

## Division Meeting Minutes

Physical Education, Health and Dance

September 21, 2017

Attendance: Ball, S.; Dunlap, J.; Garcia, C.; Hobbs, M.; Iordanov, D.; Iordanova, K.; Kling, C.; Lee Farmer, L.; McCann, K.; Sheet, L.; Wade-Gravett, N.

Absent: Freschi, B. (excused).

### 1. Welcome, meeting called to order 12:30pm

### 2. General Announcements

- a. Division meetings will be scheduled for the third Thursday of each month. This will be an opportunity for faculty to exchange information regarding committee affairs, solicit feedback to take to committee meetings, and discuss general updates.

**The division will meet this fall from 12:30pm – 1:20pm on the following dates:**

- October 19

- November 16

*\*Please look for the calendar invite from Jerry in your Outlook.*

### 3. Faculty Committee Information and Feedback

- a. [Planning and Budget](#) (Freschi): no report. Check [here](#) for the most recent meeting minutes.
- b. [Student Success Standards Committee](#) (Ball):
  - i. Course substitutions: the committee proposes separate forms to be approved by the Board of Trustees, [one for ADT degrees](#) and one for [local degrees/certificates](#). The current form can be found [here](#). Course substitutions are requested most frequently for Math and English, though PE does receive requests from students wanting to waive the PE requirement or use a course from another school to satisfy kinesiology AD-T requirements.
  - ii. Board Policies: revision and updates to BOT policies is ongoing.
  - iii. Student Complaint Process: the committee will discuss the [current process](#) and consider separate processes for instructional and non-instructional complaints.
  - iv. Program Discontinuance: Procedures for program discontinuance are state-mandated but additional criteria and processes can be added. The procedure can be initiated by the Board of Trustees or the District. The committee will review the current [BP](#) and [AR](#) and discuss revisions. Considerations for our division might include definition of what a program is (is it an athletic team? Is it a specific area of study within our division?) and what the composition of

committees evaluating programs for discontinuance will be. [Please provide feedback to Steve Ball by October 2.](#)

- c. [Faculty Coach Committee](#) (Wade-Gravett, Kling)
  - i. Christy Kling is facilitating the evaluation process for 3 faculty members.
  - ii. Nadine Wade-Gravett is facilitating the evaluation process for 2 faculty members. She notes that her teams are currently on track with evaluation deadlines and classroom visits are scheduled. Next steps include peer evaluations and student evaluations are scheduled for October.
  - iii. It was asked if the FCC was involved with the adjunct evaluation process. Jerry noted that the adjunct evaluation process is separate from the tenure-track/tenure process.
  
- d. [Curriculum](#) (Hobbs)
  - i. The committee is currently reviewing the [Division Chair and Dean Checklist](#). Division faculty are concerned about the new structure of the curriculum committee, as the dean checklist bypasses the associate dean, who has more direct contact with the department. Faculty would like the associate dean to have input.
  - ii. The committee is concerned that Pre- and Co-Requisite guideline information is being miscommunicated to students. These guidelines are limited, as they are mandated by the state. There is a [prerequisite handbook](#) available on the committee website.
  - iii. Nadine noted that the current courses for the [AA-T for Kinesiology](#) will need to be addressed. The AA-T was developed prior to the creation of PHYE/DANS course families. Intermediate and TA sections (B and C sections) are not articulated because they did not exist.
  - iv. Michelle has been assigned to the Distance Education subcommittee and they have yet to meet this semester.
  
- e. [Faculty Business](#) (McCann)
  - i. Kelly McCann will represent PHYE as a voting member on this committee. The newly comprised committee will be concerned with [faculty-related policies and standards](#).
  - ii. The committee has a list of items to address. Faculty have been assigned to workgroups for each item. Kelly will be involved in the review and language revisions to the Part-time Evaluation Guidelines.
  - iii. The [BOT Policy Guidelines](#) were reviewed and the [Policy Timeline](#) was approved to move forward to mutual agreement.
  - iv. Distance Education- the committee plans to move forward with a handbook.

#### 4. Division Items

##### a. Learning Outcomes Assessment

- i. Nadine gave an update on the revision of the Course Outlines, which included revision of the SLOs. Each class will focus on two SLOs that more directly relate to curriculum. The six SLOs that the division will be archived.
- ii. Every class will be evaluated. The courses scheduled for evaluation this fall are:  
DANS-101/PHYE-101\*  
DANS-126\*  
DANS-141  
DANS-142\*  
PHYE-103  
PHYE-133/PHYE-133B  
PHYE-146/PHYE-146B  
PHYE-147\*  
PHYE-148/PHYE-148B  
PHYE-149/PHYE-149B  
PHYE-150\*  
PHYE-151/PHYE-151B/PHYE-151C  
PHYE-152/PHYE-152B\*  
PHYE-153\*  
PHYE-160  
*\*not offered or cancelled for fall 2017*
- iii. [Naomi Chianese](#) has offered to help individual faculty in the development of their evaluation tool or process. Drop-in assessment hours are the 2nd and 4th Monday, 3-5 p.m. in 1031C, and by appointment in 1031B.
- iv. The division does not need to use the same evaluation tool for each section.
- v. **Assessment data is due by November 2<sup>nd</sup>**. All data to be entered in TracDat goes to Nadine. The list of courses to be assessed and a deadline reminder will be emailed to the division.

##### b. Classroom 603

- i. Technology upgrades to room 603 are behind schedule. IT has created a purchase order. The purchase order will need to be approved and processed. Jerry will keep faculty apprised of any updates.

## Course Sections to be Evaluated Fall 2017

Course	Sect Nbr	Course Description	Days	Start Time	End Time	Instructor
DANS-141	71497	Dance Production - B	M	TBA		McCann, Kelly
PHYE-103	71518	Fitness for Life		online	online	Baldwin, Sally
PHYE-103	71519	Fitness for Life		online	online	Freschi, Robert
PHYE-133	71535	Body Sculpting	MW	11:00 AM	12:15 PM	Deicke, Susan
PHYE-133	71537	Body Sculpting	TTh	9:30 AM	10:45 AM	Sheet, Luma
PHYE-133B	71536	Intermediate Body Sculpting	MW	11:00 AM	12:15 PM	Deicke, Susan
PHYE-133B	71538	Intermediate Body Sculpting	TTh	9:30 AM	10:45 AM	Sheet, Luma
PHYE-146	71540	Fitness Flexibility	TTh	11:00 AM	12:15 PM	Sheet, Luma
PHYE-146B	71541	Intermediate Fitness and Flex	TTh	11:00 AM	12:15 PM	Sheet, Luma
PHYE-148	71542	Walking for Fitness	MW	9:30 AM	10:45 AM	Freschi, Robert
PHYE-148	71544	Walking for Fitness	MW	11:00 AM	12:15 PM	Ball, Steve
PHYE-148B	71543	Intermediate Walking for Fit	MW	9:30 AM	10:45 AM	Freschi, Robert
PHYE-148B	71545	Intermediate Walking for Fit	MW	11:00 AM	12:15 PM	Ball, Steve
PHYE-151	71547	Weight Training	MW	8:00 AM	9:15 AM	Ball, Steve
PHYE-151	71550	Weight Training	MW	9:30 AM	10:45 AM	Wade-Gravett, Nadine
PHYE-151	71553	Weight Training	MW	11:00 AM	12:15 PM	Freschi, Robert
PHYE-151	71556	Weight Training	MW	5:00 PM	6:15 PM	Page, Jeffery
PHYE-151	71559	Weight Training	TTh	8:00 AM	9:15 AM	Ball, Steve
PHYE-151	71562	Weight Training	TTh	9:30 AM	10:45 AM	Wade-Gravett, Nadine
PHYE-151	71565	Weight Training	TTh	11:00 AM	12:15 PM	Ball, Steve
PHYE-151	71568	Weight Training	TTh	1:30 PM	2:45 PM	Stephenson, Stephani
PHYE-151	72327	Weight Training	MW	3:00 PM	4:15 PM	Parker, Daniel
PHYE-151B	71548	Intermediate Weight Training	MW	8:00 AM	9:15 AM	Ball, Steve
PHYE-151B	71551	Intermediate Weight Training	MW	9:30 AM	10:45 AM	Wade-Gravett, Nadine
PHYE-151B	71554	Intermediate Weight Training	MW	11:00 AM	12:15 PM	Freschi, Robert
PHYE-151B	71557	Intermediate Weight Training	MW	5:00 PM	6:15 PM	Page, Jeffery
PHYE-151B	71560	Intermediate Weight Training	TTh	8:00 AM	9:15 AM	Ball, Steve
PHYE-151B	71563	Intermediate Weight Training	TTh	9:30 AM	10:45 AM	Wade-Gravett, Nadine
PHYE-151B	71566	Intermediate Weight Training	TTh	11:00 AM	12:15 PM	Ball, Steve
PHYE-151B	71569	Intermediate Weight Training	TTh	1:30 PM	2:45 PM	Stephenson, Stephani
PHYE-151B	72328	Intermediate Weight Training	MW	3:00 PM	4:15 PM	Parker, Daniel
PHYE-151C	71549	Olympic Weight Training	MW	8:00 AM	9:15 AM	Ball, Steve
PHYE-151C	71552	Olympic Weight Training	MW	9:30 AM	10:45 AM	Wade-Gravett, Nadine
PHYE-151C	71555	Olympic Weight Training	MW	11:00 AM	12:15 PM	Freschi, Robert
PHYE-151C	71558	Olympic Weight Training	MW	5:00 PM	6:15 PM	Page, Jeffery
PHYE-151C	71561	Olympic Weight Training	TTh	8:00 AM	9:15 AM	Ball, Steve

## Course Sections to be Evaluated Fall 2017

PHYE-151C	71564	Olympic Weight Training	TTh	9:30 AM	10:45 AM	Wade-Gravett, Nadine
PHYE-151C	71567	Olympic Weight Training	TTh	11:00 AM	12:15 PM	Ball, Steve
PHYE-151C	71570	Olympic Weight Training	TTh	1:30 PM	2:45 PM	Stephenson, Stephani
PHYE-151C	72329	Olympic Weight Training	MW	3:00 PM	4:15 PM	Parker, Daniel
PHYE-160	71573	Adaptive Physic Edu	MW	8:00 AM	9:15 AM	Zwetsloot, Aleida
PHYE-160	71574	Adaptive Physic Edu	MW	9:30 AM	10:45 AM	Kling, Christy
PHYE-160	71575	Adaptive Physic Edu	MW	11:00 AM	12:15 PM	Kling, Christy
PHYE-160	71576	Adaptive Physic Edu	TTh	8:00 AM	9:15 AM	Kling, Christy
PHYE-160	71577	Adaptive Physic Edu	TTh	11:00 AM	12:15 PM	Kling, Christy
PHYE-160	72318	Adaptive Physic Edu	TTh	9:30 AM	10:45 AM	Kling, Christy

## Student Learning Outcomes for Physical Education & Health

Course	Student Learning Outcomes
HELH 100	A. Students will acquire the knowledge and skills to become certified in American Red Cross Community First Aid and Safety.
HELH 106	1. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health. 2. Students will understand the life cycles from birth to death. 3. Students will examine lifestyle choices and how they impact overall health and wellness.
HELH 109	1. Students will demonstrate basics of nutrition as applied to sports 2. Students will demonstrate basics of nutrition and fitness as applied to weight management.
PHYE 100	A. Students will demonstrate swimming safety and basic rescue techniques. B. Students will demonstrate basic swimming strokes.
PHYE 100B	A. Students will learn and demonstrate intermediate swimming strokes: freestyle, backstroke, breaststroke, butterfly.
PHYE 101	A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity. B. Students will understand basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity C. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
PHYE 102A	A. Students will demonstrate exercises that will develop strength and cardiovascular fitness. 2. Students will establish water fitness programs.
PHYE 102B	A. Students will be able to develop an exercise program that will meet all components of fitness through deep water exercises.
PHYE 103	A. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health. B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle C. Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport. D. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
PHYE 112	A. Students will identify and use rules of golf etiquette. B. Students will demonstrate fundamentals needed for various golf swings.

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PHYE 112B	A. Student will demonstrate intermediate fundamentals of golf game: chip shot, pitch shot, lob shot, tee shots, iron shots and putting.
PHYE 113	A. 1.Students will identify and use the rules and etiquette of badminton. 2. Students will perform basic badminton skills.
PHYE 113B	A. Develop intermediate badminton skills. B. Demonstrate intermediate strategies for singles, doubles and mixed doubles.
PHYE 123	A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity. B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. C. Students will understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.
PHYE 123 B	A. Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. B. Acquire knowledge and demonstrate skills to safely engage in physical activity. C. Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.
PHYE 125	1. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. 2. Students will acquire knowledge and demonstrate skills to safely engage in physical activity. 3. Students will understand the basic principles of anatomy, physiology and/or biomechanics and apply the knowledge to movement activity.
PHYE 125B	A. Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. 2. Acquire knowledge and demonstrate skills to safely engage in physical activity. 3. Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.
PHYE 127	A. Upon completion students should be able to execute game strategies appropriate for sand volleyball, demonstrating an understanding of technical and tactical aspects of sand volleyball.
PHYE 127B	A. 1. Students will comprehend and demonstrate the needed skills to compete at an intermediate and advanced level of sand volleyball. 2. Students will apply strategies needed for intermediate/advanced level of play for sand volleyball.
PHYE 129	A. Students will understand and apply spinning workouts designed for strength and cardiovascular fitness. B. Students will be able to develop a personalized spinning workout.

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PHYE 129 B	A. Know how to cycle safely and with confidence by using the techniques learned in class 2. Identify the major muscle groups of the body that are used with cycling 3. Understand metabolic concepts and how they change during exercise 4. Understand the importance of spinning for a lifetime activity
PHYE 130	A. Students will describe and perform various styles of yoga and postures used in each. B. Students will identify how yoga is used to maintain awareness, flexibility and relaxation.
PHYE 130 B	1. Students will use basic principles of health and wellness to develop an informed personal approach to mental and physical health. 2. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. 3. Students will acquire knowledge and demonstrate skills to safely engage in physical activity. 4. Students will learn intermediate postures and will develop strength, endurance, and increased flexibility.
PHYE 131	A. Students will integrate cardiovascular fitness principles into a kickboxing workout. B. Students will show proper technique for cardio kickboxing.
PHYE 131B	A. Students will demonstrate intermediate kickboxing punches, combinations and intermediate kickboxing kick combinations, utilizing both their dominate and nondominate sides. B. Learn to apply cardio kickboxing into a lifetime fitness program.
PHYE 133	A. Students will describe and apply the three components of fitness: strength, endurance, flexibility. B. Students will apply sculpting exercises into a fitness plan.
PHYE 133B	A. Students will learn advanced techniques for body sculpting using various free weights, bands, tubing, benches, and mat exercises B. Students will develop intermediate and advanced workout routines.
PHYE 139D	A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity. B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. C. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.
PHYE 139D	A. Students will understand basic principles of anatomy, physiology, and/or bio-mechanics and apply the knowledge to movement activity. B. Students will acquire knowledge and demonstrate skills to safely engage in physical activity. C. Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport.



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PHYE 141	<p>A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.</p> <p>B. Students will understand basic principles of anatomy physiology, and/or biomechanics and apply the knowledge to movement activities.</p>
PHYE 146	<p>A. Students will use principles of fitness flexibility and conditioning to develop a program.</p> <p>B. Students will practice a flexibility program incorporating core, low back and posture musculature.</p>
PHYE 146B	<p>A. Students will demonstrate advanced stretching techniques.</p> <p>B. Students will demonstrate ability to analyze range of motion and develop programs to improve range of motion.</p>
PHYE 147	<p>A. Students will learn and analyze swimming techniques needed for fitness swimming.</p> <p>B. Students will design an aquatic fitness program designed to build cardio endurance.</p>
PHYE 148	<p>A. Students will identify the components of cardiovascular fitness.</p> <p>B. Students will apply proper walking technique and will evaluate an individual walking plan.</p>
PHYE 148B	<p>A. Student will demonstrate advanced walking routines: interval walking, speed training, fartlek training, pole training, race walking, pole walking and treadmill training.</p> <p>B. Students will be prepared to demonstrate various walking formats.</p>
PHYE 149	<p>A. Students will demonstrate skills needed for physical fitness.</p> <p>B. Students will identify benefits of physical activity and lifetime fitness.</p>
PHYE 149B	<p>A. Student will understand how to apply physical fitness principles for greater lifetime wellness and health.</p> <p>B. Student will create a safe and successful fitness program using the knowledge and skills required at an intermediate level of physical fitness.</p>
PHYE 150	<p>A. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.</p> <p>B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.</p> <p>C. Students will demonstrate and value knowledge of psychological and sociological concepts, principles and strategies that apply to physical activity and sport.</p> <p>D. Students will acquire knowledge and demonstrate skills to engage safely in physical activity.</p>
PHYE 151	<p>a. Students will apply and demonstrate basic weight training techniques and styles.</p> <p>b. Students will describe and safely apply lifts for specific muscle groups.</p>
PHYE 151 B	<p>a. Student will explain how to develop a progressive program for intermediate level weight training by using free weight or weight machines.</p> <p>b. Student will select and execute intermediate exercises which target specific muscle groups.</p>

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PHYE 151 C	<p>a. Students will learn and perform all of the major Olympic lifts.</p> <p>b. Students will be able to identify the terminology used in Olympic lifting.</p>
PHYE 152	<p>A. Students will define the basic components of a strength and conditioning program.</p> <p>B. Students will use assessments to apply and develop individualized approaches to enhance strength and conditioning.</p>
PHYE 152 B	<p>A. Students will identify and explain intermediate principles, concepts, and theories of strength training and conditioning.</p> <p>B. Students will design and apply intermediate level exercises to develop a safe and progressive program to improve strength and conditioning.</p>
PHYE 153	<p>A. Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport.</p> <p>2. Students will acquire the personal skills and attitudes to function as a competitor or member of an athletic team.</p> <p>3. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.</p> <p>4. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.</p> <p>5. Students will understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.</p>
PHYE 154	<p>A. List and describe 6 principles utilized in a Pilates program.</p>
PHYE 154B	<p>A. Identify and describe Pilates Mat exercises.</p> <p>B. Create a personalized Pilates Mat exercise program for home practice.</p>
PHYE 160	<p>A. Students will identify and implement their Individual Exercise Plan(IEP)</p> <p>B. Students will demonstrate proper exercise technique and safe use of equipment.</p>
PHYE 174	<p>A. The student athlete's skills, fundamentals, and techniques will be developed and demonstrated for intercollegiate competition.</p> <p>B. The student athletes will be well conditioned for the rigors of intercollegiate competition.</p>
PHYE 176	<p>A. Perform basic skills necessary to participate in the specific sport.</p> <p>B. Demonstrate an understanding of the strategy of the sport.</p>
PHYE 176 B	<p>A. Perform intermediate skills necessary to participate in the specific sport. 2. Demonstrate an intermediate understanding of the strategy of the sport.</p>
PHYE-178	<p>A. Prepared physically to perform in rigorous competition.</p> <p>B. Understand how to maintain strength, flexibility, and endurance during a sports season.</p>
PHYE 200	<p>A. Student will formulate his/her coaching philosophy, style, and objectives.</p> <p>B. Student will understand the principles of coaching: self and team management, ethics, and organizational skills.</p>

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PHYE 201	<p>A. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.</p> <p>B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.</p> <p>C. Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport.</p> <p>D. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.</p> <p>E. Students will understand basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.</p>
PHYE 285	A. Demonstrate the skills and utilize strategies required to participate in intercollegiate basketball.
PHYE 286	A. Upon completion of this course, the student will be able to demonstrate the skills and strategies required to participate in intercollegiate basketball.
PHYE 287	A. Students will demonstrate the knowledge, skills and strategies required to participate in intercollegiate baseball.
PHYE 290	A. Students will demonstrate knowledge, skills and strategies required to participate in intercollegiate golf.
PHYE 291	A. Demonstrate the skills and utilize strategies required to participate in intercollegiate soccer.
PHYE 292	A. Students will demonstrate the skills, knowledge and strategies required to participate in intercollegiate softball.
PHYE 297	A. Demonstrate the skills and utilize strategies required to participate in intercollegiate volleyball.