mannequins creates a better learning environment for the students and will help them to succeed in learning CPR and Rescue Breathing.

AGENCY	DECISION							
The Program Review Committee	Well supp	orted						
has reviewed the data, outcomes	Adequate	Х						
and plans in the report and finds this request to be:	Not suppo							
this request to be.	Reason:	Sect.1: Data	Sect.2: SLOs	Sect.3: Plans	Other:			
				_				
Standing Committee Review of Resource Request Prioritization								
Committee: Academic Affairs				Score				

### **HEALTH & P.E.** Monark Stationary Bikes – I:HPE-6 Ball Bearing cases

## Section 4 **Resource Request**

Type of Request: Facilities/Maintenance Classroom Upgrades New space x_ Instructional Equip Conference/Travel Training Computer/Hdware Software/Licenses Supplies Other
Mandatory: Is this request for one-time funding?x_ OR Does this request require ongoing funding?
If this is a repeat request, please list the Resource ID code or year requested:
Mark if the following apply to this request: _x Health & Safety Issue Legal Mandate Contractual Requirement
4.1. Clearly describe the resource request.
12 Monark 817 E Stationary bikes. – Ball Bearing Cases for the pedals
Amount requested \$1,200.00 not including Tax and S/H
<b>4.2.</b> Justification and Rationale: What planning goal, core competency or course/program SLO does this request address? Use data from your report to support your request.
This request addresses the need to replace the ball bearing cases on the Monark 817E stationary bikes. The bikes are all 15 years old. The company that manufactured the bikes is no longer making parts for this bike. The cost to fix them will only increase as parts get harder to get. Let it be noted that there will be a need to plan on replacing the 10 bikes with new model in the near future. "Remanufacturers agree that the average life span for cardio equipment is approximately three to five years." Fitness Magazine Feb. 08.
4.3. What measurable outcome will result from filling this resource request?
Students and staff will have a safe, reliable machine to work out on.

AGENCY	DECISION							
The Program Review Committee has reviewed the data, outcomes and plans in the report and finds this request to be:	Well supp							
	Adequately supported							
	Not supported							NS
	Reason:	Sect.1: Data		Sect.2: SLOs		Sect.3: Plans	Other:	
Standing Committee Deview of Dece	uroo Bogu	oot			Dr	ioritization	•	
Standing Committee Review of Resource Request Prioritization  Committee: Academic Affairs Score								

### HEALTH & P.E. Star Trac E-ST Stepper

I:HPE-7

## Section 4 Resource Request

Type of Request:x_ Instructional Equip Computer/Hdware	Facilities/Maintenance Non-Instructional Equip Software/Licenses	Classroom Upgrades Conference/Travel Supplies	New space Training Other
Mandatory: Is this request	t for one-time funding?x_ Ol	R Does this request requir	e ongoing funding?
If this is a repeat request, p	please list the Resource ID code	e or year requested:	
Mark if the following apply	to this request: _x Health & Accreditat		Legal Mandate Contractual Requirement

#### **4.1**. Clearly describe the resource request.

#### Star Trac E-ST Stepper

#### **Features**

- Pre-wired for E Series PVS entertainment system.
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- Integrated iPod® connector and USB power port provides convenient charging of iPod® and other media devices. (Optional)
- Multiple motivational and muscle-specific workout programs allow users to energize their workout, whether it's climbing the Empire State Building, with Famous Steps™ or toning with the Glute Sculptor program.
- Supportive Handrails including an Aero Bar that runs over the display for comfortable hand placement at every angle.
- Star Trac's popular adjustable personal fans creates a more rewarding workout

#### **Specifications**

- Overall Dimensions: 43" | x 27" w x 70.25" h (110 x 69 x 178.4 cm)
- Overall Weight: 175 lbs (79.5 kg)
- User Weight Capacity: 350 lbs (159 kg)
- Pedal Size: 11.5" | x 6.5" w, open ended (29.21 x 16.51 cm)
- Distance Between Pedals: 3.5" (8.9 cm)
- Step Range of Motion: 14" (36 cm), independent stepping action
- Electrical: Self-contained power supply, no external power needed. AC adapter is available for an upgrade.
- Certification: UL/CSA, CE, FCC, or CISPR
- Colors: Frame: Silver Shrouds: Slate Gray Accents: Black
- Resistance: 20 levels of intensity
- HR Monitoring: Polar® Telemetry and Contact Heart Rate System
- Display: Intuitive, tactile response keypad with LED technology
- Readouts: 16-character message window; Dedicated: Time, floors climbed, heart rate, course profile, resistance level, motivational track display; Scrolling: Calories, calories/hour, watts, distance, speed, METs
- Programs: 8 programs including Famous Steps, Quick Start, Glute Sculptor, Thigh Toner, Fat Burner, Multi-Stage Fitness Test, Dynamic Heart Rate Control,® Constant Heart Rate Control
- Standard Features: Personal cooling fan, Soft Trac® pedals, Aero Bar over display, dedicated heart rate display, FitLinxx® certified
- Warranty: 2-year warranty on parts, 1-year warranty on labor; Wear items—1- year parts and labor;
   Headphone jack, iPod connector, and USB port 90 day parts, no labor (USA and Canada only)\*

(Light Commercial warranty for all non dues paying facilities 3 years parts/labor)

Amount requested \$ 3,000.00 not including Tax and S/H

**4.2.** Justification and Rationale: What planning goal, core competency or course/program SLO does this request address? Use data from your report to support your request.

This request addresses the safety of our student body and staff who use the Stairmaster 4000pt (18-20 years old). Over use of the stairmaster has lead it to fall apart to the point that we cannot fix parts of the machine. Tape is holding the broken panels in place. The stairmaster is limited in its functionality as a instructional equipment.



**4.3.** What measurable outcome will result from filling this resource request?

Students and staff will have a safe, reliable machine to work out on with an 2 yr warranty parts on parts and 1 yr on labor

AGENCY	DECISIO	DN .							
The Program Review Committee	Well supp	Vell supported  Adequately supported							
has reviewed the data, outcomes	Adequate								
and plans in the report and finds this request to be:	Not suppo	Not supported						NS	
this request to be.	Reason:	Reason: Sect.1: Sect.2: Sect.3: Other: Data SLOs Plans							
					_				
Standing Committee Review of Reso	urce Requ	est			Pr	ioritization			
Committee: Academic Affairs					Sc	ore			

HEALTH & P.E.

SE TBT Total

I:HPE-8

## Section 4 Resource Request

Type of Request:x_ Instructional Equip Computer/Hdware	Facilities/Maintenance Non-Instructional Equip Software/Licenses	Classroom Upgrades Conference/Travel Supplies	New space Training Other
Mandatory: Is this request	for one-time funding?x_ OF	R Does this request requir	e ongoing funding?
If this is a repeat request, p	please list the Resource ID code	or year requested:	
Mark if the following apply	to this request: _x Health & Accreditat		Legal Mandate Contractual Requirement

#### **4.1**. Clearly describe the resource request.

### **E-TBT Total Body Trainer**

#### **Features**

- Integrated iPod® connector and USB power port provides convenient charging of iPod® and other media devices. (Optional)
- Pre-wired for E-Series PVS entertainment system.
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout.
- User-friendly console features a large message window, motivational track, 8 user-specific workout programs, personal fan, and multiple cup and accessory holder.
- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles.
- Star Trac's popular adjustable personal fans create a more rewarding workout.

#### **Specifications**

- OVERALL DIMENSIONS: 76" | x 30" w x 71.5" h (193 x 76.2 x 181.6cm)
- STEP-UP HEIGHT: 7" (17.8 cm)
- USER WEIGHT CAPACITY: 350 lbs (159 kg)
- PEDAL SIZE: 17.5" I x 8" w (45 x 20 cm), open ended
- DISTANCE BETWEEN PEDALS: 2.25" (5.72 cm)
- OVERALL WEIGHT: 365 lbs (165.9 kg)
- ELECTRICAL: Self-contained power supply, no external power needed. AC adapter is available for an upgrade
- CERTIFICATION: UL/CSA, CE, FCC, or CISPR
- COLORS FRAME: Star Trac Silver, Shrouds: Slate Gray, Accents: Black
- RESISTANCE: 20 levels of intensity
- HR MONITORING: Polar® Telemetry and Contact Heart Rate System
- DISPLAY: Intuitive, tactile response keypad with LED technology
- READOUTS: 16-character message window; Dedicated: Time, RPM, heart rate, course profile, resistance level, 1/4-mile motivational track; Scrolling: Calories, calories/hour, watts, distance, speed, METs Display; Scrolling: Calories, calories/hour, watts, distance, speed, METs
- PROGRAMS: 8 programs including Quick Start, Dynamic Heart Rate Control,® Constant Heart Rate Control
- STANDARD FEATURES: Personal cooling fans, Soft Trac® pedals, dedicated heart rate display, and FitLinxx® certified.
- ENTERTAINMENT: Integrated iPod® connector and USB power port (optional); Pre-wired for E Series PVS entertainment system
- WARRANTY: 2-year warranty on parts, 1-year warranty on labor; Wear items-1- year parts and

labor; Headphone jack, iPod connector, and USB port – 90 day parts, no labor (USA and Canada only)\* (Light Commercial warranty for all non dues paying facilities 3 years parts/labor). Consumer home use warranty increases parts coverage to 10 years.

#### Amount requested \$5,500.00 not including Tax and S/H

**4.2.** Justification and Rationale: What planning goal, core competency or course/program SLO does this request address? Use data from your report to support your request.

This request addresses the safety of our student body and staff who use the Lifestyle Fitness TR9000 (15 year old Cross Trainer). Over use of the stairmaster has lead it to fall apart to the point that we cannot fix parts of the machine. "Remanufacturers agree that the average life span for cardio equipment is approximately three to five years." Fitness Magazine Feb. 08.

**4.3.** What measurable outcome will result from filling this resource request?

Students and staff will have a safe, reliable machine to work out on with an 2 yr warranty parts on parts and 1 yr on labor

AGENCY	DECISIO	DECISION								
The Program Review Committee	Well supp	Vell supported								
has reviewed the data, outcomes	Adequate	ly supported								
and plans in the report and finds this request to be:	Not suppo	Not supported								
this request to be.	Reason:	Reason: Sect.1: Sect.2: Sect.3: Other: Data SLOs Plans								
Standing Committee Review of Resc	urce Requ	est		Pri	oritization	ı				
Standing Committee Review of Resource Request Prioritization  Committee: Academic Affairs Score										

### HEALTH & P.E. Star Trac – E-UB Upright Bike

I: HPE-9

## Section 4 Resource Request

Type of Request:x_ Instructional Equip Computer/Hdware	Facilities/Maintenance Non-Instructional Equip Software/Licenses	Classroom Upgrades Conference/Travel Supplies	New space Training Other
Mandatory: Is this request	for one-time funding?x_ O	R Does this request requir	e ongoing funding?
If this is a repeat request, p	please list the Resource ID code	e or year requested:	
Mark if the following apply	to this request: _x Health & Accreditat		Legal Mandate Contractual Requirement

#### **4.1**. Clearly describe the resource request.

#### Star Trac E-UB Upright Bike

#### **Features**

- Star Trac's Popular Personal Fan creates a more rewarding workout
- Dynamic Heart Rate Control® adjusts intensity level based on the user's heart rate for interval training
- User-Friendly Console features cup and accessory holder, reading rack
- Inline Skate-Style Pedal Straps allow for easier customized adjustment and a more secure hold
- All Aluminum Frame is an approachable design that is corrosion-resistant
- Easy-Up Seat Adjust for simple position changes

#### **Specifications**

- Model Number: 8000
- Overall Dimensions: 48" x 25" x 58" (121.9 x 63.5 x 147.3 cm)
- Overall Weight: 92 lbs (41.4 kg)
- User Weight: 350 lbs (159 kg)
- Frame: Custom aluminum frame
- Pedals/Cranks: One-piece crank with sealed bearings, extra long 13"pedal straps with "inline skate" clip system
- Electrical: Self-contained power supply, no external power needed.
- Certification: UL/CSA
- Colors: Silver frame with slate gray shrouds and black accents
- Resistance levels: 1-20
- HR Monitoring: Polar® Telemetry and Contact Heart Rate System with Dynamic Heart Rate Control®
- Read Outs: Time, RPM, heart rate, calories, cal/hour, watts, distance, speed, METs level, graphic profile, ¼-mile motivational track display
- Programs: 11 programs including two heart rate control programs, two watts control programs and fitness test (Modified Astrand-Rhyming Test)

Amount requested \$ 2,700.00 not including Tax and S/H

**4.2.** Justification and Rationale: What planning goal, core competency or course/program SLO does this request address? Use data from your report to support your request.

This request addresses the safety of our student body and staff who use the Lifestyle Fitness Stationary bikes (12 years old). Over use of the stationary bike has lead it to fall apart to the point that we cannot fix parts of the machine. Duct tape is holding parts of the back together. "Remanufacturers agree that the average life span for cardio equipment is approximately three to five years." Fitness Magazine Feb. 08.



**4.3.** What measurable outcome will result from filling this resource request?

Students and staff will have a safe, reliable machine to work out on.

AGENCY	DECISIO	)N							
The Program Review Committee	Well supp	Vell supported Adequately supported							
has reviewed the data, outcomes	Adequate								
and plans in the report and finds this request to be:	Not suppo	Not supported						NS	
this request to be.	Reason:	Reason: Sect.1: Sect.2: Sect.3: Other: Data SLOs Plans							
								_	
Standing Committee Review of Resor	urce Requ	est				ioritization			
Committee: Academic Affairs					Sc	core			

HEALTH & P.E. Star Trac – Spinner NXT Bike

**I:HPE-10** 

## Section 4 Resource Request

Resource Reques	ST .
	Facilities/Maintenance Classroom Upgrades New space Non-Instructional Equip Conference/Travel Training Software/Licenses Supplies Other
Mandatory: Is this reques	st for one-time funding?x_ OR Does this request require ongoing funding?
If this is a repeat request,	please list the Resource ID code or year requested:
Mark if the following apply	to this request: _x Health & Safety Issue Legal Mandate Accreditation Requirement Contractual Requirement
4.1. Clearly describe the r	esource request.
Star Trac - Spinner NXT	
Features	
<ul> <li>Handlebars and see</li> <li>Dual oversized ear</li> <li>Patent pending tae</li> <li>Superior biomeche</li> <li>38 lb (17.2 kg) pee</li> <li>Powerful chain dee</li> <li>Custom dual-side</li> <li>Smooth control ree</li> <li>Front mounted wee</li> <li>Non-rusting urethe</li> <li>High impact urethe</li> <li>cycling shoes.</li> <li>Accomodates ride capacity of 350 lb</li> </ul> Specifications <ul> <li>Model Number: 7</li> <li>Overall Dimension</li> <li>Overall Weight: 1</li> <li>Flywheel Weight:</li> </ul>	170 ns: 54" l x 21" w x 40" h (134 x 53.3 x 102 cm) 33 lbs (60.3 kg) 38 lbs (17.2 kg)
<ul> <li>Custom dual-side</li> <li>Smooth control re</li> <li>Front mounted w</li> <li>Non-rusting ureth</li> <li>High impact ureth cycling shoes.</li> <li>Accomodates ride capacity of 350 lb</li> <li>Specifications</li> <li>Model Number: 7</li> <li>Overall Dimension</li> <li>Overall Weight: 1</li> <li>Flywheel Weight:</li> </ul>	d SPD pedals featuring a larger pedal body and both SPD and toe cage design. esistance knob with direct pressure emergency stop. heels for easy transport and movement. hane/over-molded leveling feet, for easy leveling adjustment. hane rear stretch guard and step guards to prevent damage to frame from cleater ers 4'10" (147.3cm) to 6"10" (208.3cm) with a maximum recommeded weight be (158.8 kg).  170  170  18: 54" l x 21" w x 40" h (134 x 53.3 x 102 cm)  33 lbs (60.3 kg)

Amount requested \$ 1,300.00 not including Tax and S/H

**4.2.** Justification and Rationale: What planning goal, core competency or course/program SLO does this request address? Use data from your report to support your request.

This request addresses the need to replace one of the Spinning bikes that was stolen two years ago from the fitness center.

**4.3.** What measurable outcome will result from filling this resource request?

To have the bike back to allow the 24<sup>th</sup> student to continue with the class.

AGENCY	DECISIO	ON							
The Program Review Committee	Well supp	Vell supported							
has reviewed the data, outcomes	Adequate	dequately supported							
and plans in the report and finds this request to be:	Not suppo	Not supported NS							
this request to be.	Reason:	Reason: Sect.1: Sect.2: Sect.3: Other: Data SLOs Plans							
Standing Committee Review of Resource Request Prioritization									
Committee: Academic Affairs					Sc	core			

**HEALTH & P.E.** Star Trac – S-TR Treadmill I:HPE-11

## Section 4 **Resource Request**

Type of Request:x_ Instructional Equip Computer/Hdware	Facilities/Maintenance Non-Instructional Equip Software/Licenses	Classroom Upgrades Conference/Travel Supplies	New space Training Other
Mandatory: Is this request	for one-time funding?x_ O	R Does this request require	ongoing funding?
If this is a repeat request, p	please list the Resource ID code	e or year requested:	
Mark if the following apply	to this request: _x Health & Accreditat		Legal Mandate Contractual Requirement

#### **4.1**. Clearly describe the resource request.

#### S-TR Treadmill **Features**

- Integrated iPod® connector and USB power port provides convenient charging of iPod® and other media devices. (Optional)
- Pre-wired for E-Series PVS entertainment system.
- Innovative Aero Bar™ handle provides multiple alternative hold points around the display.
- Centered dual-adjustable personal fans create a more rewarding workout.
- Soft Trac® triple cell cushioning system provides maximum shock absorption.

#### **Specifications**

- OVERALL DIMENSIONS: 85" | x 34" w x 60" h (215 x 86 x 153cm)
- RUNNING SURFACE: 60" I x 20" w (152 x 51 cm)
- OVERALL WEIGHT: 400 lbs (181 kg)
- STEP-UP HEIGHT: 9.5" (24 cm)
- USER WEIGHT CAPACITY: 500 lbs (227 kg)
- FRAME: Custom aluminum uniframe
- MOTOR DRIVE: 5 HP AC
- ELECTRICAL: 110 volt
- CERTIFICATION: UL/CSA, CE, FCC, or CISPR
- SUSPENSION: Soft Trac® triple cell neoprene rubber, Deck System: Reversible 1" (2.5 cm) composite fiberboard, waxing not required
- ROLLERS: 3.5" (9 cm) sealed bearings
- COLORS: Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black
- INCLINERANGE: 0 to 15% in 0.5% increments
- SPEEDRANGE: 0.5 to 15mph\*\* (0.8 to 24 km/h\*\*) in 0.1 mph (0.1 km/h) increments
- HR MONITORING: Polar® Telemetry and Contact Heart Rate System
- DISPLAY: Intuitive, tactile response keypad with LED technology
- READOUTS: 20-character message window; Dedicated: Speed and incline, time elapsed, calories, distance, course profile, heart rate; Scrolling: Time remaining, vertical distance traveled, laps completed, pace (min/mile or km), calories/hour, 1/4-mile motivational track
- PROGRAMS: 12 programs including Dynamic Heart Rate Control®, Constant Heart Control, Fitness Test (Modified Balke Ware), Firefighter Test (Modified Gerkin Protocol), ARMY Protocol, USMC Protocol, USAF Protocol and NAVY Protocol
- STANDARD FEATURES: Personal cooling fans, wrap-around Aero Bar, dedicated heart rate display, safety lockout control, FitLinxx® certified.
- ENTERTAINMENT: Integrated iPod® connector and USB power port (optional) Pre-wired for E-Series entertainment system.

• WARRANTY: Motor & MCB–5-year parts and labor; Other parts–2-year parts, 1-year labor; Wear items–1-year parts and labor; Headphone jack, iPod connector, and USB port – 90 day parts, no labor (USA and Canada only)\*\* (Light Commercial warranty for all non dues paying facilities 3 years parts/labor). Consumer home use warranty increases parts coverage to 10 years.

#### Amount requested \$ 4,900.00 not including Tax and S/H

**4.2.** Justification and Rationale: What planning goal, core competency or course/program SLO does this request address? Use data from your report to support your request.

This request addresses the safety of our student body and staff who use the Lifestyle Fitness Treadmill (20 year old). Over use of the Treadmill has lead it to fall apart to the point that we cannot fix parts of the machine. "Remanufacturers agree that the average life span for cardio equipment is approximately three to five years." Fitness Magazine Feb. 08.

4.3.	What measurable	outcome will	result from	filling this	resource	request?

	Students and staff	will have a sa	ife, reliable n	nachine to	work out on.
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AGENCY	DECISIO	ON							
The Program Review Committee	Well supp	Well supported Adequately supported							
has reviewed the data, outcomes	Adequate								
and plans in the report and finds this request to be:	Not supported							NS	
this request to be.	Reason:	Reason: Sect.1: Sect.2: Sect.3: Other: Data SLOs Plans							
Standing Committee Review of Resource Request Prioritization									
Committee: Academic Affairs					So	core			

#### **HEALTH & P.E.**

#### Administrative Assistant

**I:HPE-12** 

**Section 4: CHAC REQUEST** 

If this is a repeat request, please list the year(s) requested: 20	007 - Present
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**4.1**. Describe the position including the complete description used to advertise for the position. Also include the division/department/program or service and full-time percentage for the position.

The division administrative assistant position needs to be increased. We are looking to move Rubina from a 10 month 60% hire to a 12 month 100% position. Rubina works with the Physical Education, Health, Athletics, and new Kinesiology Departments.

#### 4.2 Criteria:

a) Are there state or federal mandates particular to this program/service? If so, please describe.

No, but Health, PE, and Athletics is the only division without a full time administrative assistant. The Health/PE division is by no means could be considered a small division.

b) How does this position support the objectives and functions of the college in regards to the Mission Statement, EMP goals, annual college goals and/or student need?

Rubina works closely with the Physical Education/ Health Chair – Jon Gold, Athletic Director–John Cicuto and Students Affairs – Aida Avanousian.

Some of Rubina responsibilities include:

Flagging student/athletes for priority registration;

Working with Aida on eligibility on over 300+ full time student/athletes;

Reporting to outside colleges and universities concerning transfer status. The athletic department has one of the highest transfer rates as compared to the average transfer rate for the general population at GCC;

Setting up transportation for athletic events;

Contacting and scheduling referees for athletic events.

Rubina's responsibility are almost impossible to complete considering she is on campus from 8am – 2pm for 10 months.

Health/PE and Athletics is the only Division on campus that does not have a full time administrative assistant.

c) Please provide quantitative data to support your request (such as program review, research office reports, surveys, etc.)

In the Instructional Program Review Fall 2007 Physical Education, we requested that a reevaluation of staff (Long Term) be conducted in 2010-2011. The Health, PE, and Athletic Division has gone way to long without a full time administrative assistant. With the new standards that the college requires from each area, it is imperative that the Division gets the staffing to meet these goals. d) Is this request related to compliance with a collective bargaining agreement? If so, please explain.

N/A

e) Are there industry standards that directly relate to this position? If so, please explain.

No, but every division on this campus has a full time administrative assistant except PE, Health, and Athletics.

#### 4.3 Additional Information

a) What implications does the addition of this position have on: budget, staffing, facilities and equipment?

Since the position already exists, additional cost would be for the addition 2 months work and 40% increase in work load to support the increasing workload of this very active and busy division.

b) Discuss any benefits your program may have lost from not receiving this requested position.

What the division is losing is the ability to stay up on eligibility of student/athletes, stressing the coaches and athletic directors with concerns about setting up transportation and make sure referees are contacted.

The current workload puts STRESS upon Rubina because she feels that she can never catch up on her duties.

c) Are there any special concerns that are not addressed in this request? If so, please explain.

The needs of the Hlth/PE and Athletic departments and the goals set forth by the college, has put extreme stress on everyone in the division. PE/Hlth and Athletics is trying to accomplish these goals with a part-time Administrative Assistant and it is very difficult to complete in a timely manner

d) Describe how this position enhances student success and/or program outcomes.

Having an administrative assistant work 2 additional months, with the additional hours each day, would help tremendously in the completion of eligibility reports (weekly), tracers, c-forms etc. to ensure the success of the athletic program and the students/athletes.

Reducing the stress on Rubina juggling her athletic and Hlth/ PE responsibilities. This would also help the division, which is feeling the affects of 4 retired full time instructors, complete reports required for SLO's and Program Review.

**4.4** Please attach data from Human Resources on new classified hires in your program during the past five years, including the full-time percentage of each new hire.