



H.P.E.R.D. UNIT NARRATIVE 2007-2008

Directions: Use the "Unit Plan Narrative Guide Sheet" to complete this planning form. Be sure that under each section, you write a narrative which discusses all elements listed under each heading. If a particular element does not apply to your area, note that within your narrative. Again, this form should be completed as a narrative, not bulleted.

Department/Unit: Health, Physical Education, Recreation and Dance

Unit Administrator: Eleanor Pitts

Date: May 30, 2008

A. Unit Description

- Connection of the unit to the institution's role and mission:
- Unit Achievements:
- Instructional Units within your division:

The HPERD program has provided fitness classes and programs at very affordable prices for students, staff, and community. Career opportunities have been developed through training programs for Life guards, personal training and internships with schools/recreational centers. Six HPERD majors graduated, 2 majors transferred to senior institutions, enrollment increased in HED 231, PED 107, PED 109 and PED 143.

. Unit Effectiveness

- Staff Description:
- Instructional Effectiveness / Student Success:
- Support Services Connection & Resource Availability:
- Customer Service Ranking:

The HPERD program consists of 3 full-time instructors, 4 part-time instructors, Eleanor Pitts-a certified Red Cross CPR instructor, James Gibbs-certified personal trainer; Leonard Maye-certified water safety instructor, and Caprenia Anthony and Sabrina White-certified dance/aerobics instructor. Community classes in aerobics, water aerobics and swimming were offered during the summer. The Arthur Shores Fine Arts Building has been used by the school and entire community for special events. The swimming pool facility is used by Birmingham Park and Recreation for 2 lifeguard training classes. The gymnasium was used for JEFFCO Basketball Association (Basketball/Football Official Association) training and practice site for the Alabama High School State Basketball Tournament. Teen Focus summer camp and East/West Baseball games also used the facilities.

C. Value Added

- Support of the unit to other program and units:
- Strengths:
- Areas Needing Improvement:
- Departmental or Unit Needs:
- Recommendations:

The HPERD program teaches students the basic concepts to maintain and improve physical, mental, and social health that will enhance academic performances and life long choices. The gymnasium provides an atmosphere for stress relief through individual choices of physical activity. The Department provides an excellent facility which includes specialized instructors in swimming,

personal fitness, and aerobics. Four computers were purchased for the full-time faculty in the HPERD department. New aerobic and fitness equipment was purchased for the Bessemer campus. Renovations to the Arthur Shores Fine Arts Building are to begin in the fall 2008. Bids were submitted for the weight room. Classroom furniture is needed.

). **Projections**

- a. Staff needs:
- b. Resources needs:
- c. Professional development needs:
- d. Other (if applicable):

A full time instructor with no coaching duties is needed to enhance the attendance in HPERD courses. Projectors, computers, tables, chairs, and dry erase boards are needed in the class rooms. Updated weight equipment is needed in the weight room. Provide seminars and workshop for HPERD during professional development.

H.P.E.R.D. UNIT PLAN 2007-2008

Directions: Use 9 point font when completing this form. First, complete columns A-D. Make sure your Unit Outcomes are targeted, essential and measurable. Columns E & F (which serve to assess whether your goals were reached and how you intend to use the results) will *not* be completed until the end of the cycle in the spring.

Unit : HPERD(Health, Physical Education & Recreation Division) **Unit Administrator:** Eleanor Pitts **School Year:** 2007-2008

Number Each Outcome	Number each Outcome in each column	A. Unit Outcomes (3-4) <i>no more</i> Should be measurable. Use percentages where possible. <u>Be brief.</u>	B. Outcomes Link to Institutional Goals & Strategic Indicators List the goal numbers and the corresponding Strategic Indicator letters (i.e., Goal 1; Indicators B & C; Goal 2; Indicators A-C, etc.)	C. Methods of Assessing the Outcome List what indirect methods you plan on using to measure each outcome (i.e., board exams, surveys, graduation results, retention results, etc.)	D. Budget Implications If your outcome has budget implications (costs that will exceed \$499), list them here.
		<p>1. 100% of HPERD instructors in specialized areas will maintain certifications in the areas of swimming, CPR, aerobic and weight training as appropriate.</p> <p>2. 100% of HPERD instructors will use Blackboard for grades and record keeping.</p> <p>3. HPERD will provide wellness and fitness classes for faculty and staff and community outreach (i.e. Water Aerobic, Swimming and Aerobic Classes)</p> <p>4. HPERD department will survey students to assess the satisfaction and needs of the LSCC wellness facility.</p>	<p>1. Goal 1: Indicator A Target actions: 1</p> <p>Goal 6: Indicator F Target actions: 3</p> <p>2. Goal 3: Indicator A,B Target actions: 2</p> <p>3. Goal 8: Indicator A Target actions: 1 & 4</p> <p>4. Goal 1: Indicator A, B Target actions: 2 & 8</p>	<p>1. Eleanor Pitts, CPR Instructor; Leonard Maye, Lifeguard; James Gibbs, Personal Trainer and Sabrina Davis, Aerobic Instructor.(Proof of certification)</p> <p>2. Blackboard Usage Report, LSCC Professional Development and departmental meeting.</p> <p>3. Attendance rolls and payment receipts.</p> <p>4. HPERD well survey results and daily usage charts.</p>	<p>1. Increase budget to \$600 for the certification of instructors.</p> <p>2. No budget amount at this time. Compute have been purchased from request of 2006 2007.</p> <p>3. Increase budget for additional staff. Provide \$39,000 to \$47,000 for cost of equipment.</p>

Unit Plan--Part II: Directions: As noted on page one of this plan, complete columns E & F at the end of the planning cycle in the spring. As you report under each column, be sure to carry over the numbers which represent each outcome you are addressing.

E. Actual Results Obtained—When you assessed and measured your stated outcomes, what results did you find? Be clear and concise in your reporting.

1. 100% (4 out of 4) of HPERD instructors in specialized areas maintained additional certification in their particular areas of study.
Sabrina Davis-Recertification for Aerobic
Leonard Maye-Recertification for Lifeguard (WSI)
Eleanor Pitts- Recertification for CPR
James Gibbs- Recertification for Personal Training
2. 100% of HPERD instructors attended Blackboard training and used blackboard for grade keeping. 3 full-time faculty members. 4 part-time faculty members. 4 new computers were purchased for all full time faculty.
3. Faculty, Staff and Community classes were offered in aerobic, water aerobic and swimming. 3 five weeks swimming sessions(\$40.00 per session), 2 five weeks water aerobic sessions (\$40.00 per session), 1- 5 week aerobic class (\$35.00 per session). Purchased 1 dumbbell set with a mobile rack of weights (\$799.00), set of 10 exercise balls(\$399.00), mats, 6 stop watches and 12 pedometers(\$400.00).
4. Weight room participation was highest in the months of October (60 participants) and November (64 participants). During the spring March and April were the highest. 2 work-study lifeguards and 1 WSI provided students more opportunity to swim. 90% of females surveyed (45-50) preferred using cardiovascular and isotonic machines and 100% of males (50-50) preferred using free weights. 89% of all participants surveyed (89-100) showed interest in attending health seminars on various health related issues, i.e. diabetes, STD's, cholesterol, etc. Two swimming sessions, two water aerobic sessions, and 1 floor aerobic session was made available to community participants. The 1st session of swimming was offered from June 3, 2008 and ended June 24, 2008. The class was taught by Mr. Leonard Maye and 10 people were enrolled. The second session, also taught by Maye, was offered from July 9th to July 31st. 5 people were enrolled in this class. The first session for water aerobics, a 5 week course, was on Mondays and Wednesdays from 5:30 to 6:30 and 10 people were enrolled. The second session for water aerobics ran from July 14th to August 6th and 14 participants were enrolled. In Sabrina White's floor aerobics class, 4 instructors and 5 community people came to the class.

F. Use of Results—Now that you have your results, how do you intend to use these results or, if implemented early, how have you used these results to improve your overall unit for the upcoming academic year? **NOTE** After you list how you intend to use these results, be sure to include such improvements in your new Unit Plan for the upcoming academic year.

1. All full time and part time instructors are required to be CPR certified and attend workshops and conferences. A line item increase in needed in the budget to attend conferences like the AAPHERD Conference held at the Winfrey Hotel.
2. All faculty are required to attend Blackboard and AS400 Training. Dates are set up for departmental meetings to discuss blackboard usage, as well as dates for all HPERD faculty and staff to be CPR trained and certified.
3. HPERD staff will offer more community classes in wellness and fitness and implement summer programs. Mr. Gibbs wants to offer a Saturday morning fitness class and Coach Dean wants to offer a Saturday morning community golf course.
4. Need to hire a full-time instructor for the pool and that would increase the usage during school hours. Based on survey results, new weight equipment was purchased for the Bessemer campus and hours of operation were adjusted for the weight room. The student body could assess the pool more if a certified instructor/guard were present during the day. A part-time instructor limits the hours of operation for the pool (8:00-9:40 am).