



Annual Integrated Planning

Kinesiology and Health Science for 2026-2027

---

## Describe Department/Unit

### Connection to College Mission

The mission of the Kinesiology and Health Science Department is to provide a comprehensive, high-quality curriculum that supports transfer preparation, local degrees, and certificates in kinesiology, health, fitness, and wellness. Our programs serve all student populations — including those pursuing the Kinesiology AA-T (available at the Eastern Sierra and Indian Wells Valley campuses), local Sport Studies degrees and certificates, general education students, transfer students, incarcerated students, and community members seeking lifelong wellness and leisure skills.

We offer a broad spectrum of educational experiences that promote academic achievement, career readiness, and personal well-being. Through innovative and engaging instruction, students gain the knowledge, skills, and attitudes necessary for lifelong health and fitness. Faculty foster an appreciation for the essential role of physical activity in human development, performance, interaction, and overall quality of life.

Recognizing the growing health challenges posed by heart disease, cancer, diabetes, obesity, and related stress, the department is dedicated to empowering students to make informed choices that support healthy lifestyles. We are committed to instructional excellence and the continuous integration of the most current research, theories, and best practices in kinesiology, health, and wellness.

# **Report on Improvements Made and Gaps Identified in the Prior Year**

## **Student Equity**

### **Actions Taken**

None action was taken as last years gaps were in students who were economically advantaged and white.

### **Gaps Identified**

The Kinesiology and Health Science Department demonstrates a strong record of student engagement, persistence, and completion across multiple campuses and modalities. Analysis of the 2024-2025 data reveals an overall course completion rate of 92%, comparable to the college average of 96%. However, the overall course success rate for Kinesiology (90%) sits approximately nine percentage points above the college benchmark (81%). The KINS department consistently sits at higher completion and success rates than the college as a whole.

Inmate Education / Rising Scholars courses presents a concern, with a 68% success rate, 10% below college average, the lowest of any cohort in the department. Limited access to technology, instructional materials, and regular instructor contact likely contribute to this outcome.

## **Outcomes Assessment**

### **Loop-Back Improvements Made**

None taken.

### **Schedule of Assessments**

#### **HSCI C101 Principles of Health Education (Effective Spring 2022)**

Assessed Last Year

#### **KINS C101 Introduction to Kinesiology (Effective Fall 2018)**

Assessed Last Year

#### **KINS C102 Physical Activity and Lifelong Well-Being (Effective Fall 2018)**

Will Assess This Year

**KINS C105 Strength Training (Effective Fall 2021)**

Assessed Last Year

**KINS C106 Advanced Strength Training (Effective Fall 2024)**

Will Assess This Year

**KINS C107 Pickleball (Effective Fall 2024)**

Will Assess This Year

**KINS C109 Golf (Effective Spring 2022)**

Not Due to Be Assessed This Year or Last Year

**KINS C110 Walk/Run for Fitness (Effective Spring 2026)**

Will Assess This Year

**KINS C111 Circuit Training (Effective Spring 2022)**

Assessed Last Year

**KINS C113 Tennis (Effective Spring 2022)**

Assessed Last Year

**KINS C115 Volleyball (Effective Spring 2022)**

Not Due to Be Assessed This Year or Last Year

**KINS C117 Fundamentals of Basketball (Effective Summer 2019)**

Will Assess This Year

**KINS C120 Cardio Pump (Effective Fall 2020)**

Will Assess This Year

**KINS C121 Badminton (Effective Spring 2022)**

Not Due to Be Assessed This Year or Last Year

**KINS C123 Softball (Effective Spring 2022)**

Will Assess This Year

**KINS C125 Nontraditional Games and Outdoor Exercise (Effective Fall 2024)**

Not Due to Be Assessed This Year or Last Year

**KINS C140 Hiking (Effective Fall 2020)**

Will Assess This Year

**KINS C151 Conditioning for Competitive Athletes (Effective Spring 2022)**

Will Assess This Year

**KINS C152 Extended Conditioning for Competitive Athletes (Effective Spring 2022)**

Will Assess This Year

**KINS C154 Introduction to Rock Climbing (Effective Spring 2025)**

Not Due to Be Assessed This Year or Last Year

**KINS C155 Cross-country Skiing (Effective Spring 2025)**

Not Due to Be Assessed This Year or Last Year

**KINS C156 Introduction to Mountain Biking (Effective Fall 2025)**

Not Due to Be Assessed This Year or Last Year

**KINS C161 Intercollegiate Basketball (Effective Fall 2024)**

Will Assess This Year

**KINS C171 Women's Intercollegiate Volleyball (Effective Fall 2022)**

Not Due to Be Assessed This Year or Last Year

**KINS C172 Intercollegiate Cross-country Running (Effective Fall 2024)**

Not Due to Be Assessed This Year or Last Year

**KINS C173 Intercollegiate Baseball (Effective Fall 2022)**

Will Assess This Year

**KINS C180 Intercollegiate Soccer (Effective Fall 2025)**

Not Due to Be Assessed This Year or Last Year

**KINS C181 Intercollegiate Softball (Effective Fall 2022)**

Will Assess This Year

**KINS C190 Introduction to Sports Management (Effective Fall 2024)**

Will Assess This Year

**KINS C200 Sport in Society (Effective Fall 2025)**

Not Due to Be Assessed This Year or Last Year

**KINS C202 Care and Prevention of Athletic Injuries (Effective Spring 2025)**

Will Assess This Year

**KINS C203 Coaching: Principle and Practices (Effective Fall 2025)**

Not Due to Be Assessed This Year or Last Year

**KINS C207 Advanced Pickleball (Effective Fall 2026)**

Not Due to Be Assessed This Year or Last Year

## **Outcomes Assessment: Results of Last Year's Assessments**

**SLO for course HSCI C101 Principles of Health Education (Effective Spring 2022) — None Design and implement strategies for making personal behavior changes that improve lifelong wellness.**

No assessment result entered.

**SLO for course HSCI C101 Principles of Health Education (Effective Spring 2022) — None Differentiate between healthy and unhealthy lifestyle choices.**

No assessment result entered.

**SLO for course HSCI C101 Principles of Health Education (Effective Spring 2022) — None Evaluate current diet and fitness and formulate a healthy diet regimen.**

No assessment result entered.

**SLO for course HSCI C101 Principles of Health Education (Effective Spring 2022) — None Examine and evaluate the aging process and personal preparation for death and dying.**

No assessment result entered.

**SLO for course HSCI C101 Principles of Health Education (Effective Spring 2022) — None Interpret and discuss current health issues, with emphasis on preventative health care.**

No assessment result entered.

**SLO for course KINS C101 Introduction to Kinesiology (Effective Fall 2018) — None Analyze the fundamental concepts of basic human movements.**

No assessment result entered.

**SLO for course KINS C101 Introduction to Kinesiology (Effective Fall 2018) — None Describe the historical, ethical, and philosophical foundations of Kinesiology.**

No assessment result entered.

**SLO for course KINS C101 Introduction to Kinesiology (Effective Fall 2018) — None Discuss the kinesiology professional as an integrated physiological, social, and psychological being and how this affects their lifelong wellness in both the professional and personal realms.**

No assessment result entered.

**SLO for course KINS C101 Introduction to Kinesiology (Effective Fall 2018) — None Discuss the relationship between**

**performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.**

No assessment result entered.

**SLO for course KINS C101 Introduction to Kinesiology (Effective Fall 2018) — None Examine the pathways, requirements, ethics and professional expectations of careers in kinesiology.**

No assessment result entered.

**SLO for course KINS C101 Introduction to Kinesiology (Effective Fall 2018) — None Identify the importance of physical activity in daily life and its implications for the discipline of Kinesiology.**

No assessment result entered.

**SLO for course KINS C105 Strength Training (Effective Fall 2021) — None Explain physiological benefits of strength and endurance training.**

No assessment result entered.

**SLO for course KINS C105 Strength Training (Effective Fall 2021) — None Formulate an individualized beginning weight training program that includes exercises for all major muscle groups.**

No assessment result entered.

**SLO for course KINS C105 Strength Training (Effective Fall 2021) — None Identify the variables used when implementing any individualized fitness program.**

No assessment result entered.

**SLO for course KINS C105 Strength Training (Effective Fall 2021) — None Perform correct beginning-level weight training techniques and exercises.**

No assessment result entered.

**SLO for course KINS C111 Circuit Training (Effective Spring 2022) — None Articulate the value of physical activity, which can be performed throughout life.**

No assessment result entered.

**SLO for course KINS C111 Circuit Training (Effective Spring 2022) — None Calculate, monitor, and apply target heart rate (THR) to determine the intensity level of workouts.**

No assessment result entered.

**SLO for course KINS C111 Circuit Training (Effective Spring 2022) — None Increase cardiovascular fitness by participating in class workouts at 40% - 60% of THR.**

No assessment result entered.

**SLO for course KINS C111 Circuit Training (Effective Spring 2022) — None Increase muscular strength/endurance by 5% - 10%.**

No assessment result entered.

**SLO for course KINS C113 Tennis (Effective Spring 2022) — None Acquire and improve basic tennis skills and strategies.**

No assessment result entered.

**SLO for course KINS C113 Tennis (Effective Spring 2022) — None Differentiate among and demonstrate the three basic racquet grips and articulate the purposes of each grip.**

No assessment result entered.

**SLO for course KINS C113 Tennis (Effective Spring 2022) — None Discuss basic strategies for singles and doubles.**

No assessment result entered.

**SLO for course KINS C113 Tennis (Effective Spring 2022) — None Use proper body mechanics and positions related to stroke production.**

No assessment result entered.

## **Outcomes Assessment: Missed Targets**

### **Program Review**

No Program Review reports found.

### **Last Year's Initiatives**

**Name: Mapping PLO to ILOs**

#### **Action Plan**

Mapping of PLO to ILO

#### **Lead Measure of Success**

Contact with SLO coordinator to begin process.

## **Lag Measure of Success**

Mapping has occurred.

## **Initiative Status**

Completed

## **Summarize actions taken on this initiative**

ILO-PLO mapping occurred.

ILO -PLO mapping

ILO

Communication. Students who are completing a program will be able to communicate ideas, perspectives, and values clearly and persuasively while listening to others openly.

Information Competency. Students who are completing a program will be able to access, evaluate, and effectively use information.

Critical Thinking. Students who are completing a program will be able to think critically and creatively and apply reasoning.

KINS PLO

Analyze the anatomical and physiological principles of human movement in exercise and sport settings.

Define the importance and benefits of life-long physical activity and wellness.

Explain the structure and function of the human body.

Apply the principles of physical fitness development and maintenance and assess the body's systematic responses to physical activity.

Apply the techniques of, and demonstrate an advanced level of knowledge in, at least three areas of physical sport skills.

Citizenship. Students who are completing a program will be prepared to engage in responsible citizenship at various levels.

## **Name: Development of local Major**

### **Action Plan**

Development of a local major in "Sport Studies" with transfer possibly as well as potential for immediate employment. Degree will have 2 areas of focus, Coaching or Sports Management.

### **Lead Measure of Success**

Classes written, Degree proposed

### **Lag Measure of Success**

Degree is viable and begin offered by the 25-26 School year.

### **Initiative Status**

In Progress

### **Summarize actions taken on this initiative**

The Kinesiology and Health Science Department has made significant progress toward the development of a new local major in Sport Studies, designed to provide both transfer preparation and immediate employment opportunities within the fields of coaching and sports management. The degree is structured around two primary areas of emphasis, Coaching and Sports Management, allowing students to align their studies with their intended career pathway.

During the current review cycle, the department successfully completed the Coaching emphasis, including the development of new courses, alignment with existing Kinesiology curriculum, and mapping of outcomes for both local and transfer applicability. Work continues on the Sports Management emphasis, which will expand career readiness for students seeking employment in athletic

administration, recreation management, or fitness facility operations. This component remains in development.

## **Initiatives for Next Academic Year**

### **Development of classes and degree programs**

**Is this a multi-year Initiative?** Y

### **Specific Action Steps to be Taken**

Possible Certificates/Degrees

Local Degree-

Sport Management

Sports Health Care

Local Certs

1. Certificate of Athletic Achievement
2. Sport Health Care Assistant
3. Athletic Facilities and Game Day Operations

### **Early Observational Data, or "Lead" Measure(s)**

Program Development and Approval

Student recruitment to new degrees

**Do you request help developing these instruments?** N

### **Institutional Performance Data, or "Lag" Measure(s)**

Increase in total KINS program headcount and FTES

### **Person Responsible**

Chair

### **What unit gap or institutional goal does this address?**

It addresses a strategic plan goal or objective

## **Increase Enrollment**

**Is this a multi-year Initiative?** Y

### **Specific Action Steps to be Taken**

- 1) Low hanging fruit. Seek new enrollments at sites- Specifically ESCC and Tehachapi sites. The addition of a consistent adjunct at ESCC will help with this.
- 2) Marketing to students at all sites.

### **Early Observational Data, or "Lead" Measure(s)**

Increased enrollment in KINS classes.

### **Do you request help developing these instruments?**

### **Institutional Performance Data, or "Lag" Measure(s)**

Increased enrollment, retention and degrees awarded at sites and main campus.

### **Person Responsible**

Chair

### **What unit gap or institutional goal does this address?**

It addresses a strategic plan goal or objective, It addresses a 2- or 5-year program review strategy

## **Recreation and Fitness Center Growth**

**Is this a multi-year Initiative?**

### **Specific Action Steps to be Taken**

#### **1. Increase Student & Staff Use**

- Foster health and wellness campus-wide.
- Create incentives: free orientations, fitness challenges, staff “wellness hours.”

## **2. Academic Integration for KINS Majors**

- Hands-on labs for KINS courses (Exercise Physiology, Care & Prevention, Weight Training, etc.).
- Internship, observation, and practicum opportunities.

## **3. Operational Excellence**

- Clear oversight: run by Athletic Director (AD), supported by Assistant AD, integrated with KINS faculty.
- Consistent maintenance, scheduling, and safety procedures.

## **4. Professional Development**

- Train student workers (monitors, front desk staff) under supervision of Athletics/KINS.
- Provide certification pathways (CPR, Personal Training, Group Fitness Instruction).

## **5. Community Building & Expansion**

- Build campus culture of wellness.
- **Develop an intramural program** to engage students in recreational sports and activities.
- **Open facilities on weekends** for increased access and expanded programming.
- Link intramural/recreation events to Fitness Center participation.

## **6. Safety & Security Integration**

- Campus Safety & Security supports emergency response, evening/weekend coverage, and policy enforcement.
- Works in partnership with Athletics/KINS but does not oversee daily operations.
- Joint drills and trainings for safety preparedness.

## **Early Observational Data, or "Lead" Measure(s)**

### Early Lead Measures for Fitness & Recreation Center Goals

#### 1. Increased Student and Staff Use

Number of student and staff sign-ins per week

Number of new users added monthly

Percentage of campus population aware of the facility through quick surveys

Number of campus wellness promotions launched per month

Participation in fitness orientation sessions for new users

#### 2. Academic Integration for KINS Majors

Number of KINS classes using the facility each term

Number of KINS students completing lab hours or internships

Faculty collaboration meetings per semester between Athletics and KINS

New lab modules or assignments developed using the facility

#### 3. Operational Excellence

Weekly maintenance and safety check logs completed on schedule

Student worker training completion rate

Incidents or equipment downtime tracked weekly

Response time for maintenance or repair requests

#### 4. Professional Development

Number of student workers completing CPR or KINS-led trainings

Student worker hours logged in operational or supervisory roles

Bi-Monthly training or workshop sessions held

#### 5. Community Building and Expansion

Number of weekend open hours offered per month

Average attendance during weekend hours

Number of intramural events scheduled or completed

Intramural team registrations or sign-ups

Marketing campaigns launched for intramural or weekend programs

**Do you request help developing these instruments? Y**

## **Institutional Performance Data, or "Lag" Measure(s)**

### **1. Increased Student and Staff Use**

Total unique users per semester

Average daily attendance growth across semesters

Percentage of students and staff reporting regular use in campus surveys

Overall satisfaction ratings from user feedback forms

### **2. Academic Integration for KINS Majors**

Student success and retention rates in KINS courses using the facility

Post-course surveys showing increased confidence and applied skills

Number of graduates completing internships or practicums in the center

Positive faculty evaluations of facility integration into coursework

### **3. Operational Excellence**

Zero major safety or liability incidents per academic year

Improved equipment uptime and lower repair costs

Positive results from annual facility safety and operations audits

Higher satisfaction ratings from users on cleanliness and functionality

### **4. Professional Development**

Percentage of student workers obtaining certifications before graduation

Post-graduation employment or transfer success of student workers

Student worker evaluations showing skill growth and job readiness

Return rate of trained workers for multiple semesters

### **5. Community Building and Expansion**

Sustained weekend attendance growth semester over semester

Retention of intramural participants across multiple events or terms

Increase in total number of intramural programs offered annually

Campus climate surveys showing improved sense of community and wellness

## **Person Responsible**

Chair, Athletic Director

## **What unit gap or institutional goal does this address?**

It addresses a strategic plan goal or objective

## **Maintenance and repair plan revision/update**

**Is this a multi-year Initiative?**

### **Specific Action Steps to be Taken**

The college gym and recreation center is a vital component of campus life, supporting student engagement, staff wellness, and Kinesiology academic programs. Regular maintenance and timely repair of fitness equipment, facilities, and infrastructure are essential to ensuring safety, maximizing utilization, and prolonging the lifespan of college assets.

#### **Conduct/Review equipment Assessment**

Complete a full inspection of all gym and recreation areas, including equipment. Document the condition, age, and service history of each asset.

#### **Update Equipment Inventory and add Lifecycle Tracking**

Create a digital or spreadsheet-based equipment inventory including manufacturer details, model numbers, installation dates, warranty terms, and recommended maintenance intervals.

#### **Update Preventive Maintenance Schedule**

Build a calendar for daily, weekly, monthly, and annual maintenance tasks. Assign responsibilities to student workers, the assistant athletic director, and facilities or contracted technicians as appropriate.

#### **Define Reporting and Communication Protocols**

Implement a system (e.g., Google Form, maintenance log, or software ticket system) for staff and students to report issues. Ensure all reports route to the fitness center manager or Kinesiology department designee.

#### **Create Standard Operating Procedures (SOPs)**

Develop written SOPs for cleaning, inspecting, repairing, and removing equipment. Include safety checks, sign-off requirements, and escalation steps for major repairs or replacements.

#### **Integrate with Budget and Resource Planning**

Align maintenance schedules with annual budget cycles to anticipate part replacements, contract renewals, and major capital needs. Maintain a contingency fund for emergency repairs.

## **Early Observational Data, or "Lead" Measure(s)**

Inventory accuracy checked for equipment and supplies

**Do you request help developing these instruments? N**

## **Institutional Performance Data, or "Lag" Measure(s)**

Equipment downtime rate (percentage of equipment out of service per month)

Total annual repair costs compared to previous years

Average equipment lifespan relative to manufacturer standard

## **Person Responsible**

## **What unit gap or institutional goal does this address?**

It addresses a strategic plan goal or objective

## **Professional Development**

**Is this a multi-year Initiative? Y**

## **Specific Action Steps to be Taken**

1. Identify Department Priorities and Skills Gaps
2. Develop a Department PD Plan
3. Include a line item in the KINS Department annual resource request for PD travel, industry certifications, and guest speakers.
4. Implement and Track Participation

## **Early Observational Data, or "Lead" Measure(s)**

Attendance at regional and state conferences (CCCPPE, NAKHE, CAPHERD, or related).

Department-wide professional development workshops or training sessions offered per semester.

Faculty participation in curriculum innovation projects (e.g., developing new courses, integrating technology, or assessment redesign).

**Do you request help developing these instruments?**

## **Institutional Performance Data, or "Lag" Measure(s)**

Improvement in student course success and retention rates across KINS courses.

Increased number of approved and launched new certificates/degrees.

Positive faculty self-evaluation or climate survey ratings on professional growth.

## **Person Responsible**

Department

## **What unit gap or institutional goal does this address?**

It addresses a strategic plan goal or objective

## **Requested Resources**

No requests found.

## **Faculty Position Requests**

No requests found.

## **Classified Position Requests**

No requests found.

**Kinesiology AUP Budget Request Worksheet for FY22**

Fund	Org Description	Account Description	Program Description	Activity	Location	2025	2025	2026	2027	Notes	Increase?	If requesting increase of %5 or more		
						Adopted Budget	Actual Expenses	Adopted Budget	Request			In planning document	Data?	Relevance?
GU001	Kinesiology & Health Sc	Student Travel	Physical Education		CI									
GU001	Kinesiology & Health Sc	Rental of Facilities	Physical Education		CB	\$ 2,400.00	\$ -	\$ 2,400.00	\$ 2,400.00					
GU001	Kinesiology & Health Sc	Other Maintenance/Repairs	Physical Education		CI	\$ 5,000.00	\$ 4,076.17	\$ 5,000.00	\$ 6,500.00		no			
LR001	Kinesiology & Health Sc	Inst Supplies & Materials	Physical Education		CI	\$ 6,000.00	\$ 7,338.00	\$ 6,000.00	\$ 7,500.00		Yes			
LR001	Kinesiology & Health Sc	Inst Supplies & Materials	Physical Education		CB	\$ 2,500.00	\$ -	\$ 2,500.00	\$ 2,500.00		Yes no			