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LOS ANGELES HARBOR COLLEGE

College Mission:

Los Angeles Harbor College fosters learning through comprehensive programs that meet the educational needs of the community as measured by student success, personal and institutional accountability, and integrity.


Kinesiology and Health Division

Unit Plan

2015 – 2016

**Nabeel Barakat
Division Chair**

Contact: (310) 233 - 4351

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Unit Plan “Part A”

1. Assessment of Program Review:

The Kinesiology Program at Los Angeles Harbor College is dedicated to the support of the mission statement as presented by the Los Angeles Community College District and the Los Angeles Harbor College. As one part of a comprehensive, well-balanced educational experience, Kinesiology provides our students the opportunity to enhance their mental and physical abilities through lecture and physical activities, and intercollegiate sports. Meeting the demand of our multicultural populations the Kinesiology Department offers courses that have the potential to positively touch, steer, and impact students’ lives which will help students achieve knowledge, healthful living skills, critical thinking, and problem solving leadership for future success


The Kinesiology and Health Department planned a six year course offerings that covers all the courses needed to fulfill requirements for the Kinesiology Transfer Model Degree and the Skills certificate in Physical training. The plan also included the offerings of athletic courses that are mandated for Intercollegiate Athletic Sports for the season the sport is scheduled. Planned course offerings do not change from year to year due to the reduction of offerings during the last two years and also due to the non- prerequisite courses offered. Additional cuts will be implemented for Spring, 2013 which will keep the plan on target regardless of how many courses will be reduced.

The Kinesiology, Health & Wellness Department strives to develop and provide necessary tools for student success, which in turn require additional full-time instructors. Hiring another Kinesiology instructor would strengthen the Department, improve retention, serve more students and assist in creating and implementing new certificates and create more jobs for our future students. The Kinesiology Department is offering a “17” unit Personal Fitness Training Certificate starting Spring, 2012.

The future of Kinesiology and its success will rely on the development of these Certificates. These certificates would include Officiating and Coaching certificates for several sports. This addresses our college goal #1, Learning and Instruction, Career Tech Education (CTE), Basic Skills and Transfer. In addition the department is in discussion with the counseling office in regards to completing the AA-Kinesiology degree. This addresses our college goal #2, Student Support and Services. In addition, we would like to hire a Kinesiology/Health/Head Coach for every sport we offer.

What areas of the program need strengthening?

- * Need additional full-time instructors/head coaches
 - o The Kinesiology/Health department lost over 18 Full-time instructors in the past 20 years they were not replaced. Leaving the department with a total of 4 Full-

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time instructors, 3 were hired in the past 3 years. One as Football head coach.

- Full-time instructors teach only 15% of the total course sections offered, while the adjunct faculty teaches 85% of the remaining sections.

*Need of additional classes and sections

- To full fill the needs for the New Associate of Arts Degree in Kinesiology and the Skills Certificate in Fitness Training.

*Update equipment

- Due to constant repair and maintenance of equipment, student safety at risk.

*Increased supplies budget for instructional use

- Demand for upgrading instructional equipment, modern technology requires an increase in budget from \$0.00 to \$10,000.

What are the strengths of the program?

Flexible schedule of classes

TMC Degree in Kinesiology

Skills Certificate in Fitness Training

Instructors with up-to-date knowledge of instructional material

Dedicated instructors to their student's success


Construction of new Athletic fields

Unity of the three programs (Adaptive P.E., Kinesiology and Athletics) in providing a positive environment for student success

Summarize program and unit plan modifications necessary for program improvement, including objectives, budgets, and timelines for implementation.

The Unit Plan has been modified and updated to fit the needs of the department. Priorities have been organized, changed, voted on and readdressed for the past three years. The need of additional instructors still tops the list of priorities. The department hired three new instructors, but at the same time three instructors retired which kept the number of Full-time instructors at the same ratio. The objectives of the department have also changed:

- Kinesiology and Health replaced Physical Education/Health by Fall 2013.
- Implement the new Skills Certificate in Training, ongoing process.
- Develop Officiating Certificates in kinesiology for all sports, by Fall 2014. Reintroduce the entire courses as Kinesiology courses by Fall 2013. Update all the courses to reflect a four Level course offering by Fall 2016. Develop, implement, assess and use of results of new SLO's for the kinesiology courses by Fall 2016.
- No budget is needed, All is part of Full -Time instructors obligations.


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2. Activities to address program needs:

1. Hire Full-time instructors. The department lost 18 full-time instructors which were not replaced until recently, the department hired three full-time instructors, one in health, one in Kinesiology and the third in kinesiology/Head football coach. However, the kinesiology Department is still lacking on the number of instructors needed to develop and offer the many certificates that we wish to make available for our future students. This addresses our college goal #1, Learning and Instruction.
2. Expand Kinesiology new course offering Skills Certificate in Personal Training (17 units). Provides an opportunity for student athletes to transfer to a four year college, where they can continue their education in health related fields as well as elementary and secondary education. This addresses our college goal #2, Student Support and Services.
3. Develop recruitment practices and provide individualized exercise program (IEP) for students. Instructors/coaches will attend workshops and implement the information into the course syllabus and the IEP. This addresses our college goals #1 Learning and Instruction, #2 Student Support and Service.
4. Increase division retention rate from 89.8% up to 94.8%, which is an increment of 5%. Instructors will provide information to those in need of extra assistance and create a learning environment, through dialogue, discussion, available office hours and email as well as the recommendation of the use of the Learning Resource Center. This addresses our college goal #2 Student Support and Service.
5. Implement the objectives developed by the department, transfer all PE courses to kinesiology.
6. Create an online orientation demonstration for the Weight Room class.
7. Introduce Intramural Sports activities in cooperation with the ASO office.
8. Fundraise for equipment maintenance and for additional supplies and activities.
9. Reintroduce the Annual Walk-A-Thon event for Adapted Kinesiology Program.

How are your program improvements associated with your Program SLOs:

The Kinesiology and Health Program SLO's will be redefined and updated to fit the needs of the new Kinesiology and Health Pathway. All of the Physical Education courses have been Archived ; all were converted to Kinesiology. New updated SLO's and new assessments for all. The department full-time and adjuncts faculty have been very involved in creating, implementing, assessing and updating SLOs for all courses offered.

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**Student Learning Outcomes (SLOs) Assessment Report
Program Assessment**


Program Name: Health and Fitness

Division (if applicable): Kinesiology

Program Contact Person: Barakat, Nabeel

Phone: Reviewed by: The Kinesiology department Date: Nov. 2010

Institutional SLO Number	Program Student Learning Outcomes	Means of Assessment and Criteria for Success	Summary of Data Collected	Use of Results	Timeline for Program Modification
5	1. Demonstrate and utilize knowledge about healthy lifestyle, safety and benefits of physical activity.	Assessment will be correlated with the college ISLO #5.	To be collected in Fall 2013 as part of the college- wide ISLO#5		
4	2. Develop skills working with various multicultural and socioeconomic backgrounds which increase career opportunities.	A survey will be conducted to understand what it takes for students to reach and optimize economic development.	To be collected in Fall 2014 as part of the college- wide ISLO#4 measurement (Health 002, Health 11 and/or PE 97/98)		
3	Develop leadership skills and promote their abilities to climb the ladder of success.	Develop learning and instructional test for climbing the ladder of success.	To be collected in Fall 2015 .		
2	4. Develop critical thinking, problem solving and everyday living skills.	A measurable plan for student success supported by student support services.	To be collected in Fall 2016 as part of the college- wide ISLO#2 Critical Thinking measurement.		

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Student Learning Outcomes

Students who successfully complete a course in Health or Kinesiology shall be able to:

- Develop their critical thinking and increase their abilities to problem solve.
- Increase their knowledge of physical activities and human life span in order to reduce mortality rate.
- Develop a healthful life style which will lead them to healthier and more productive future.
- Develop leadership skills and promote their abilities to climb the latter of success. Increase self-confidence, maturity, communication, teamwork as well as knowledge of working with multicultural people, which in turn will reduce risk factors for dysfunctional personality and multiple types of addiction and abuse.

3. Staffing requirements:

Develop an online group page as an alternative to communicate with adjunct instructors. Since not all adjunct instructors are able to attend departmental meetings at the same time. Attend workshops regarding new technology and computer knowledge for all instructors. New instructors will learn how to use Harbor College's Faculty and Staff Resources on the computer.

1. Hire Full-time instructors, due to the loss of 18 full-time instructors. The department hired three full-time instructors, one in health, one in Kinesiology and one in kinesiology/Head football coach. However, the kinesiology. The department is still lacking on the number of instructors needed to develop and offer the many certificates that we wish to make available for our students. This addresses our college goal #1, Learning and Instruction.
2. The Department hired Women Facility attendant to replace the attendant who passed away five years ago and was not replaced. Title IX issue.
3. The Department has no office assistance to serve the needs of instructors and students.

4. Technological requirements:


Create a computer lab for the Kinesiology Building. The college will provide the necessary lines for the computer lab as well as classrooms, offices and other facility needs for the department. The kinesiology Department is housed in a new facility that is technology friendly and equipped with up to date classroom equipment.

5. Facilities requirements:

The new Wellness Center is sufficient for the department needs at this time.

6. Implementation plan:

*Activities will implemented through efforts of Full-Time instructors as part of their obligations as Full – timers, and through Fundraising proposals which will pay for supplies and other activities.

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Unit Plan “Part B”

Kinesiology / Health		Approx. Yearly Cost (2015-16)
Divisions Core Personnel/Permanent Staff	6	\$450,000.00
Resulting # of sections to be assigned permanent staff per semester*	20	\$100,000.00
Reassigned time per semester (in section equivalents)	1.14	(3x5@\$10,000
Remaining sections to be assigned permanent staff per semester*	0	per sem.)
*as part of regular full load	0	

Discipline	Course #	Course	Units	Fall 15 sections offered:	Fall sections assigned to permanent staff:	Remaining fall sections for listing in “C” & “D”:	Spring 2016 sections offered	Spring sections assigned to permanent staff:	Remaining spring sections for listing in “C” & “D”:	Approx. Yearly Cost (2015-16)
HEALTH	2	HEALTH AND FITNESS	3	5	2	3	5	2	3	\$50,000.00
HEALTH	6	NUTRITION FOR HEALTHFUL LIVING AND FITNESS ACTIVITIES	3	1	0	1	1	0	1	\$10,000.00
HEALTH	11	PRINCIPLES OF HEALTHFUL LIVING	3	12	3	9	12	1	11	\$120,000.00
HEALTH	12	SAFETY EDUCATION AND FIRST AID	3	3	1	2	3	1	2	\$30,000.00

Discipline	Course #	Course	Units	Fall 15 sections offered :	Fall sections assigned to permanent staff:	Remaining fall sections for listing in “C” & “D”:	Spring 2016 sections offered	Spring sections assigned to permanent staff:	Remaining spring sections for listing in “C” & “D”:	Approx. Yearly Cost (2015-16)
KIN	100	INTRODUCTION TO PHYSICAL EDUCATION	3	1	0	0	1	0	0	\$10,000.00
KIN	103	INTRODUCTION TO COACHING ATHLETICS	3	1	1	0	0	1	0	\$10,000.00
DANCE ST	805	Dance History Appreciation	3	1	1	0	0	1	0	\$10,000.00
DANCE TQ	141-1	Modern Dance	1	2	0	2	2	0	2	\$20,000.00
DANCE TQ	141-2	Modern Dance	1	2	0	2	2	0	2	\$0.00




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Discipline	Course #	Course	Units	Fall 15 sections offered:	Fall sections assigned to permanent staff:	Remaining fall sections for listing in "C" & "D":	Spring 2016 sections offered	Spring sections assigned to permanent staff:	Remaining spring sections for listing in "C" & "D":	Approx. Yearly Cost (2015-16)
KIN	119	PHYSICAL EDUCATION - PHYSICAL EFFICIENCY	2	1	1	0	1	1	0	\$10,000.00
KIN	010	PHYSICAL EDUCATION - SCIENTIFIC PHYSICAL FITNESS LABORATORY	1	1	1	0	1	1	0	\$10,000.00
KIN	185	DIRECTED STUDY - PHYSICAL EDUCATION	1	2	0	2	2	0	2	\$10,000.00
KIN	251	YOGA SKILLS	1	2	2	0	2	2	0	\$10,000.00
KIN	229	BODY CONDITIONING	1	6	2	4	6	2	4	\$25,000.00
KIN	245	BODY DYNAMICS	1	2	2	0	2	2	0	\$10,000.00
KIN	250	WEIGHT TRAINING SKILLS	1	2	2	0	2	2	0	\$10,000.00
KIN	217	SELF-DEFENSE SKILLS	1	6	0	6	6	0	6	\$15,000.00
KIN	268	GOLF SKILLS	1	1	0	1	1	0	1	\$10,000.00
KIN	349	STRESS REDUCTION AND PHYSICAL EFFICIENCY	2	1	1	0	1	1	0	\$10,000.00
KIN	287	BASKETBALL SKILLS	1	2	0	2	2	0	2	\$10,000.00
KIN	288	FLAG/TOUCH FOOTBALL SKILLS	1	1	0	1	1	0	1	\$10,000.00
KIN	291	VOLLEYBALL SKILLS	1	2	0	2	2	0	2	\$10,000.00
KIN	385	DIRECTED STUDY - PHYSICAL EDUCATION	3	2	0	2	2	0	2	\$0.00
KIN ATH	503	INTERCOLLEGIATE SPORTS - BASEBALL	3	0	0	0	1	0	1	\$12,206.00
KIN ATH	504	INTERCOLLEGIATE SPORTS - BASKETBALL	3	1	0	1	0	0	0	\$18,191.00
KIN ATH	508	INTERCOLLEGIATE SPORTS - FOOTBALL	3	1	1	0	0	0	0	\$9096.00
KIN ATH	511	INTERCOLLEGIATE SPORTS - SOCCER	3	2	0	2	0	0	0	\$19,248.00
KIN ATH	512	INTERCOLLEGIATE SPORTS - SOFTBALL	3	0	0	0	1	0	1	\$11,385
KIN ATH	516	INTERCOLLEGIATE SPORTS - VOLLEYBALL	3	1	0	1	0	0	0	\$11,502.00
KIN ATH	552	ATHLETICS PRE-SEASON CONDITIONING	1	4	0	4	5	1	4	\$45,000.00
KIN ATH	553	INTERCOLLEGIATE SPORTS-STRENGTH & FITNESS TRG FOR FOOTBALL	1	0	0	0	1	1	0	\$5,000.00
KIN ATH	556	INTERCOLL SPORTS-STRENGTH & FITNESS TRAINING FOR BASKETBALL	1	1	0	0	0	0	0	\$5,000.00
KIN ATH	557	INTERCOLL SPORTS-STRENGTH AND FITNESS TRAINING FOR BASEBALL	1	1	0	1	0	0	0	\$5,000.00
KIN ATH	558	INTERCOLLEGIATE SPORTS-STRENGTH FITNESS TRAINING FOR SOCCER	1	0	0	0	2	0	2	\$10,000.00
KIN	045	ADAPTED FITNESS	1	0	0	1	1	1	0	\$10,000.00
KIN	046	ADAPTED STRENGTH TRAINING	1	1	1	0	0	0		\$10,000.00


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KIN	048	ADAPTED AEROBICS	1		0	1		1	1	0		\$10,000.00
KIN	049	ADAPTED CARDIOVASCULAR FITNESS	1	1	1	1		0	0	1		\$10,000.00
KIN	050	ADAPTED EXERCISE FOR BACK DISORDERS	1	0	0	0		0	0	0		Pending
KIN	051	ADAPTED SPORTS AND GAMES	1	0	0	0		0	0	0		Pending

Unit Plan “Part C”


Offerings denoted as “C” above: that is, offerings mandated by law or other binding requirements per semester but not assigned to division permanent staff because no regular instructor is technically eligible for the assignment.

Activity/Item Listings include all “Other Essential Activities” from each unit plan, along with currently unfunded ‘Core’ activities/items							Approx. Yearly Cost (2015-16)	Division priority	Rationale/ Supporting Information	2012 - 13 Educational Master Plan	Supported by Data/SLOs	Program Review Recommendations	TOTAL
Instructional Materials							\$5,000		Instructions				
Planned “D” offerings carried over electronically from Part B as noted there accordingly.													
Discipline	Course #	Course	Units	Fall 15 sections offered:	Spring 16 sections offered:								
HEALTH	2	HEALTH AND FITNESS	3	1	1	\$30,000.							
HEALTH	6	NUTRITION FOR HEALTHFUL LIVING AND FITNESS ACTIVITIES	3	1	1	\$10,000.							
HEALTH	11	PRINCIPLES OF HEALTHFUL LIVING	3	4	4	\$40,000.							
HEALTH	12	SAFETY EDUCATION AND FIRST AID	3	2	2	\$20,000.							
DANCEST	805	Dance History Appreciation	3	1	1	\$10,000.00							
KIN	229	BODY CONDITIONING	1	4	4	\$40,000							
KIN	217	SELF-DEFENSE SKILLS	1	2	2	\$10,000							
KIN	268	GOLF SKILLS	1	1	1	\$10,000							

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KIN	287	BASKETBALL SKILLS	1	1	1	\$10,000						
KIN	288	FLAG/TOUCH FOOTBALL SKILLS	1	1	1	\$10,000						
KIN	291	VOLLEYBALL SKILLS	1	1	1	\$10,000						
DANCE TQ	141	MODERN DANCE	1	1	1	\$10,000						
KIN	045	ADAPTED FITNESS	1	1	1	\$10,000						
KIN	046	ADAPTED STRENGTH TRAINING	1	1	1	\$10,000						
KIN	048	ADAPTED AEROBICS	1	1	1	\$10,000						
KIN	049	ADAPTED CARDIOVASCULAR FITNESS	1	1	1	\$10,000						
KIN	350	WEIGHT TRAINING	1	1	1	\$10,000						

New facilities funded from Program 100 essential for the delivery of sections taught by permanent staff	\$0
None listed	
New equipment funded from Program 100 essential for the delivery of sections taught by permanent staff	\$0
None listed	
Supplies funded from Program 100 essential for the delivery of sections taught by permanent staff	\$0
None listed	

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Unit Plan “Part D”

Offerings denoted as 'D' in Part B along with essential non-instructional assignments and new equipment or supplies not provided for above, prioritized by the division as provided for here offerings denoted as 'D' in Part B.

Number of Items	Approx. Yearly Cost (2015-16)
38	\$200,000 (44@\$5,000 including supplies est. per sem.)

Activity/Item Listings include all “Other Essential Activities” from each unit plan, along with currently unfunded ‘Core’ activities/items						Approx. Yearly Cost (2015-16)	Division priority	Rationale/ Supporting Information	2012 - 13 Educational Master Plan	Supported by Data/SLOs	Program Review Recommendations	TOTAL
Full Time instructor (displacing 10 assignments above)						\$65,000		Program 100				
Planned “D” offerings carried over electronically from Part B as noted there accordingly.												
Discipline	Course #	Course	Units	Fall 15 sections offered:	Spring 16 sections offered:							
HEALTH	2	HEALTH AND FITNESS	3	3	3	\$30,000.0						
HEALTH	6	NUTRITION FOR HEALTHFUL LIVING AND FITNESS ACTIVITIES	3	1	1	\$10,000.0						
HEALTH	11	PRINCIPLES OF HEALTHFUL LIVING	3	5	5	\$50,000.						
DANCE	805	Dance History Appreciation	3	1	1	\$10,000.						
KIN	229	BODY CONDITIONING	1	2	2	\$20,000						
KIN	217	SELF-DEFENSE SKILLS	1	4	4	\$40,000						
KIN	287	BASKETBALL SKILLS	1	1	1	\$10,000						
KIN	291	VOLLEYBALL SKILLS	1	1	1	\$10,000						
DANCE	141	MODERN DANCE	1	1	1	\$10,000						



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