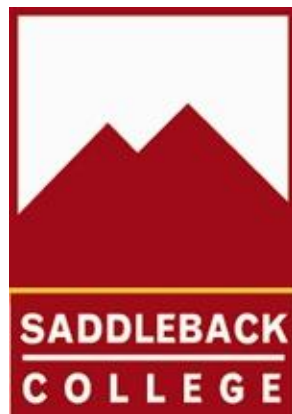


**Saddleback College**  
**Annual Program Review Update**  
**Adapted Kinesiology**



**Submitted December 2009**

**By**

**Ron Hastings**

# Needs Assessment and Annual Update

## A. Statement of Program/Unit's Current Situation

- The Adapted Kinesiology Program (KNEA) currently offers 14 classes and had a total of 530 disabled students in the Fall 2009 Semester.
- Current KNEA classes being offered are:
  - KNEA 1 Adapted Personalized Fitness
  - KNEA 2 Adapted Water Exercise and Swimming
  - KNEA 2X Mild Water Exercise
  - KNEA 4 Adapted Stretching, Balance and Core Strengthening Exercises
  - KNEA 6 Adapted Sports
  - KNEA 289 Adapted Outdoor Education/Recreation
  - KNEA 107 Adapted Fitness Assessment
- The KNEA Program has two Full Time Faculty and one Associate Faculty.
- The KNEA Program has one 20/hr week Non Bargaining employee and seven hourly assistants.

## B. Human Resource Needs

- Increase the hours of the 20/hr week Non Bargaining employee to a full time position.
- Maintain hourly budget for current 2010-2011 Academic School Year.

- Increase hourly rates to levels that support years of experience and expertise.
- One full time faculty member will be retiring at the end of this school year, June 2010. Since the DSPS Budget has been reduced dramatically this year and is forecasted to be reduced even more next year, it is suggested that the position be placed on hold, until funding levels are reversed. When funding is back to previous year levels, then the full time position should be supported. In the mean time, next year and until the position is replaced, OSH needs to be allocated at the same level of a full time faculty or higher to meet the demanding needs of classes and students projected and currently enrolled. OSH will be distributed to Associate Faculty who meet Title V Regulations and equivalency. .

### **C. Instructional/Service Needs**

- Explore ways for the Adapted Kinesiology Program to be more integrated into the Kinesiology Division.
- Adapted Kinesiology should follow the Kinesiology Model for different types of classes offered. Disabled students desire the same types of classes that non disabled are offered. Ex. Yoga, Dance, Volleyball, Surfing, Spin Cycling.
- KNEA 289, Outdoor Education/Recreation is a very popular class and our recreation curriculum needs to be broadened to reflect the curriculum in the Kinesiology's Division Recreation Program, especially REC 104 Camping and Outdoor Education.  
It is suggested that KNEA and KNES Recreation offer some concurrent (two classes, one for disabled and one for non disabled) classes and pool equipment, supplies, faculty expertise and volunteers.
- If KNES develops an Occupation Skills Award Certificate in Recreational Administration, KNEA classes could be a part of the curriculum.

- Develop sports and recreation camps/classes that would be offered after school (high school) and summer to increase community support and promotion of KNEA Programs, similar to our JAWS Camp. Perhaps join a partnership with Community Education's ongoing and summer programs.
- Continue to develop Special Olympic Program with current classes. Integrate skills, especially swimming, for Regional Special Olympic competition, held at Saddleback College.
- Develop and on class that provides understanding of the Adapted Kinesiology Program, which includes information about lifetime activities to disabled populations. Target on line parent accessibility to those that have with children with intellectual disabilities and autism spectrum disorders.

#### **D. Research Needs**

- Research the demographics of the total number of adult disabled in our district area and have them sorted by disability type, age, mobility, and working vs. non working (including worker's compensation).
- Further research the college's geographical growth. The 2008 forecast for those ages 45-54 was to increase to 16.7% by the year 2010 and the forecast for those ages 65-74 was 11.5% increase. These age groups are the most vulnerable to heart disease, stroke and clotting, which in many cases become students in our program.
- Continue to research Special Education populations that transition to Saddleback College from the Capistrano and Saddleback Unified School Districts. The forecast for Intellectually Disabled and Autistic Spectrum Disorders indicates that we will continue to increase significantly from the 115 we currently serve.
- Translate how Adapted Kinesiology fitness and sports/recreation classes, transfer to independent living and occupational skills for all disability

groups. (Pam Patterson-Associate Faculty is developing a curriculum/manual that can transfer the benefits of Outdoor Adventure Recreation skills to Independent Living Skills.

- Study how participation in KNEA may help our students in their performance in academic classes.
- Study the potential reduction in health care costs amongst our chronically disabled students who participate in our classes continuously each semester.
- Look for grants that would fit programs like ours that look into preventative medicine. (Ex. – California Wellness Foundation)

#### **E. Technical Equipment and Other Resource**

- Ongoing upgrades and repairs for adaptive equipment need to be addressed and budgeted.
- Mobile Laptop Computer, digital and video camera will assist instruction; specific disabled student exercise regimens, teaching tools for student helpers and logging data bases.
- Fax Machine needed.

#### **F. Facilities Needs**

- The Weight Training Room, PE 307 is inadequate to meet the needs of our current classes. A separate facility/room needs to be built or relocated. The Kinesiology Division recently converted the Men's Locker Room into an Athletic Weight Room. If a new Fitness/Wellness Center is to be built next to the stadium, the athletes will move there. The Men's Locker Room would be an option to move the Adapted Fitness Classes. Other options include: Have more ownership in PE 307. Build a structure specific for KNEA next to PE 307 that would provide space for all

adapted equipment, including, standing frames, parallel bars, treadmills, etc.

- The pool will be renovated next school year and be down for approximately six months. Alternative schedules need to be adjusted.

#### **G. Marketing and Outreach Needs**

- Update the Adapted Kinesiology Brochure.
- Update the KNEA Webpage.
- Use the research needs assessment to strengthen the visibility of the KNEA Program.
- Plan Annual Disability Expo and Fundraisers, for example, the “Back On Track” to promote programs and raise funds.
- Continue to update student data base to assist outreach, registration, potential newsletter and website.