

## **Centers and Institutes Self-Study and Program Review**

### **Center/Institute:**

Kinesiology Performance and Movement Program (established in 2004)

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## 2. Mission

The ***Physical Performance Program (PPP)*** provides fitness testing and evaluation to CSUF students and community members. Most of the participants tested are CSUF students enrolled in HESC 101, Personal Health. These students, around 400-500 of them per semester, complete a fitness test consisting of measures of aerobic fitness, blood pressure, body composition, strength, flexibility and lung function. They are then responsible for evaluating their current level of fitness and risk of cardiovascular disease, and designing a plan for improving their fitness and reducing their risk of disease.

The ***Employee Wellness Program (EWP)*** was started during Spring Semester 2004 with the support of a University Mission and Goals Initiative. The primary goals of the EWP are to: (1) Promote physical activity, health behaviors and wellness among CSUF employees, and (2) Educate CSUF employees on the benefits of physical activity and healthy behaviors and on risk factors associated with chronic disease and reduced wellness. To achieve these goals, it is the aim of the EWP to: (1) Provide on-campus physical activity programs and promote other opportunities on campus and in the community that encourage CSUF employees to be active, (2) Assess the currently level of fitness and wellness of CSUF employees and identify potential risk factors associates with chronic disease and reduced wellness, and (3) Provide on-campus lectures, classes and individual consultations on health behaviors and wellness and promote other on-campus and community resources that do the same.

An important part of the University Mission is that ... *our affordable undergraduate and graduate programs provide students the best of current practice, theory, and research and integrate professional studies with preparation in the arts and sciences. Through experiences in and out of the classroom, students develop the habit of intellectual inquiry, prepare for challenging professions, strengthen relationships to their communities and contribute productively to society.* The Physical Performance Program and the Employee Wellness Program both provide wonderful opportunities out of the classroom for undergraduate and graduate students in kinesiology and health science to put theory into practice, to prepare for fitness and health-related professions, and to contribute to campus culture and society.

## 3. Activities (listed with Goals)

Specific activities conducted during the last three-year period directed toward specific University goals include the following listed by goal.

### **To ensure the preeminence of learning, we will:**

- *Develop and maintain attractive, accessible, and functional facilities that support learning.* The Departments of Kinesiology and Health Science maintain two attractive, accessible, and functional facilities – the Fitness Assessment Laboratory (KHS-004) and the Lifespan Wellness Center (KHS-001) – for student, staff and faculty scholarly activity related to SMI.

### **To provide high quality programs that meet the evolving needs of our students, community, and region, we will:**

- *Integrate knowledge with the development of values, professional ethics, and the teamwork, leadership, and citizenship skills necessary for students to make meaningful contributions to society.*

Kinesiology and health science students integrate classroom knowledge with the development of values, ethics and teamwork while participating in activities conducted within the Physical Performance Program and the Employee Wellness Program.

- *Provide opportunities for recreation and enhanced physical well-being.*

The Physical Performance Program provides fitness and wellness assessments to 500 CSF students per semester that are utilized in HESC 101 (Personal Health) classes to learn about and enhance physical well-being. The Employee Wellness Program provides numerous opportunities for CSF faculty and staff to be physical active and gain the benefits associated with an active lifestyle.

**To enhance scholarly and creative activity, we will:**

- *Cultivate student and staff involvement in faculty scholarly and creative activity.*

Kinesiology and health science faculty and students utilize the Physical Performance Program and the Employee Wellness Program to collect data and develop and publish scholarly and creative activity.

**To make collaboration integral to our activities, we will:**

- *Create opportunities in and out of the classroom for collaborative activities for students, faculty, and staff.*

Kinesiology and health science faculty and students utilize the Physical Performance Program and the Employee Wellness Program to facilitate collaborative activities outside the classroom.

**To create an environment where all students have the opportunity to succeed, we will:**

- *Provide an accessible, attractive and safe environment, and a welcoming campus climate.*

The Physical Performance Program and the Employee Wellness Program provide students an accessible, attractive and safe environment within which to learn and gain experience relative to working with a variety of participants in an exercise setting.

**To expand connections and partnerships with our region, we will:**

- *Develop community-centered programs and activities, consistent with our mission and goals, that serve the needs of our external communities.*

The Physical Performance Program, in addition to providing fitness assessment services to CSF students, staff and faculty, was also created to provide these same services to the Community in general.

**To strengthen institutional effectiveness, collegial governance and our sense of community, we will:**

- *Provide a good work environment with effective development and training programs that assist employees in meeting their job requirements and in preparing for advancement.*

The Employee Wellness Program contributes to a good work environment that assists faculty and staff in meeting their job requirements. It provides physical activity opportunities that develop both physical and emotional characteristics required for good job performance. This is frequently confirmed by faculty and staff comments collected during EWP evaluations.

- *Enhance a sense of community to ensure that faculty, students, and staff have as a common purpose the achievement of the overall goals of the University.*

The Employee Wellness Program contributes to creating and enhancing a sense of community among CSF faculty, staff and students.

#### 4. Organizational Structure and Governance

Originally the Sport and Movement Institute, the Performance and Movement Program is the structure within which the Physical Performance Program (PPP) and the Employee Wellness Program (EWP) operate. William Beam (Associate Professor of Kinesiology) served as Leader/Treasurer of SMI since 1983, as Director of PPP since 1983, and as Director of EWP since its creation in 2004. He most recently retired his position and the program is now overseen by Christine Quiros (Part-Time Faculty of Kinesiology). Christine now works under the direction of Kavin Tsang (Chair, Kinesiology). Kinesiology Performance and Movement Program currently has no formal advisory committee. Feedback is received on both programs from periodic reviews conducted of the participants.

#### 5. Resources and Sustainability

The Performance and Movement Program (ASC Account # 9409) generated the following revenues over the last 3 years.

	Deposits	Withdrawals	Gain	Balance
				\$ 9,325.54
FY 2013-14	30,663.00	39,250.00	(8,587.00)	\$ 2,293.63
FY 2014-15	36,369.00	32,894.04	3,474.96	\$ 4,210.67
FY 2015-16	33,651.00	25,703.07	7,947.93	\$ 12,158.60
3-Year total	100,683.00	97,847.11	2,835.89	\$ 12,158.60
<i>Annual average</i>	<i>33,561.00</i>	<i>32,615.70</i>	<i>945.30</i>	

Additional expenses include assigned time for faculty leadership and funding for graduate assistants. Typically, during the academic year (Fall and Spring semester) the Department of Kinesiology provides funding for 6-9 hours of assigned time for faculty (\$9,494 to \$14,242 per semester) and up to 35-40 hours of graduate assistantship per week (\$7,215 to \$11,100 per semester). This adds up to a total yearly budget of about \$66,979 (\$33,561 from PPP and EWP revenues and \$33,418 from Kinesiology funding). As of recent, a stricter budget has been created in an effort to encourage a more self-sustaining program. With participation in campus activities and events, we have been able to reach various new faculty and staff and encourage enrollment in our program. With an increase in membership and possible partnerships with various departments on campus (ASI- Student Recreation Center and HRDI) we would be self-sustaining.

#### 6. Highlights and Accomplishments

There has been considerable activity in the Physical Performance Program and the Employee Wellness Program over the most recent 3-year period. A total of 51 Kinesiology and Health Science students have been involved in the program including 16 graduate students and 35 undergraduate students including the following.

***EWP/PPP Graduate Assistants (16)***

Elizabeth Shannon, Christine Quiros, Tanner Bloom, Caitlin Jennings, Jeremy Tan, Erica Munoz, Pam Wright, Eryn Thomson, Frank Chavoya, Kevin Cmara, Sarah Hamamoto, Katie Bathgate, Vanessa Rojo, Cameron Munger, Rob Salatto, Ramswy Nijem

***EWP/PPP Undergraduate Interns (35)***

Edward Gordon, Takahiro Haga, Dustin Schmitz, Frank Chavoya, Eryn Thomson, Esther Harrier, Andrew Tutor, Alex Wui, Cameron Munger, Antonio Choice, John Verdon, Jose Juarez, Mike Vakula, Eddie Chin, Sydney Pettaway, Hanna Wybaczynsky, Antonio Morales, Marissa Vasquez, Tiffany Codilla, Steven Yang, Thornton Kung, Briley Fumasi, Stephen Arellano, Monique Cabacugan, Krystal Harbaugh, Vanessa Rojo, Kelli Yocum, Rachel Luu, Morgan McIntosh, Lynn Nguyen, Mike Siyluy, Jake Sokolowski, Sean Sinisi, Macty Castellanos, Ryan Schaefer

Faculty and staff enrolled in Spring 2013-2016 EWP exercise classes came from 83 units across campus, including academic departments from every College. At the end of the fall 2015 Semester, there was a total attendance of 121,247 since 2004. The fall 2015 session itself, contributed a total of 2,713 attendance dates from 105 members. The classes included in the attendance are: the Open Exercise Session, the Women's Exercise Session, Yoga, and Open Lap Swim. The EWP currently consists of 4 Kinesiology Teaching Associates (paid by KHS) who were assisted by approximately 5 undergraduate student interns.

EWP program evaluations completed each session continue to demonstrate a high degree of satisfaction among the participants. A portion of the survey results from Spring 2016 has been placed in the appendix for reference.

Fitness testing was conducted through the Physical Performance Program (PPP) over the last 3 years on about 500 students per semester enrolled in HESC 101 (Personal Health). Testing, all of which is conducted by graduate and undergraduate Kinesiology students, consists of measures of aerobic fitness, body composition, blood pressure, lung function, flexibility and strength. Students receive a report describing their current level of fitness and risk of cardiovascular disease. Research is currently conducted through the PPP.

## **7. Planning and Strategic Outlook**

Planning within the Performance and Movement Program is a collaborative effort between the institute leader (Christine Quiros) who is also the current Coordinator of the Physical Performance Program and the Employee Wellness Program, and the Kinesiology chair (Kavin Tsang). Planning is also done in conjunction with the Directors of the Center for Successful Aging (Debbie Rose and Jessie Jones) due to the joint usage of the Lifespan Wellness Center. Feedback from participants is also used in planning.

The most immediate future plans concentrate on further development of the Employee Wellness Program. There are plans to expand the number and variety of health promotion opportunities for CSUF employees including specific activities (lectures, monthly bulletins, classes, individual consultations) directed at increasing employee wellness. We have currently been participating in various on campus activities to promote the program and gain membership from faculty and staff.

There is also an interest in launching a joint venture between Kinesiology and the Student Recreation Center to administer the Employee Wellness Program.

Currently the activities and operations of the Kinesiology Sport and Movement Program are focused and continuing and it remains a viable and functioning center on campus. It provides important services to the University and Community, it provides opportunities for Kinesiology and Health Science students to gain much needed practical and professional experience, and it provides opportunities for collaborative research among Kinesiology and Health Science faculty and students.

## **8. Appendices**

Appendix A. Program Survey Results

**Spring 2016  
Program Evaluation**

How would you rate the staff according to the following:

	<b>Question</b>	<b>excellent</b>	<b>good</b>	<b>average</b>	<b>poor</b>	<b>terrible</b>
1	Knowledge of strength training	31	14	1	0	0
2	Knowledge of aerobic training	29	12	4	1	0
3	Level of assistance	28	16	3	0	0
4	Creativity in exercise programing	27	16	3	1	0
5	Friendliness	39	8	1	0	0

When asked how they would rate our staff:

#	Answer	Response	%
1	Excellent	30	63%
2	Good	18	38%
3	Average	0	0%
4	Poor	0	0%
5	Terrible	0	0%
	Total	48	100%

When asked what they thought of the EWP, here are some of the participants' responses.

- Overall a very good program. I'm glad we have it.
- This program provides an important opportunity for our students in the Kinesiology program and well as providing a service to faculty and staff.
- I think the EWP at CSUF is a great asset for the faculty and staff.
- The class leaders and interns are great! Very personable, knowledgeable and helpful. They are like personal trainers only better and more fun. Also enjoy working out with "friends" and making new "friends."
- Overall, great staff and student instructors who are encouraging. Makes it easy/less intimidating for me to visit the gym. Enjoying being a member so far. Thanks all!