

Program Productivity and Efficiency  
Spring 2017  
Kinesiology

**Kinesiology Program Mission, Vision and Goals**

**Mission:**

To prepare professionals in health and wellness within a multidisciplinary approach that promotes lifelong learning and a commitment to improve the quality of life of members in the communities they live in.

**Vision:**

The vision of the Kinesiology Program is to offer a rigorous and innovative curriculum that promote students to acquire solid foundation of knowledge and skills, build leadership, develop social responsibility, value holistic approach, and embrace cultural diversity as a future professional in various health and fitness field.

**Goals:**

- To instill students with rigorous work ethic for perpetual improvement of knowledge and skills evolving in this ever-changing field.
- To promote students to learn the application of knowledge and skills to diverse populations to optimize each individual's quality of life.
- To promote students to become a leader in the professional field and the community.
- To promote students to inspire the community members to pursue a meaningful life and develop a sense of community.

The Kinesiology major prepares students for careers in the fitness industry. These careers may include: personal training, strength and conditioning, and fitness leaders in the corporate, commercial, and clinical settings. Also the major provides a foundation for graduate study in exercise science, physical therapy and other health-related fields.

The program has two full-time tenure-track faculty with terminal degrees, who are in their fifth year at WNMU and two adjunct faculty, one of them is a full-time staff member in athletics. With the re-start of the Health Science Education program in collaboration with Education, three more adjuncts have been hired and will be teaching summer and fall of 2017. Furthermore, the program has collaborated with other departments to create two unique minors, sports management with the school of business and one in gerontology with contributions from nursing, psychology, sociology and social work programs.

The program is meeting the needs of professionals in various areas. Among these are fitness trainers and instructors; the department of labor predicts an employment growth rate for these professionals for the period of 2014-24 of 8% (average), and a numeric change in employment for the same time period of 33,400. Similarly, the predicted growth rate for athletic trainers and exercise physiology specialists is 11% (faster than average), with an employment change of 1500. Likewise, recreational therapists are expected to have a growth rate of 12% (faster than average) and an employment change of 2200.

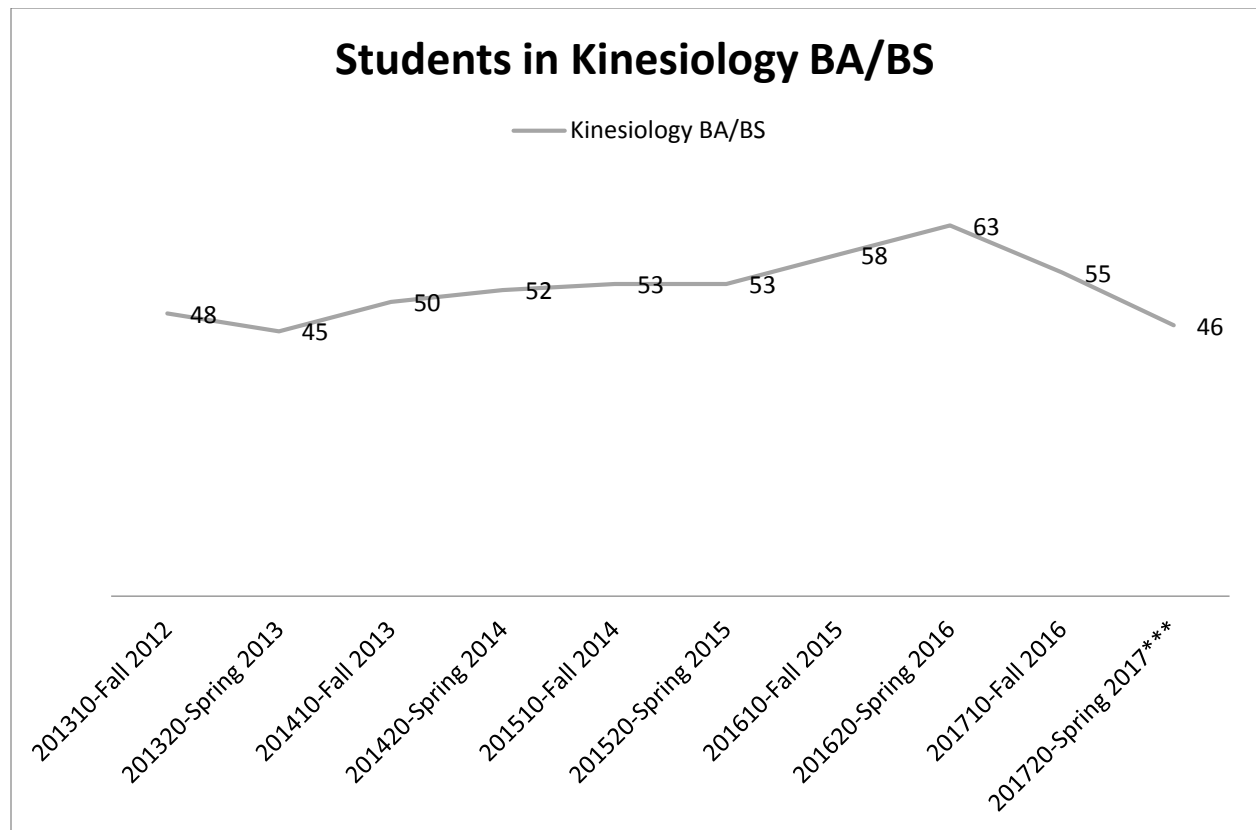
Our curriculum addresses the skills needed for fitness trainers and instructors, such as lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and flexibility. In addition to develop the ability to work with people of all ages and skill levels. Similarly our curriculum assists in the preparation of future athletic trainers, by preparing students for a graduate degree. These professionals specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses. Moreover, students considering an

exercise physiologist career learn to develop fitness and exercise programs that help patients recover from chronic diseases and improve their fitness components. Additionally, our program assists future recreational therapists by preparing them to plan, direct, and coordinate recreation-based treatment programs for people with disabilities, injuries, or illnesses. With the creation of new minors, we are providing a new set of skills and abilities to our students that will increase their chances of employment at graduation.

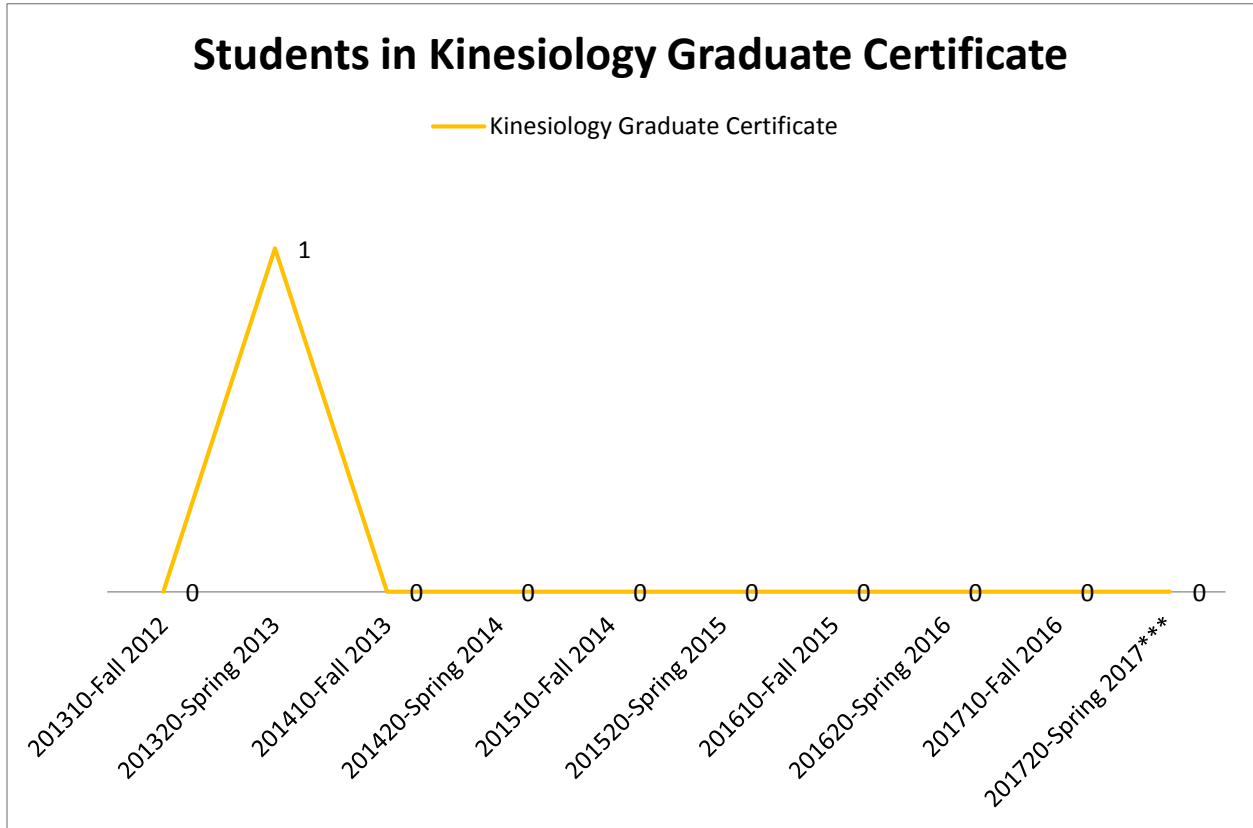
By aligning our curriculum with ACSM’s Certified Health Fitness Specialist or similar certifications and preparing our students for national certification examinations, we increase their chances to be employed since prospective employers often hire individuals with a certification in the aforementioned areas.

**Major Headcount Enrollment**

The number of majors in kinesiology have decreased by 30% in the last academic year, an unexpected and significant drop in numbers, that contrast with the trend of steady growth shown in previous years. As a program we have been active in graduate and undergraduate recruitment fairs and visiting high schools. Many of our majors are student-athletes, a change in recruitment numbers may be a reasonable explanation for this drop in addition to the effect of lower enrollment numbers across campus. The sports medicine minor has been discontinued, and the numbers reflect this change, there are no students left to teach in this program. Health science education was reintiated in 2016, we have been promoting it in collaboration with the school of education and starting to offer more courses to recruit more students, hence absence of students in this program. On the graduate side, we continue to participate in the MAIS; students in this program take various areas of interest and spite kinesiology offering classes, they have low enrollment. Furhtermore, the data in this area is incomplete, since it does not reflect students who take 2-3 courses that are offered throughout the academic year in our area. We have starter recruiting graduate students from Mexico, based on the MOUs signed with WNMU. Among the universities we have been in communication and collaborating are Autonomous University of Nuevo Leon (UANL) and Autonomous University of Ciudad Juarez (UACJ) . We will have our first research stay from a UANL doctoral student summer of 2017, and expect to offer courses for credit to students at both graduate and undergraduate levels within these collaborations.

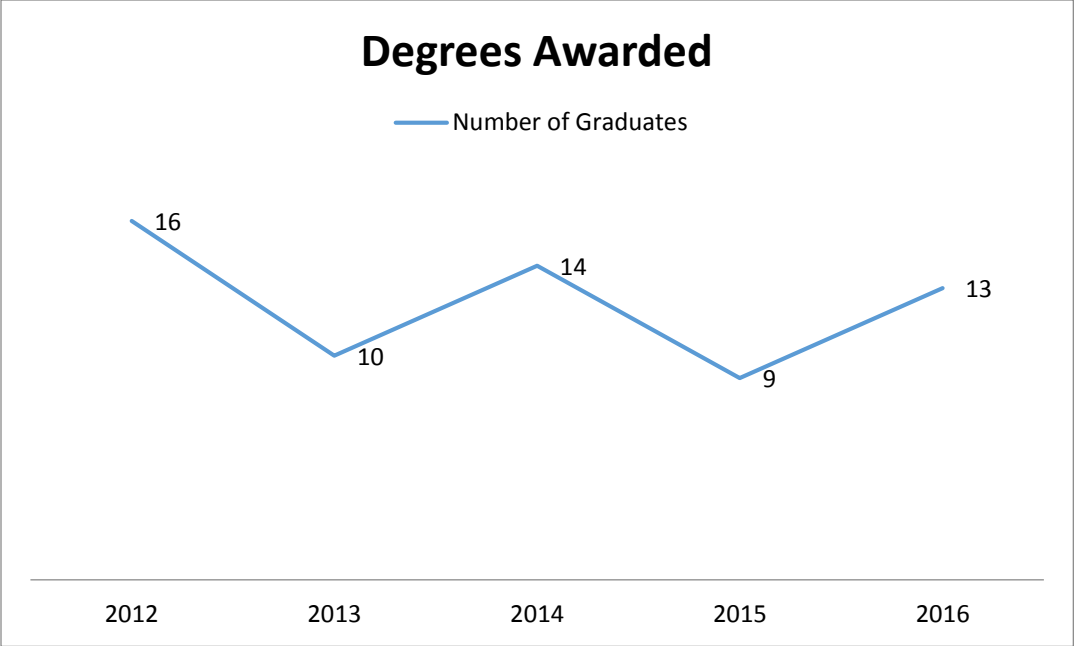


The kinesiology program is promoting student research as means to create an interest in academia, and to strengthen students' knowledge and abilities in order to increase their possibilities for admissions in advanced degree programs, particularly in health-related fields, e.g., physician assistant, and physical or occupational therapy and our own MAIS. Additionally, student presentations and attendance to professional conferences is being encouraged and partially supported by the program. Regular student participation to annual the Southwest American College of Sports Medicine conference is being promoted in our classes.



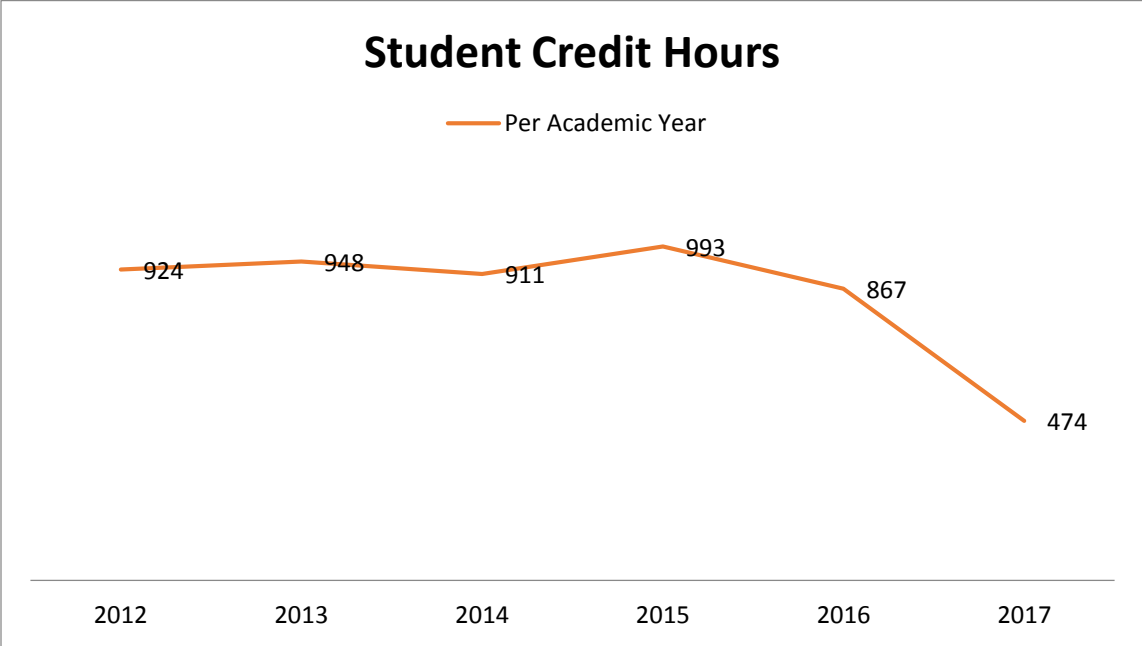
#### Program Graduates

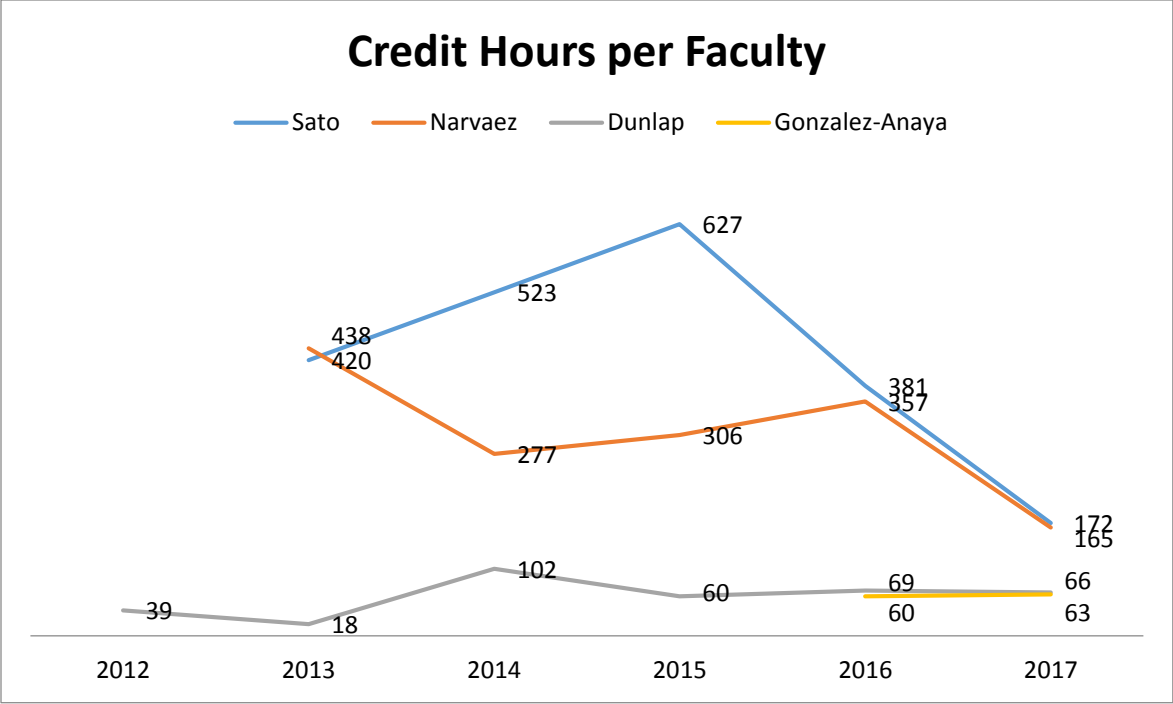
The program continues to graduate students consistently. The varying number of graduates can be attributed to changes in the curriculum and graduation requirements, and may continue to be positively affected by the reduction of credit hours to 120.



**Program Revenues**

The number of credit hours has been reduced by course offerings per semester as a result of program prioritization and new guidelines for these offerings, in spite of this, faculty continue to teach overloads every semester.

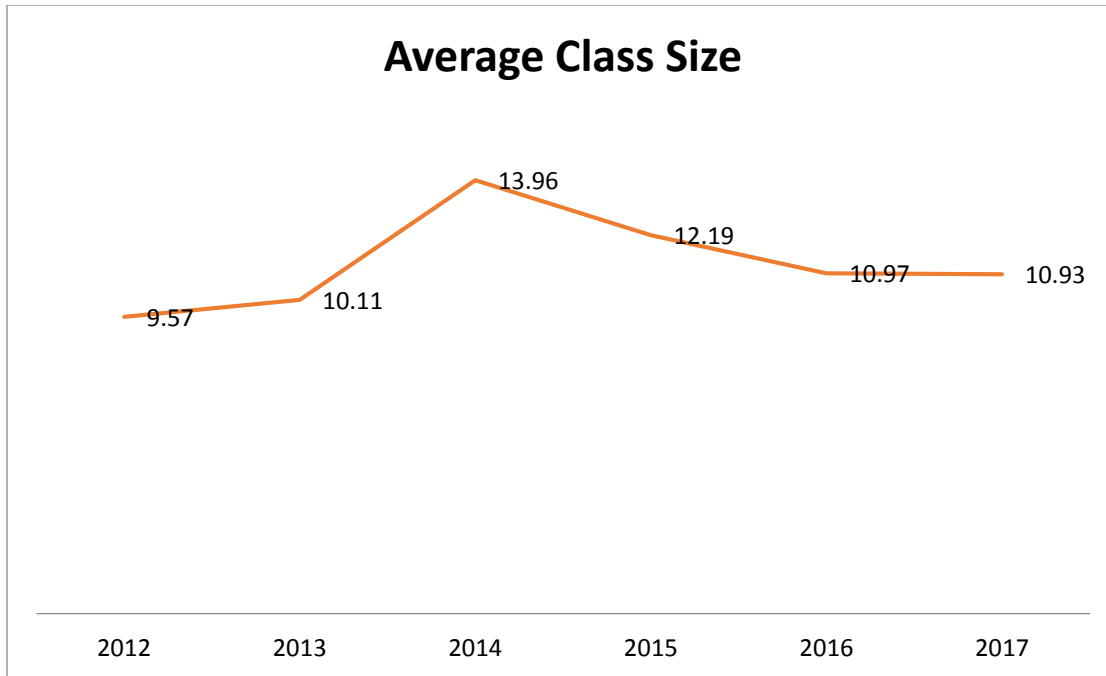




Faculty Member	9 mo. Salary
Miguel Narvez	54,248.00
Takahiro Sato	49,858.00

**Average Class Size**

The program needs to improve to reach the proposed goal of 20+ students in each class. To increase retention, the faculty are meeting with all the students in the program every semester to discuss students’ academic progress and to know more about their professional goals and interests. The program continues to offer ITV classes, particularly those with high demand and has scheduled its online classes since the Spring 2015 semester. Furthermore, to assist student-athletes, the program continues to offer face to face summer classes, a strategy that continues to be implemented since the summer 2013.



#### Next Steps

In order to prepare students to successfully compete in the job market, the curriculum is being modified to align it to the American College of Sports Medicine Certified Health Fitness Specialist knowledge, skills, and abilities (KSA). These changes imply a more rigorous curriculum, more hands-on and laboratory experiences as well as more interactions with various populations.

An adequate number of faculty with diverse specializations is needed, also, it is a priority to update equipment to cover the needs of a program of this nature. E.g., our current metabolic cart is 15 years old, it continues to work but we do not have funds if a contingency arises. Moreover, to be recognized nationally, accreditation must be pursued. The Commission on Accreditation of Allied Health Education Programs (CAAHEP) indicates that there are no accredited exercise science, personal fitness training, recreational therapy, or exercise physiology programs in NM. This is an opportunity for the kinesiology program to become the first program in the state to achieve an accreditation of this nature.

Faculty in the program should be pursuing external grants to continue their research interests, purchase equipment and develop a research track within the program; however, the time allocated to pursue this goal is limited due to the shortage of faculty to teach all the classes in the undergraduate and graduate levels.

To solve some of the issues related to funding, student lab fees have been implemented, however, they are not enough to invest in significant pieces of equipment.

The kinesiology program must take advantage of the various MOUs being established with universities in Mexico and promote the MAIS in particular with international students. We are in an advantageous situation due to location and tuition costs. To assist in this area, an addition of one faculty to the program will allow to increase course offerings throughout the undergraduate and graduate programs as well as to support collaborative efforts with other departments and the community.