

## 2022 INSTRUCTIONAL ANNUAL PROGRAM PLANNING WORKSHEET

CURRENT YEAR: SPRING 2022      PROGRAM: FITNESS PROFESSIONAL CERTIFICATE  
CLUSTER: KINESIOLOGY      LAST YEAR CPPR COMPLETED: 2020  
NEXT SCHEDULED CPPR: 2024      CURRENT DATE: 3/2/2022

The Annual Program Planning Worksheet (APPW) is the process for:

- reviewing, analyzing, and assessing programs on an annual basis
- documenting relevant program changes, trends, and plans for the upcoming year
- identifying program needs, if any, that will become part of the program's [resource plan](#)
- highlighting specific program accomplishments and updates since last year's APPW
- tracking progress on a Program Sustainability Plan if established previously

**Note:** Degrees and/or certificates for the *same* program *may be consolidated* into one APPW.

This APPW encompasses the following degrees and/or certificates:

Fitness Professional Certificate. Required Courses (17 units) KINE 214 INTRODUCTION TO EXERCISE SCIENCE, KINE 224 CERTIFIED PERSONAL TRAINER or KINE 218 EXERCISE LEADERSHIP, KINE 219 COACHING WELLNESS BEHAVIORS, KINE 220 PERSONALIZED FITNESS PLANNING FOR LIFETIME WELLNESS, KINE 213 INTRODUCTION TO PREVENTION AND CARE OF ATHLETIC INJURIES, HEED 204 STANDARD FIRST AID AND CPR, NUTR 240 PERSONALIZED NUTRITION PLANNING FOR LIFETIME WELLNESS, One unit of from any Kinesiology Activity (KINA) course.

### GENERAL PROGRAM UPDATE

Describe significant changes, if any, to program mission, purpose, or direction. *If there are not any, indicate: NONE.*

These programs have undergone significant changes in that they have been combined into one, streamlined certificate "EXERCISE SCIENCE - Fitness Professional Certificate of Achievement" effective catalog year 2021-2022. This change aligns the curriculum more closely to student interest and empowers students to explore multiple options in the Exercise Science field without duplicating coursework and/or increasing academic time.

### PROGRAM SUSTAINABILITY PLAN UPDATE

Was a Program Sustainability Plan established in your program's most recent Comprehensive Program Plan and Review?

- Yes  If yes, please complete the Program Sustainability Plan Progress Report below.  
No  If no, you do not need to complete a Progress Report.

If you selected yes, please complete the Program Sustainability Plan Progress Report below after you complete the Data Analysis section. That data collection and analysis will help you to update, if necessary, your Program Sustainability Plan.

### **DATA ANALYSIS AND PROGRAM-SPECIFIC MEASUREMENTS**

Your responses to the prompts for the data elements below should be for the entire program. If this APPW is for multiple degrees and/or certificates, then you MAY want to comment on each degree and/or certificate or discuss them holistically for the entire program being sure to highlight relevant trends for particular degrees and/or certificates if necessary. Responses in this document need only reference the most recent year's available data.

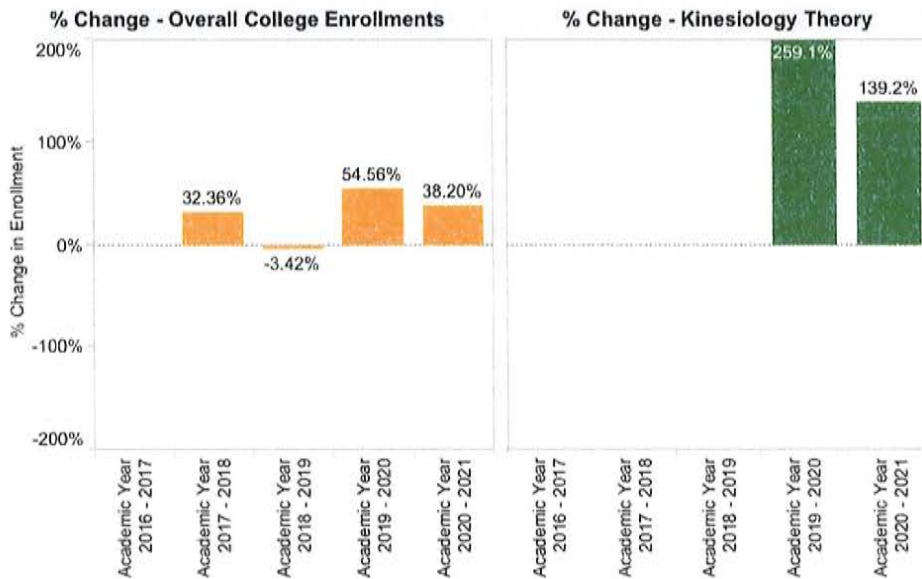
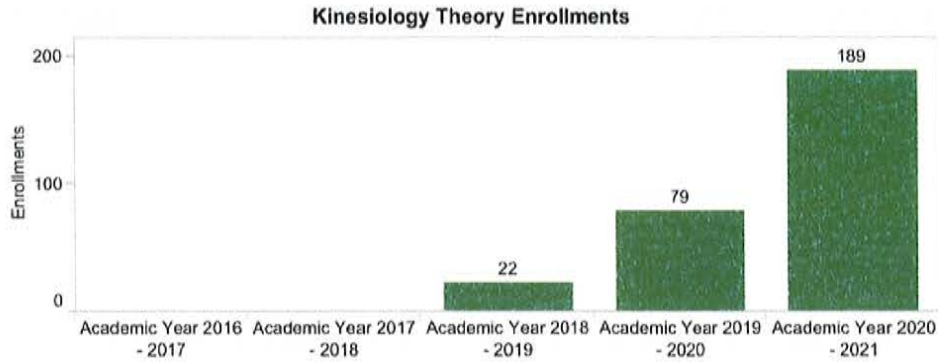
## SLOCCCD Program Review Data - Enrollment

Department:  
Kinesiology Theory

Course:  
All

Dual Enrollment:  
Not Dual Enrollment

Prison:  
CMC:Prison



Enrollment: Duplicated count of students who completed greater than 0 units in positive attendance courses or were present on census for all other accounting methods.

**General Enrollment:** Overall, the enrollment for the courses in this certificate have seen a significant increase. The marked increase is due to outreach efforts and by capturing interest in Dual Enrollment and at CMC.

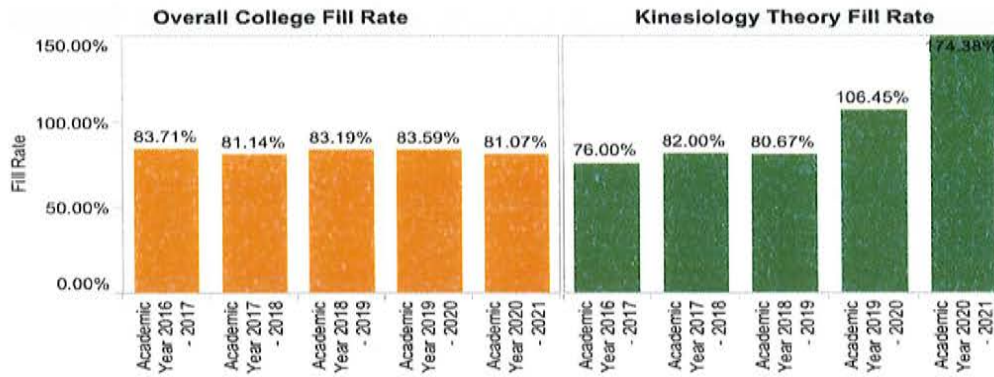
### SLOCCCD Program Review Data - Student Demand (Fill Rate)

Department:  
Kinesiology Theory

Course:  
Multiple values

Dual Enrollment:  
All

Prison  
All



Fill Rate: The ratio of enrollments to class limits. Cross listed class limits are adjusted appropriately. Also, courses with zero class limits are excluded from this measure.

**General Student Demand (Fill Rate)** The fitness professional market in San Luis Obispo is steady, but the number of students interested in that industry is relatively small compared to other academic areas. The certificate program will always fill a relevant but niche market. The student demand numbers reflect the assertion that there is interest in this field of student, but less so than other, more high demand academic programs. The significant increase in fill rate is due to the addition of classes at CMC and a new Work Experience course in Kinesiology.

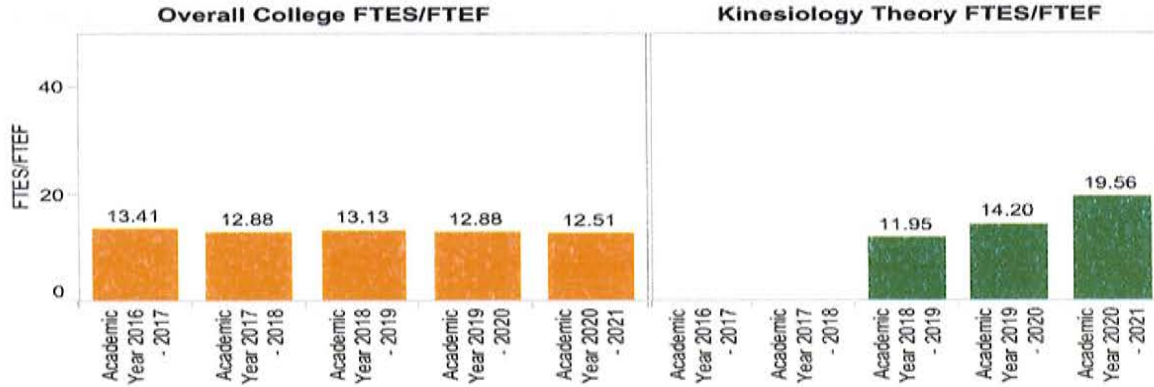
## SLOCCCD Program Review Data - Efficiency (FTES/FTEF)

**Department:**  
Kinesiology Theory

**Course:**  
All

**Dual Enrollment:**  
Not Dual Enrollment

**Prison:**  
CMC:Prison



FTES/FTEF: The ratio of total FTES to Full-Time Equivalent Faculty  
(SXD4 Total-Hours/17.5)/XE03 FACULTY-ASSIGNMENT-FTE)

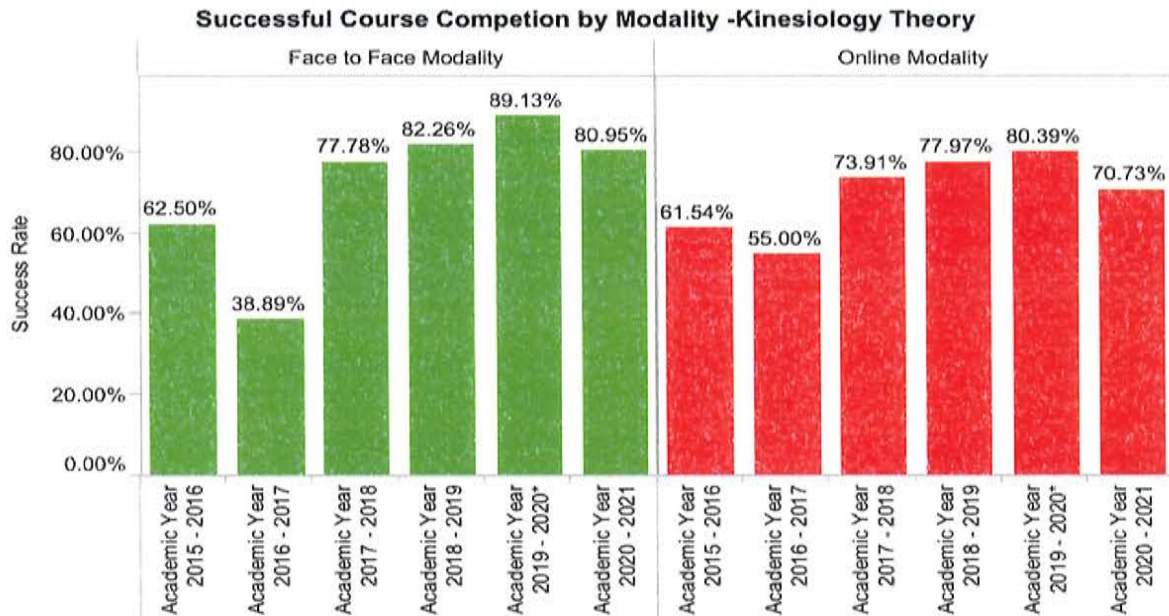
**General Efficiency (FTES/FTEF)** Most courses in this program are taught by fulltime faculty, both in the department and in Applied Behavioral Sciences. Aside from athletic programs and health courses, this program represents the largest investment of departmental teaching resources. The significant efficiency is due to the CMC sections, without CMC, the efficiency drops to 7.96.

## SLOCCCD Program Review Data: Successful Course Completion

Select Department:  
Kinesiology Theory

Course:  
Multiple values

Legend:  
■ Face to Face Modality  
■ Online Modality



**Successful Course Completion by Modality Table - Kinesiology Theory**

		Academic Year 2015 - 2016	Academic Year 2016 - 2017	Academic Year 2017 - 2018	Academic Year 2018 - 2019	Academic Year 2019 - 2020*	Academic Year 2020 - 2021
Face to Face Modality	Department Success Rate	77.54%	71.83%	83.12%	84.65%	86.38%	80.95%
	Total Department Enrollm..	276.0	213.0	237.0	241.0	328.0	195.0
Online Modality	Department Success Rate	61.54%	55.00%	73.91%	77.97%	80.39%	73.71%
	Total Department Enrollm..	13.0	20.0	46.0	59.0	58.0	254.0

**Student Success—Course Completion by Modality** The courses in this certificate have been a mix of online (COVID) and F2F classes. The success rate for F2F is higher than online, similar to the college norm.

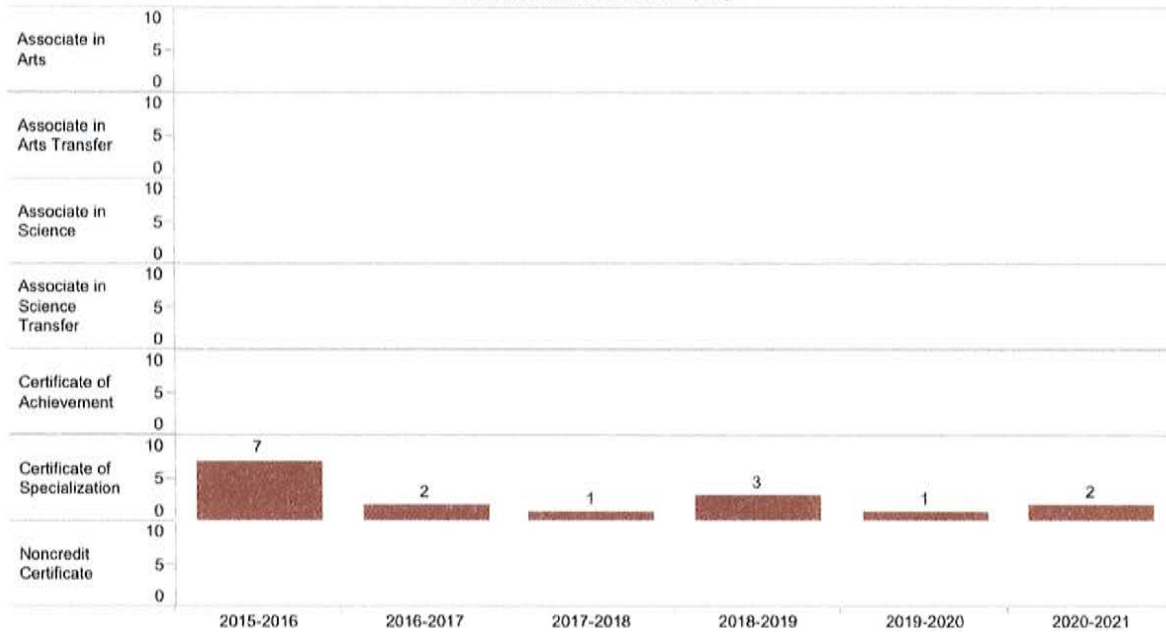
**SLOCCCD Program Review Data: Degrees and Certificates Awarded**

**Program:**  
Kinesiology

**Award Type:**  
Exercise Science (CS)

**Program Awards**

Top Code Description(s): Kinesiology  
Award(s): Exercise Science (CS)



**Program Awards Table**

Award Type	Award	2015-2016	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021
Certificate of Specialization	Exercise Science (CS)	7	2	1	3	1	2
	<b>Total</b>	7	2	1	3	1	2
<b>Grand Total</b>		7	2	1	3	1	2

Program Awards: The number of degrees and certificates awarded by program type

**Degrees and Certificates Awarded** There were two certificates awarded in 2020-2021. As this program develops CTE status and feedback from Fitness Professionals, the department is hoping to improve these numbers.

**SLOCCCD Program Review Data: Successful Course Completion**

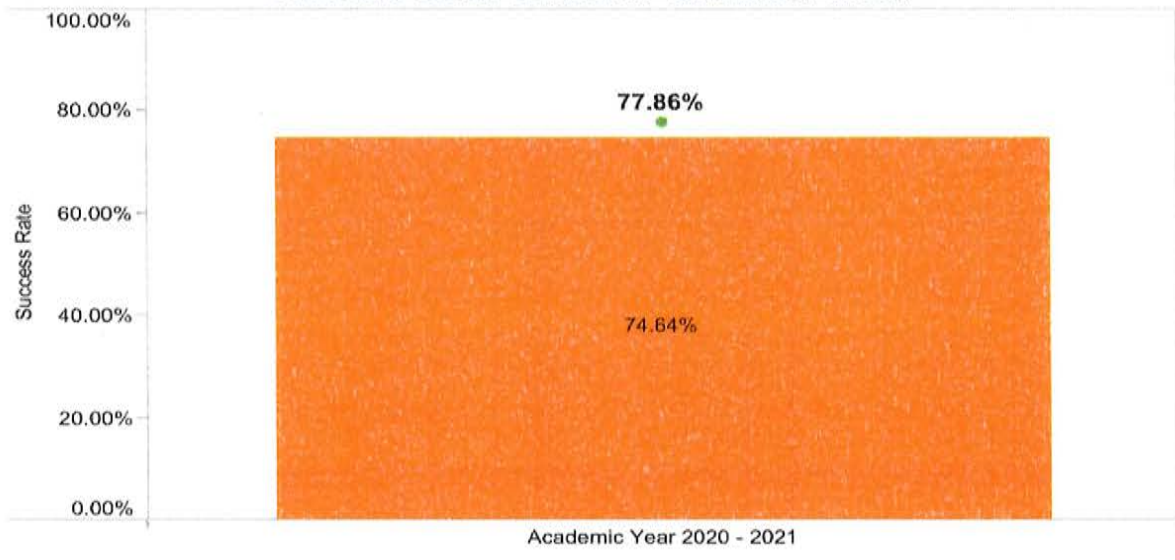
**Select Department:**  
Kinesiology Theory

**TERM**  
Multiple values

**Measure Names**  
■ Department Success Rate  
■ Overall College Success Rate

**COURSE**  
Multiple values

**Successful Course Completion - Kinesiology Theory**



**Kinesiology Theory Success Rate Table**

	Academic Year 2015 - 2016	Academic Year 2016 - 2017	Academic Year 2017 - 2018	Academic Year 2018 - 2019	Academic Year 2019 - 2020*	Academic Year 2020 - 2021
Department Success..	62.26%	47.37%	75.61%	80.17%	86.01%	77.86%
Total Enrollments	53	38	82	121	164	279

Success: The Percentage of student enrollments resulting in a final grade of "C" or better

Students enrolled in this certificate have a higher success rate than the college norm.



## OTHER RELEVANT PROGRAM DATA (OPTIONAL)

Provide and comment on any other data that is relevant to your program such as state or national certification/licensure exam results, employment data, etc. If necessary, describe origin and/or data collection methods used.

Students completing this new certificate (Fitness Professional) will be prepared to 1) take the ACE, NASM, and/or ACSM certification in either personal training or group leaders and 2) be prepared for entry level positions in the fitness industry. Also, with the influx of Strong Work Force funds, student certificate exams are funded by the college.

The following information is from the most recent Labor Market Indicator:

### Key Findings

- In the South-Central Coast region, the number of jobs related to Fitness Trainer are expected to grow over the next five years.
- All three associated occupations are anticipated to experience low risk of automation.
- In 2017 there were 492 regional completions in programs related to the occupations identified as related to Fitness Trainer and 654 openings, indicating an undersupply in this area.
- Typical entry-level education ranges from a high school diploma or equivalent for Fitness Trainers and Aerobics Instructors, to a bachelor's degree for Fitness and Wellness Coordinators & Athletic Trainers.
- Completers of regional Fitness Trainer programs (TOP 0835.20) from the 2015-2016 academic year had a median annual wage upon completion of \$18,638.
- 70% of students are employed within a year after completing a program.

## PROGRAM OUTCOMES ASSESSMENT CHECKLIST AND NARRATIVE

### CHECKLIST:

- SLO assessment cycle calendar is up to date.
- All courses scheduled for assessment have been assessed in eLumen.
- Program Sustainability Plan progress report completed (if applicable).

### NARRATIVE:

Briefly describe program changes, if any, which have been implemented in the previous year as a direct result of the Program or Student Services Learning Outcomes Assessment. *If no program changes have been made as results of Program or Student Services Learning Outcomes*

Assessment, indicate: NONE.

### **PROGRAM PLANNING / FORECASTING FOR THE NEXT ACADEMIC YEAR**

Briefly describe any program plans for the upcoming academic year. These may include but are not limited to the following: *(Note: you do not need to respond to each of the items below). If there are no forecasted plans for the program, for the upcoming year, indicate: NONE.*

- A. New or modified plans for achieving program-learning outcomes
- B. Anticipated changes in curriculum, scheduling or delivery modality
- C. Levels, delivery or types of services
- D. Facilities changes
- E. Staffing projections
- F. Other
  - CTE Advisory Committee meetings happened last spring and, given the influence of COVID, it was difficult to ascertain the needs of the current fitness market.
  - There is ongoing focused marketing on linkage between the program and Work Exp KINE 252.

## PROGRAM SUSTAINABILITY PLAN PROGRESS REPORT

This section only needs to be completed if a program has an existing Program Sustainability Plan. Indicate whether objectives established in your Program Sustainability Plan have been addressed or not, and if improvement targets have been met.

Area of Decline or Challenge	Identified Objective (Paste from PSP)	Planning Steps (Check all that apply)	Has the Improvement Target Been Met?
Enrollment		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Student Demand (Fill Rate)		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Efficiency (FTES/FTEF)		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Student Success – Course Completion		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Student Success – Course Modality		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Degrees and Certificates Awarded		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one

**If Program Sustainability Plan is still necessary, provide a brief description of how you plan to continue your PSP and update your PSP to remove any objectives that have been addressed and include any new objectives that are needed.**

## FITNESS PROFESSIONAL SIGNATURE PAGE

Faculty, Director(s), Manager(s), and/or Staff Associated with the Program

**Instructional Programs: All full-time faculty in the program must sign this form. If needed, provide an extra signature line for each additional full-time faculty member in the program. If there is no full-time faculty associated with the program, then the part-time faculty in the program should sign. If applicable, please indicate lead faculty member for program after printing his/her name.**

**Instructional Programs: All full-time director(s), managers, faculty and/or classified staff in the program must sign this form. (More signature lines may be added as needed.)**

Allison Head	<i>Allison Head</i>	
Division Chair/Director Name	Signature	Date

Nancy Steinmaus	<i>Nancy Steinmaus</i>	
Name	Signature	Date

Name	Signature	Date
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Name	Signature	Date
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Final Audit Report

2022-03-09

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