

2025 INSTRUCTIONAL ANNUAL PROGRAM PLANNING WORKSHEET

CURRENT YEAR: 2025

PROGRAM(S): SUCCESS THROUGH EDUCATION PROGRAM (STEP)/RISING SCHOLARS/MOVEMENT AND HEALTH SCIENCE

CLUSTER: Health & Wellness, Skilled Trades & Technology

AREA OF STUDY: FITNESS AND HEALTH CERTIFICATE OF ACHIEVEMENT (C.A) (SPECIFIC TO CALIFORNIA MEN'S COLONY CMC)

LAST YEAR CPPR COMPLETED: NO PAST CPPR

NEXT SCHEDULED CPPR: RECOMMEND PROGRAM DEACTIVATION.

CURRENT DATE: 3/5/2025

The Annual Program Planning Worksheet (APPW) is the process for:

- reviewing, analyzing and assessing programs on an annual basis
- documenting relevant program changes, trends, and plans for the upcoming year
- identifying program needs, if any, that will become part of the program's **Resource Plan**, which can be downloaded from the [IPPR Program Review Documents Folder](#). Please review the [Resource Allocation Rubric](#) when preparing the resource plan.
- highlighting specific program accomplishments and updates since last year's APPW
- tracking progress on a Program Sustainability Plan if established previously

Note: Degrees and/or certificates for the *same* program *may be consolidated* into one APPW.

This APPW encompasses the following programs of study (degrees and/or certificates):

Fitness and Health C.A. California Men's Colony

GENERAL PROGRAM UPDATE

Describe changes and improvements to the program, such as changes to the mission, purpose, or direction. In particular, indicate any changes that have been made to address equity gaps.

The Fitness and Health, C.A. is specific to CMC. However, based on declining enrollments in certificate-related courses and the low number of certificates awarded, it has not been popular among the students at CMC. Only two certificates were awarded between 2019 and 2024. Furthermore, the classes offered in this degree have shown a decline in popularity since 2020-2021. One part-time faculty from the division offers courses in the certificate every semester at CMC. The Certificate of Achievement in Fitness and Health was designed to prepare a student for work in the personal fitness field. Students who complete the Fitness and Health Certificate will be prepared to sit for the certification exam from an accredited personal training or group exercise leadership organization such as the American College of Sports Medicine. One explanation for the low number of certificates awarded is that students must be released from

prison in order to sit for the certification exam. Updates to the program include Top Code Changes: HEED 208 is now Health Science (HSCI) 208 and HEED 206 is now Public Health Science (PHS) 206. Deactivation is taking place due to lack of student interest in the program.

PROGRAM SUSTAINABILITY PLAN UPDATE

Was a Program Sustainability Plan established in your program's most recent Comprehensive Program Plan and Review?

Yes ☐ If yes, please complete the Program Sustainability Plan Progress Report below.

No ☒ If no, you do not need to complete a Progress Report.

If you selected yes, please complete the Program Sustainability Plan Progress Report below after you complete the Data Analysis section. That data collection and analysis will help you to update, if necessary, your Program Sustainability Plan.

DATA ANALYSIS AND PROGRAM-SPECIFIC MEASUREMENTS

Your responses to the prompts for the data elements below should be for the entire program. If this APPW is for multiple degrees and/or certificates, then you MAY want to comment on each degree and/or certificate or discuss them holistically for the entire program being sure to highlight relevant trends for particular degrees and/or certificates if necessary. Responses in this document need only reference the most recent year's available data.

A. General Enrollment (Insert Aggregated Data Chart)

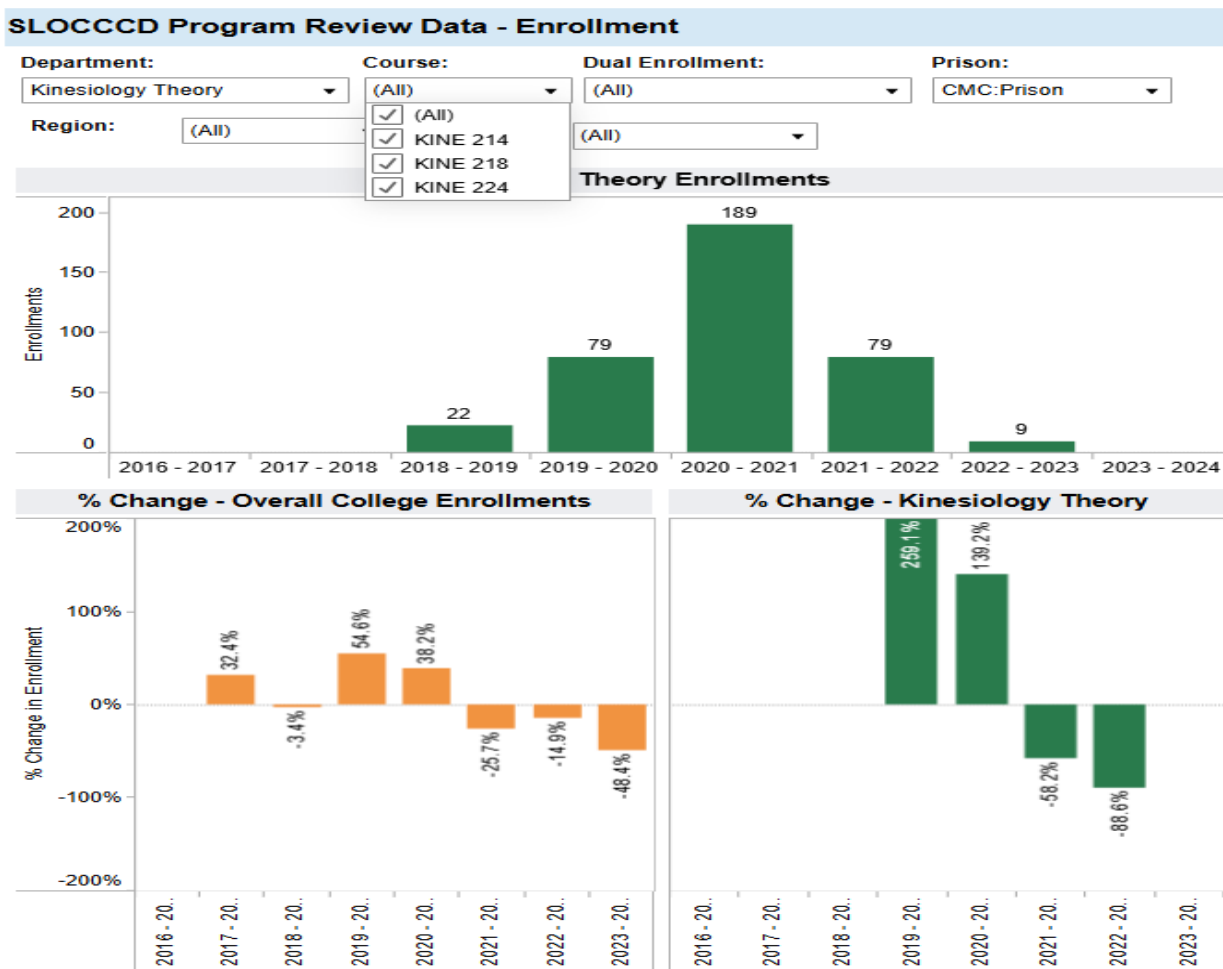
Insert the data chart and explain observed differences between the program and the college.

While there is no specific enrollment for the total program of fitness and health, there is data for CMC related to general enrollments for courses within the degree. Courses reviewed below include KINE 214, 218, and 224, HEED 208 (now HSCI 208) and 206 (now PHS 206).

For all enrollment charts below, all classes, in the program, were reviewed in the fitness and health certificate of achievement (CA). The data is broken down by classes as there was no tab availability on Tableau to choose the specific fitness and health program and see enrollments for all class combined.

The academic year of 2023-2024 does not show enrollment related to KINE 214, 218, and 224. There has been a dramatic decline in enrollments for these core program courses. All three classes are

part of the fitness and health (CA) program under Kinesiology Theory. The three KINE classes were not/may have not been scheduled during the 2023-2024 semesters. Previous years of 2020-2021 show enrollments at 189, 2021-2022 enrollments at 79, and in 2022-2023 show enrollments of nine (9) students in all three classes. There has been a steady decline in enrollment for KINE 214, 218, and 224 over the past four years. The year 2022-2023 showed a negative (-) 88.6% change in enrollments.

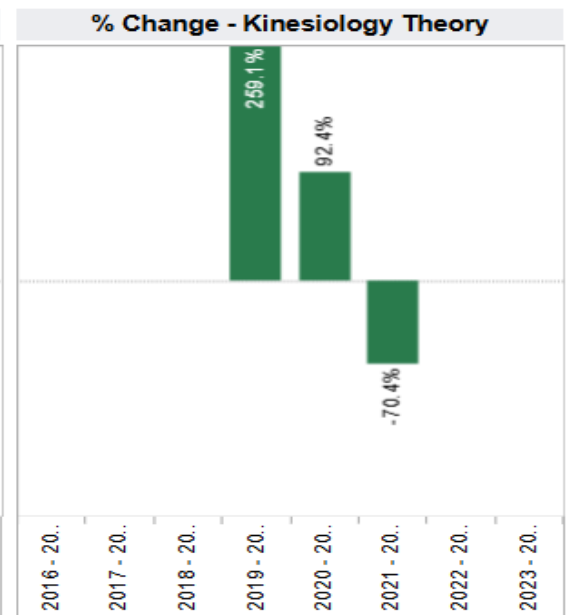
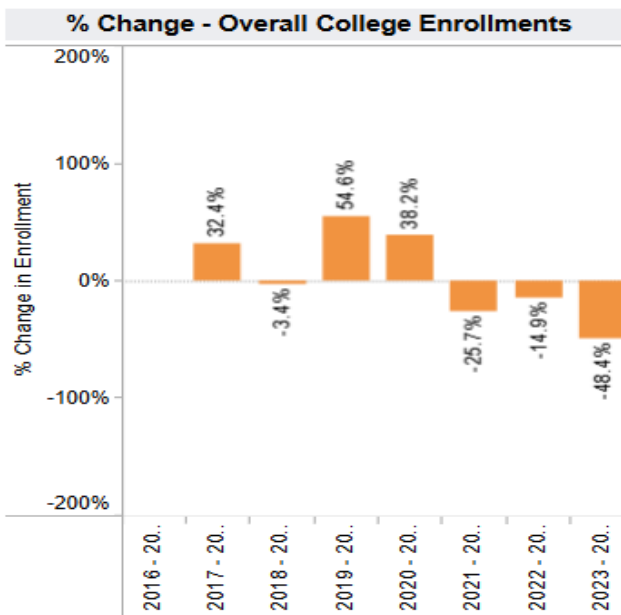
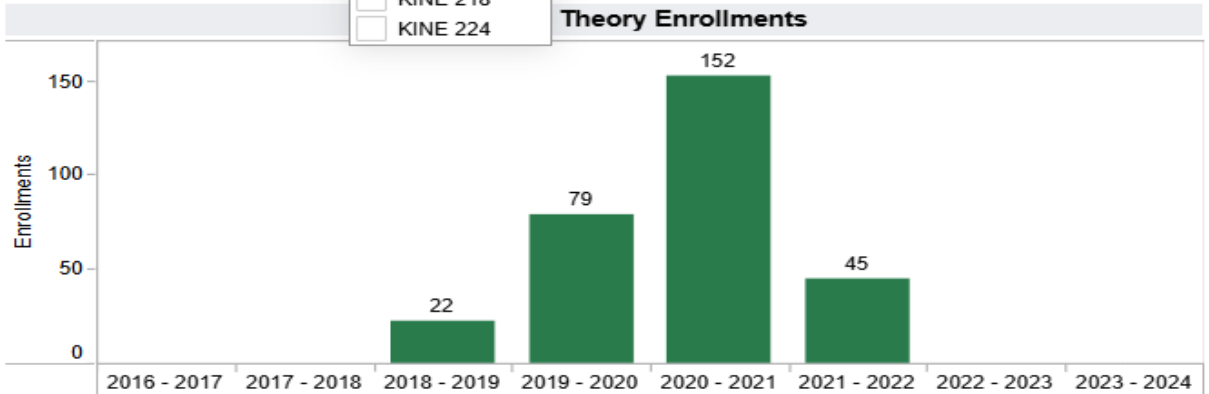


Reviewing KINE classes individually, KINE 214 was not offered/may not have been offered in 2022-2023 and 2023-2024. The latest enrollment data for this course was in 2021-2022 with 45 students enrolled which is negative (-) 70.4% lower. The 2020-2021 year showed 152 students enrolled.

SLOCCCD Program Review Data - Enrollment

Department: Course: Dual Enrollment: Prison:

Region: ☒ KINE 214 ☐ KINE 218 ☐ KINE 224

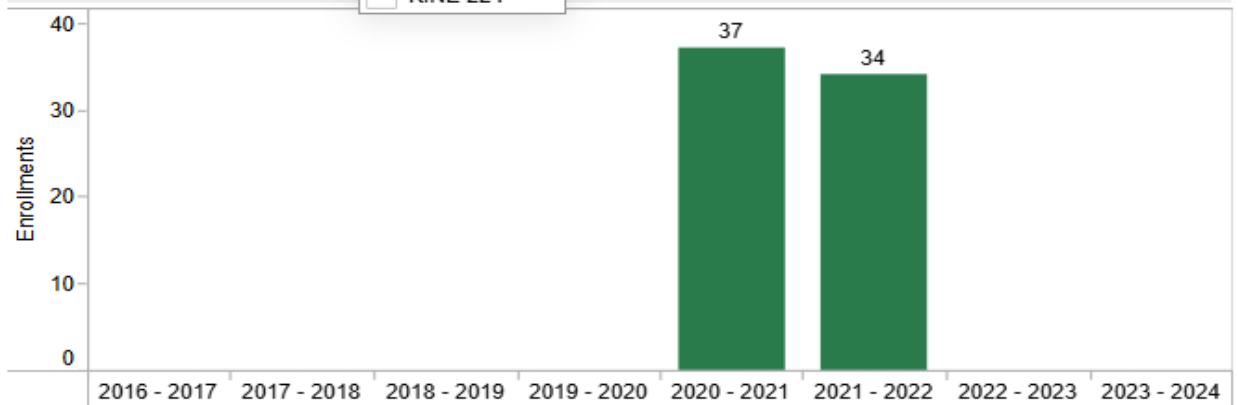


Reviewing the KINE classes individually, KINE 218 was not offered/may not have been offered in 2022-2023 and 2023-2024. The latest enrollment data for this course was in 2021-2022 with 34 students enrolled, which is negative (-) 8% lower. The year 2020-2021 showed 37 students enrolled in KINE 218.

SLOCCCD Program Review Data - Enrollment

Department: Kinesiology Theory Course: KINE 218 Dual Enrollment: (All) Prison: CMC:Prison
 Region: (All) ☐ (All) ☐ KINE 214 ☒ KINE 218 ☐ KINE 224

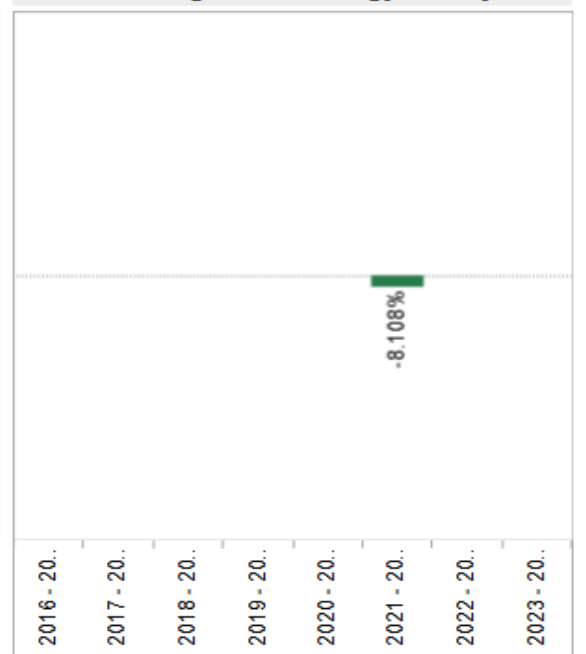
Theory Enrollments



% Change - Overall College Enrollments

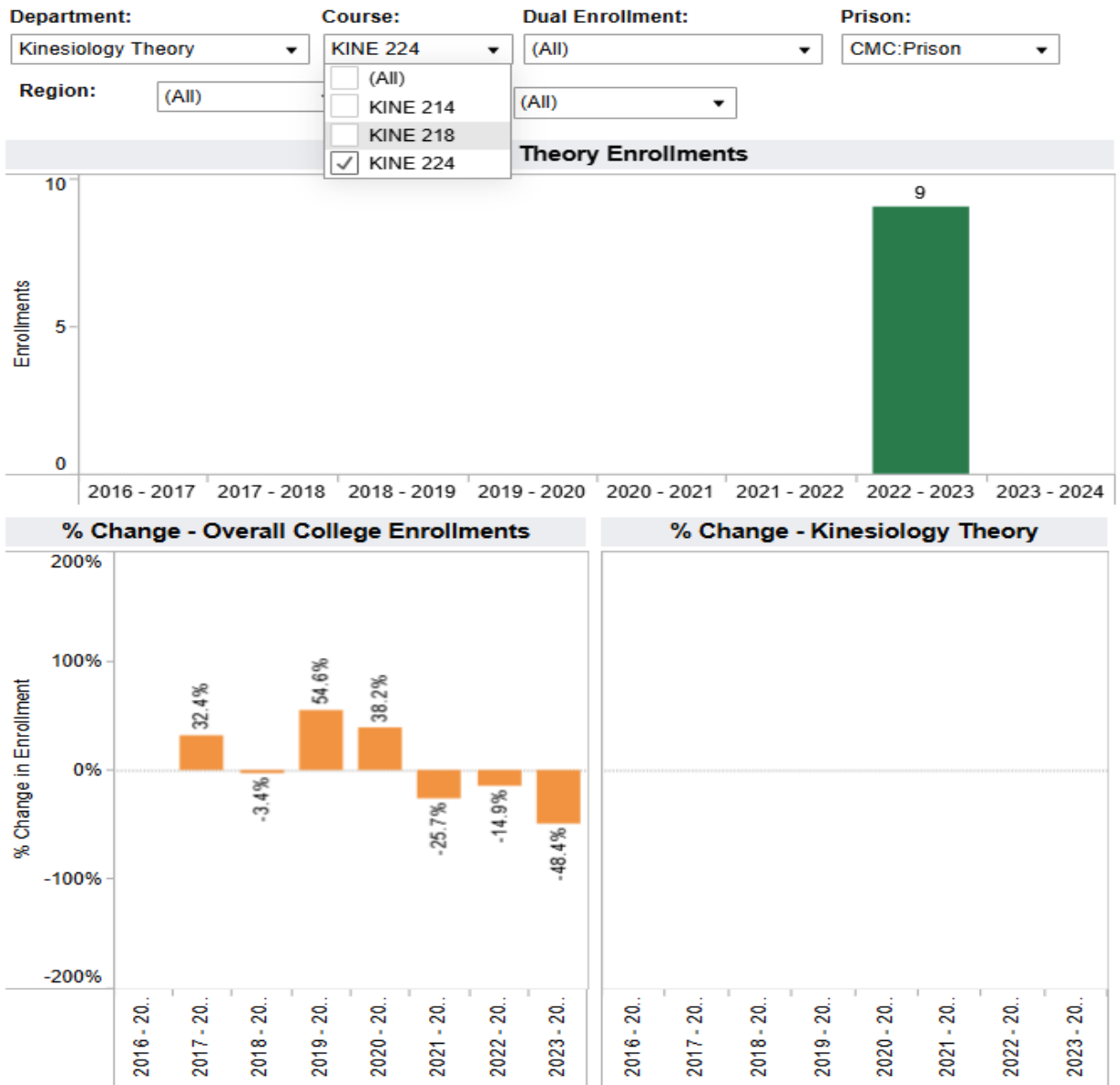


% Change - Kinesiology Theory



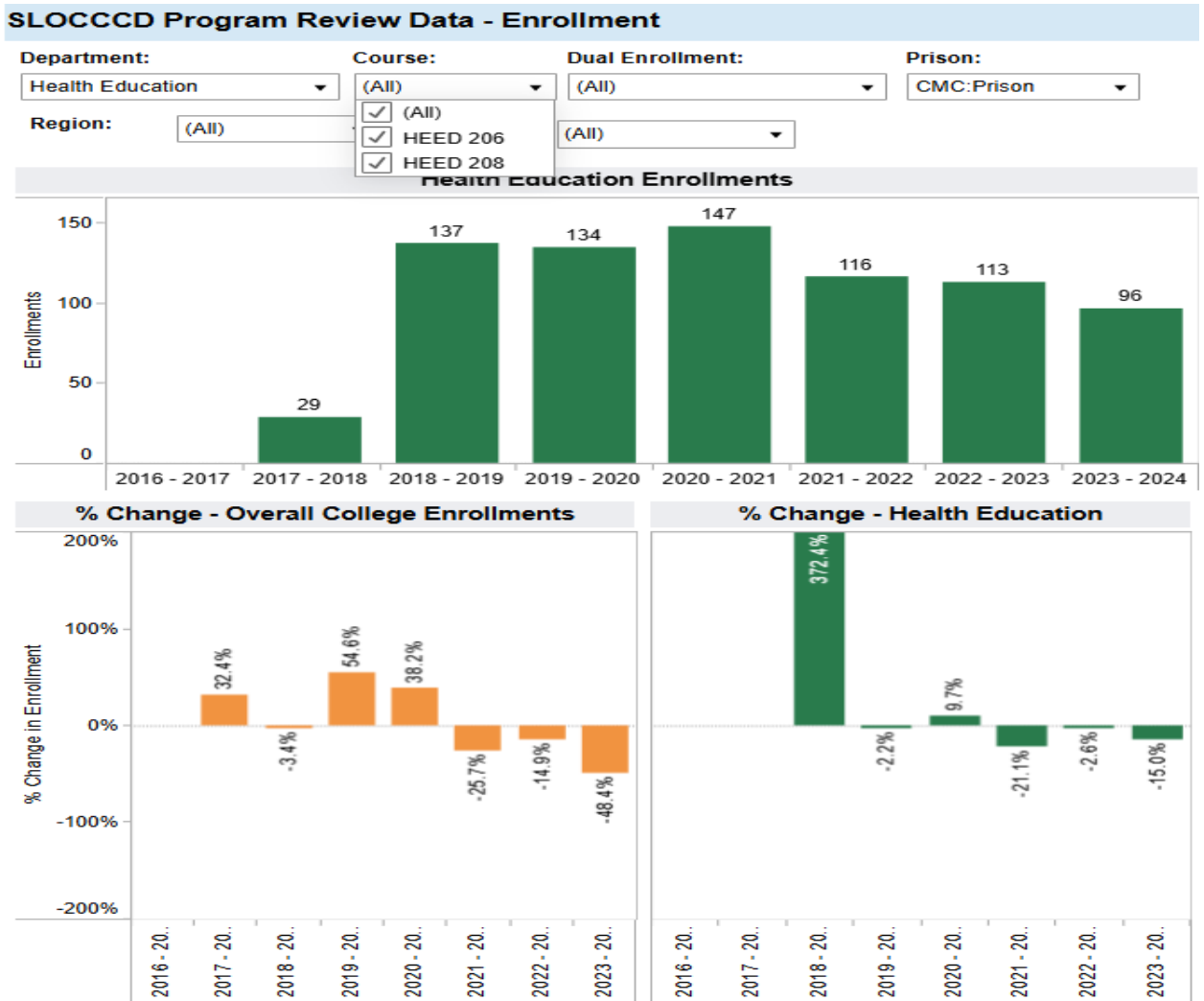
Reviewing the KINE classes individually, KINE 224 was not offered/may not have been offered in 2023-2024. The latest enrollment data for this course was in 2022-2023 with nine (9) students enrolled.

SLOCCCD Program Review Data - Enrollment



Reviewing the health courses for this program, HEED 208 is a requirement of the program and HEED 206 (now PHS 206) is an elective. Each course has three credits and students are required to take one of the four, which include HEED 206, ASHS 205, 212, or 278. The two classes below show enrollment data for both HEED 208 and HEED 206. Both classes are broken down by the class in next charts to follow. For HEED 206 and 208, enrollments

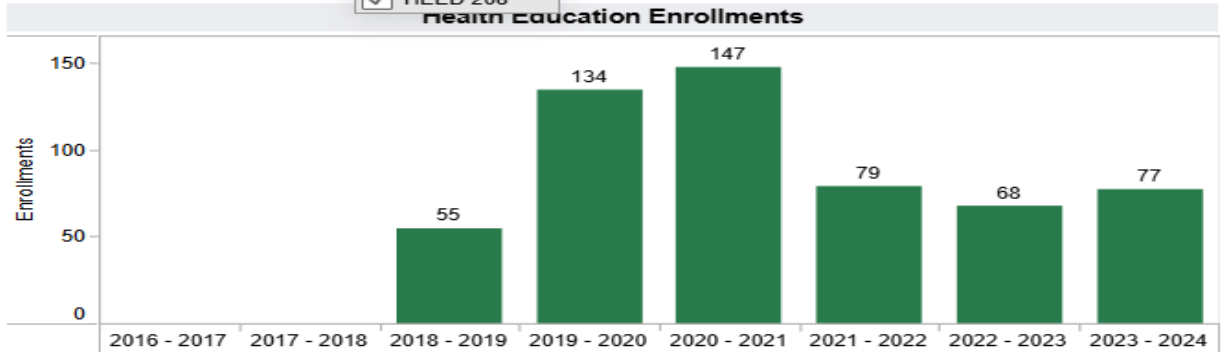
for the 2022-2023 year were 113 while enrollments for the 2023 and 2024 year were 96 students. The percentage change for years respectively was negative(-) 2.6% and negative (-) 15%.



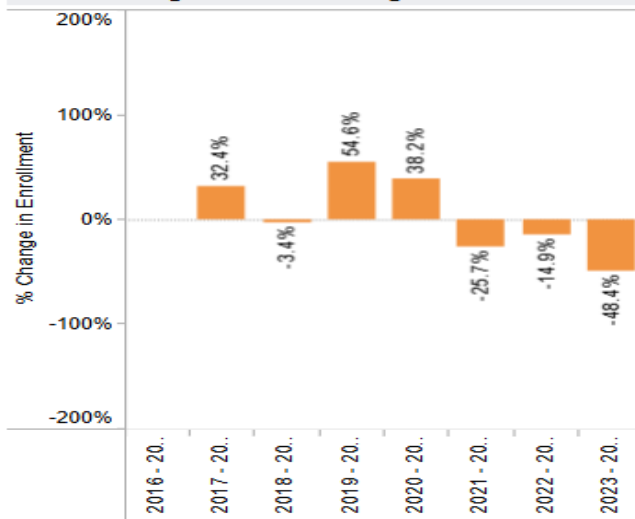
Reviewing the HEED classes individually, HEED 208 was offered in the 2023-2024 year with a total of 77 students enrolled which is a percent increase of 13.2% over the previous year of 68 students enrolled.

SLOCCCD Program Review Data - Enrollment

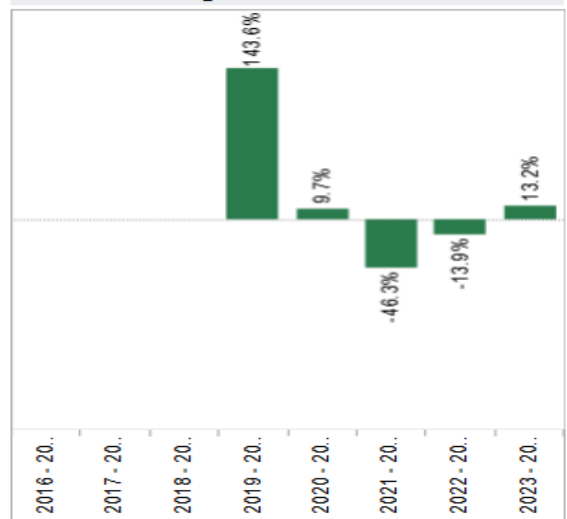
Department: Health Education Course: HEED 208 Dual Enrollment: (All) Prison: CMC:Prison
 Region: (All) ☐ (All) ☐ HEED 206 ☒ HEED 208



% Change - Overall College Enrollments



% Change - Health Education

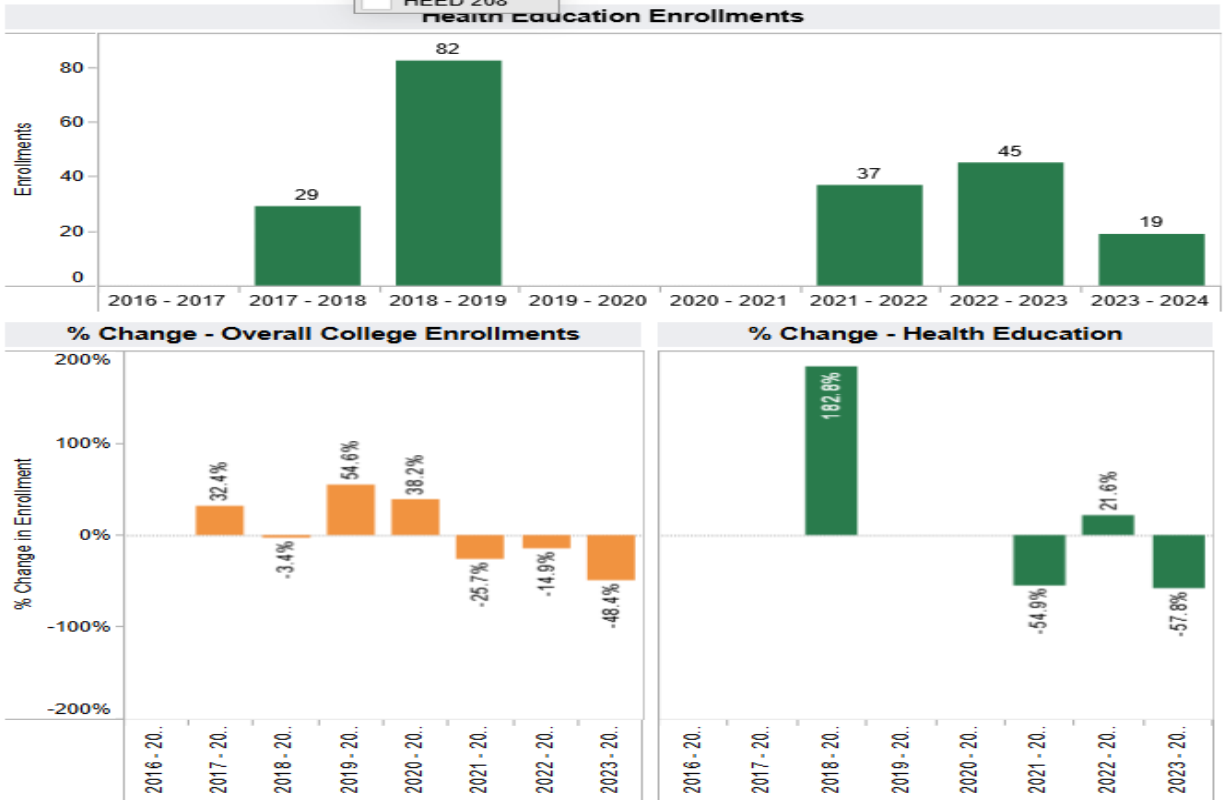


Reviewing the HEED classes individually, HEED 206 was offered in the 2023-2024 year with a total of 19 students enrolled which is a decrease of negative (-) 57.8% over the previous year of 45 students enrolled.

SLOCCCD Program Review Data - Enrollment

Department: Course: Dual Enrollment: Prison:

Region: ☐ (All) ☒ HEED 206 ☐ HEED 208

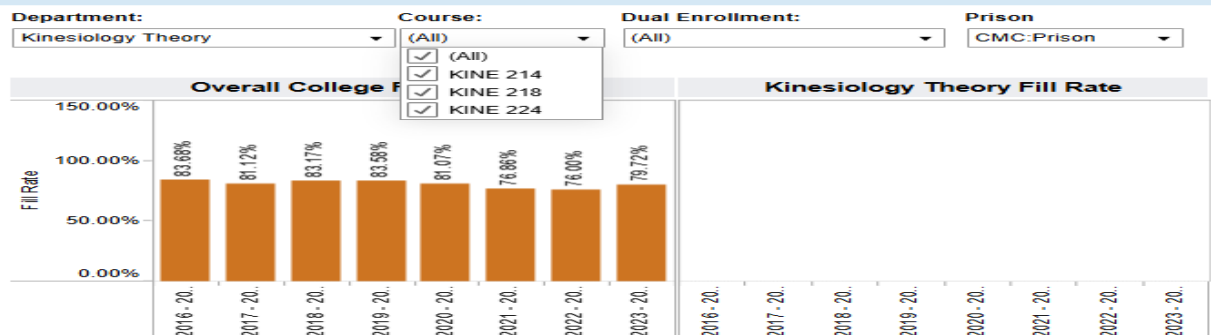


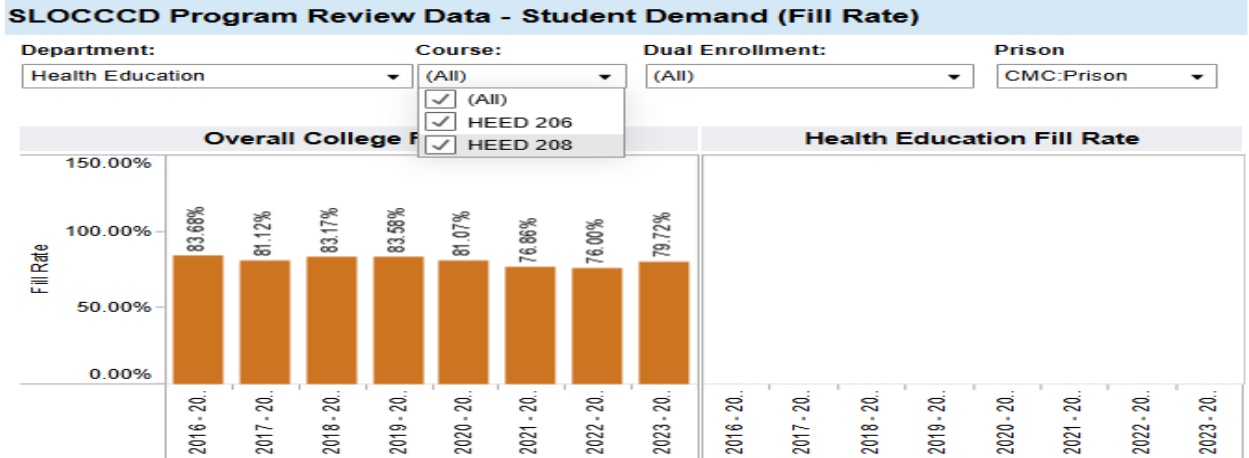
B. General Student Demand (Fill Rate) (Insert Aggregated Data Chart)

Insert the data chart and explain observed differences between the program and the college.

For courses in the fitness and health (CA) no data was available for the current 2023-2024 year or past years for all courses. The student demand (fill rates) are unknown.

SLOCCCD Program Review Data - Student Demand (Fill Rate)





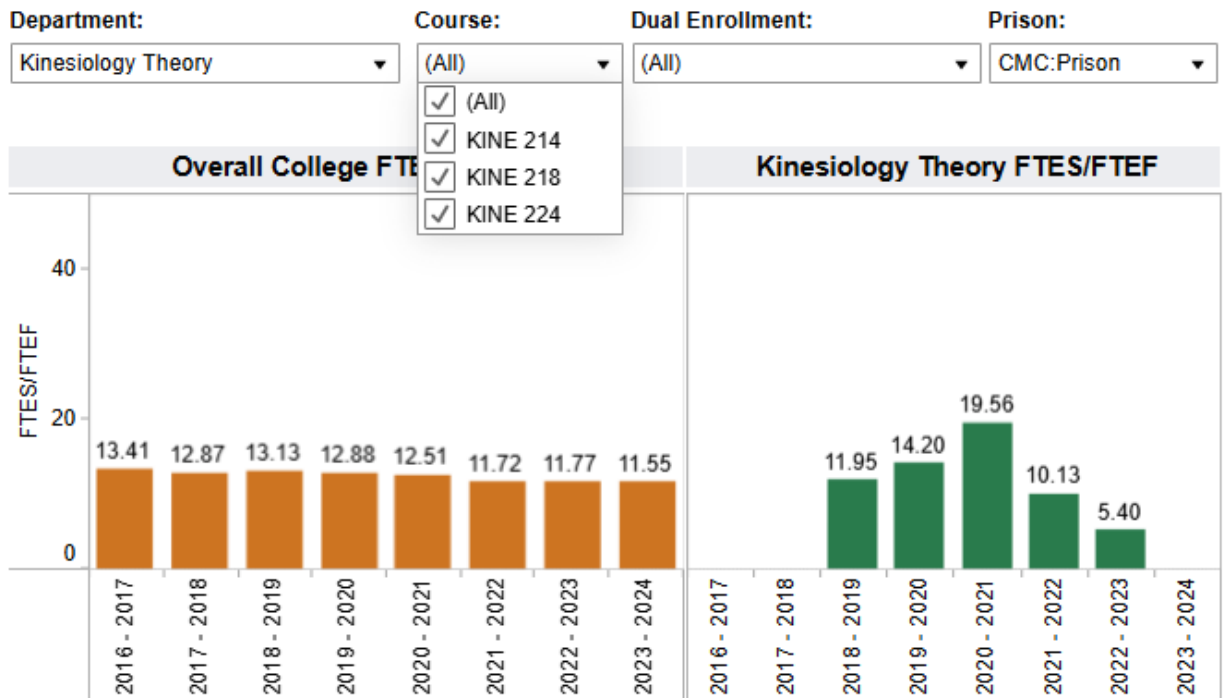
Click here to enter text.

C. **General Efficiency (FTES/FTEF) (Insert Aggregated Data Chart)**

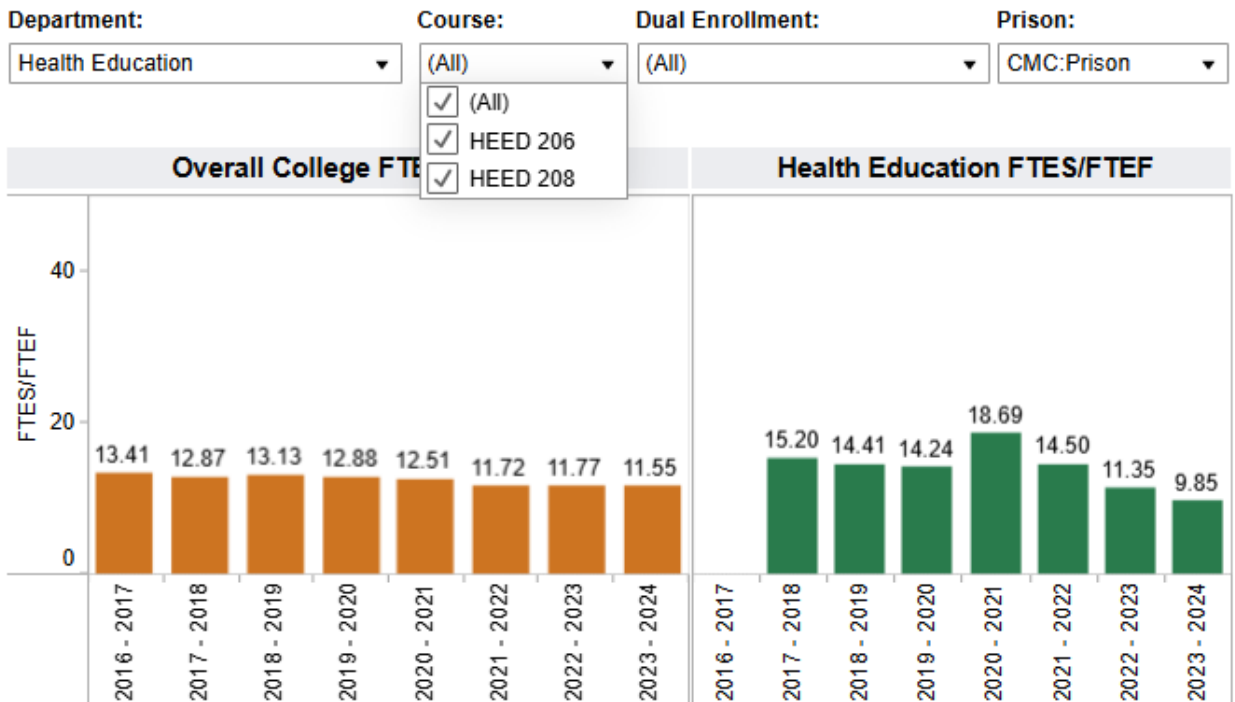
Insert the data chart and explain observed differences between the program and the college.

Reviewing the overall efficiency of KINE 214, 218, and 224, there is no data for the 2023-2024 year. There has been a steady decline from 2020 to 2023. The year 2020-2021, 2021-2022, and 2022-2023 efficiency of all three courses was at 19.56, 10.13, and 5.4 respectively. The HEED 206 and 208 courses also show a decline yet not as steep with 14.50, 11.35, and 9.85 for respective years.

SLOCCCD Program Review Data - Efficiency (FTES/FTEF)



SLOCCCD Program Review Data - Efficiency (FTES/FTEF)



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D. Student Success—Course Completion by Modality (Insert Data Chart)

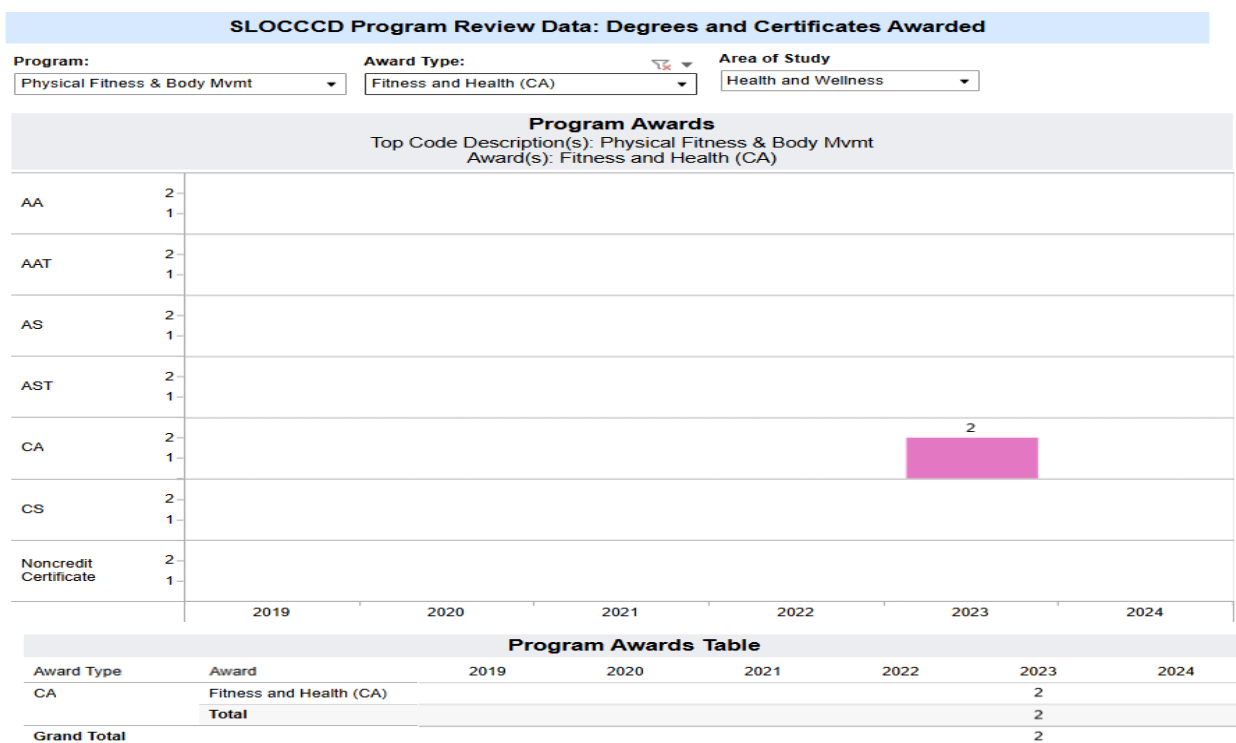
Insert the data chart and explain observed differences between the program and the college.

Data was not available specific to this program for CMC prison. The data was overall data for KINE Theory and HEED courses which do not represent course offerings at CMC prison.

E. Degrees and Certificates Awarded (Insert Data Chart)

Insert the data chart and explain observed differences between the program and the college.

Reviewing the degrees and certificates for fitness and health (CA), the data below shows that two certificates were awarded in the year 2023. No degrees were awarded in any other year.



Click here to enter text.

F. General Student Success – Course Completion (Insert Aggregated Data Chart)

Insert the data chart and explain observed differences between the program and the college.

- The link for general student success would not open therefore the data was not provided for this review.

Click here to enter text.

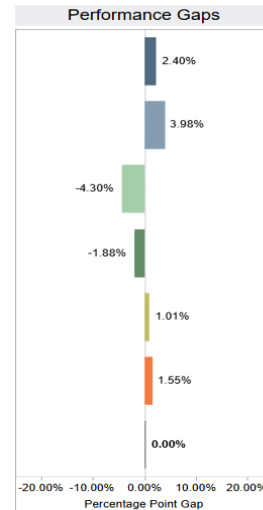
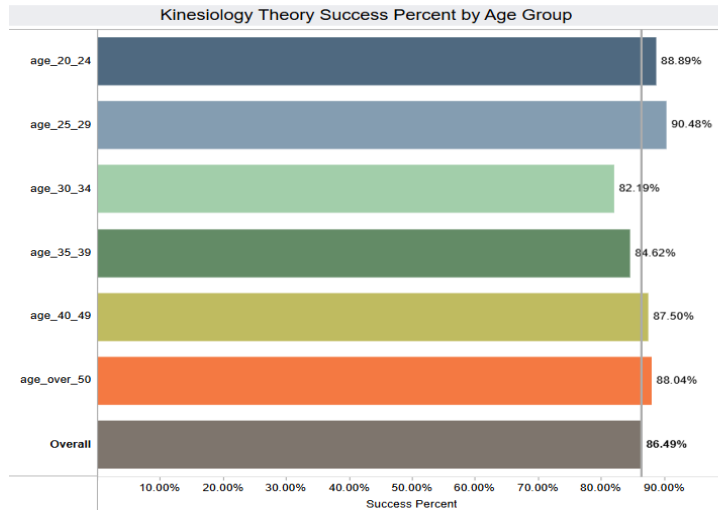
G. Review the **Disaggregated Student Success** charts; include any charts that you will reference. Describe any departmental or pedagogical outcomes that have occurred as a result of programmatic discussion regarding the data presented.

- The disaggregated data charts below included “prison” as a group. This is assumed to be CMC prison. The Kinesiology Theory courses of KINE 214, 218, and 224 were included and age group, ethnicity, and education goals were reviewed for this program. The success by age group includes: 20-24 at 89%, 25-29 at 90%, 30-34 at 83%, 35-39 at 85%, 40-49 at 88%, and over 50 at 88%. Related to
- For ethnicity, 88% were of Asian ethnicity, 80% were of Black or African American ethnicity, 88% Hispanic/Latino ethnicity, 100% were of two or more races, 88% were unknown or un-respondent, and 93% were white.
- Related to education goals, 100% wanted to discover/formulate career interests, plans, goals, 82% wanted to obtain a two-year associates degree without transfer, 82% looked to obtain an associates degree and transfer to a four-year university, 92% were unknown or unreported of their goals, and 87% were undecided on their goals.

The following are some questions you might want to consider:

- What specific groups are experiencing inequities? What patterns do you notice in the data? How have the equity gaps changed since the previous academic year? The group for age experiencing inequities include the 30-39 age group and for ethnicity inequities include Black/African American.
- What professional opportunities are your program faculty participating in to address closing equity gaps?
- What strategies, policies and/or practices in your program have you implemented or what could be improved to better support students who experience equity gaps?

Successful Course Completion by Student Subpopulation



Academic Year:
(All) ▼

Department:
Kinesiology Theory ▼

Region:
(All) ▼

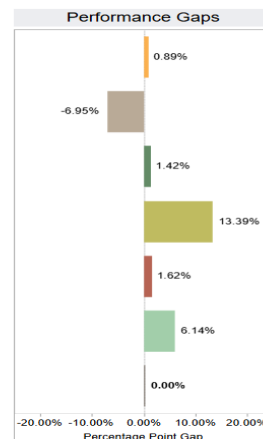
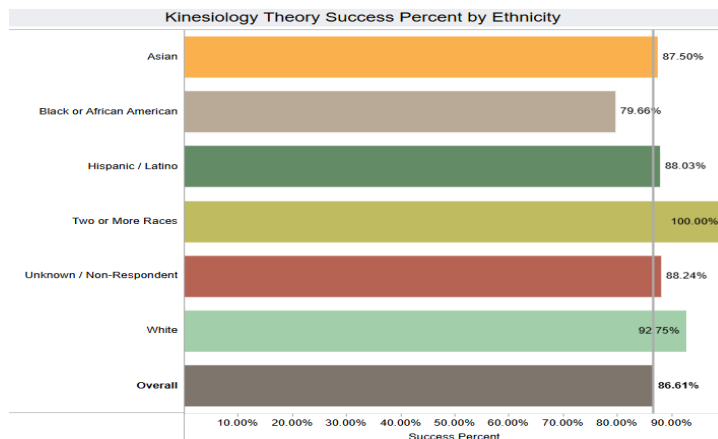
Enroll Status:
(All) ▼

Dual Enrollment:
Not Dual Enrollment ▼

Prison:
Prison ▼

Disaggregate By:
Age Group ▼

Successful Course Completion by Student Subpopulation



Academic Year:
(All) ▼

Department:
Kinesiology Theory ▼

Region:
(All) ▼

Enroll Status:
(All) ▼

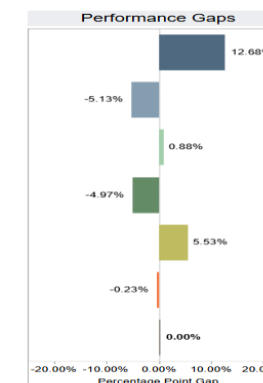
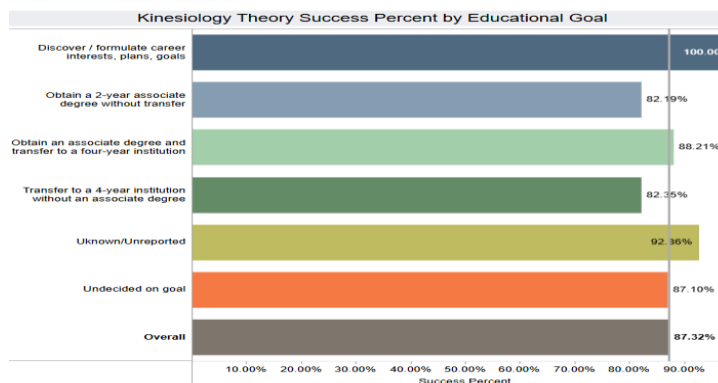
Dual Enrollment:
Not Dual Enrollment ▼

Prison:
Prison ▼

Disaggregate By:
Ethnicity ▼

Note: Successful Course Completion is the ratio of enrollments resulting in a final grade of A, A-, B+, B, B-, C+, C, CR or P to all valid grades.

Successful Course Completion by Student Subpopulation



Academic Year:
(All) ▼

Department:
Kinesiology Theory ▼

Region:
(All) ▼

Enroll Status:
(All) ▼

Dual Enrollment:
Not Dual Enrollment ▼

Prison:
Prison ▼

Disaggregate By:
Educational Goal ▼

Click here to enter text.

PROGRAMS AND CURRICULUM REVIEW PROGRESS

SECTION 1: PROGRESS CHECK ON SCHEDULED CURRICULUM UPDATES FROM CPPR

Directions:

For the following questions, please refer to #3 in Section 1 of the Programs and Curriculum Review Progress portion of last year's APPW.

1. List those programs of study (degrees and/or certificates) and courses that were scheduled for major or minor modification during the 2024 academic year in the 5-year calendar of the Curriculum Review Worksheet.

Click here to enter text.

2. From the list generated in #1, identify those programs of study and courses that underwent the scheduled modifications during the 2024 academic year. Complete the table below for those items only.

Program of Study OR Prefix and Course #	Major/Minor Modification (select one)	Date completed (semester and year)

3. From the list generated in #1, identify those programs of study and courses that did **not** undergo the modifications for which they were scheduled during the 2024 academic year. Complete the table below for those items only.

Program of Study OR Prefix and Course #	Past Due Date for Modification	Briefly state why modification was not completed on schedule	Re-scheduled date for modification (must be within 1 year)

SECTION 2: PROGRESS CHECK ON PREVIOUSLY OUT-OF-DATE CURRICULUM UPDATES FROM CPPR

Directions: For the following questions, please refer to #3 in Section 1 of the Programs and Curriculum Review Progress portion of APPW from years before the previous academic year where incomplete curriculum updates were re-scheduled to be addressed in 2024.

1. List those programs of study and courses that are listed in the older APPW that were listed in #3. Complete the table below for those items only. If there were no courses included under #3 of previous APPW, please type "N/A" in the first box of the first row of the table.

Program of Study OR Prefix and Course #	Past Due Date for Modification	Re-scheduled date for modification	Completed (yes or no)

2. From the list generated in #1, identify those programs of study and courses that did **not** undergo the modifications for which they were re-scheduled to during the 2024 academic year. Complete the table below for those items only. You may leave this table blank if you wrote "N/A" for the previous table.

Program of Study OR Prefix and Course #	Past Re-scheduled Due Date for Modification	Briefly state why modification was not completed as rescheduled	Second re-scheduled date for modification (must be within 6 months)

OTHER RELEVANT PROGRAM DATA (OPTIONAL)

Provide and comment on any other data that is relevant to your program such as state or national certification/licensure exam results, employment data, etc. If necessary, describe origin and/or data collection methods used.

PROGRAM OUTCOMES ASSESSMENT CHECKLIST AND NARRATIVE

CHECKLIST

- ☐ SLO assessment cycle calendar is up to date.
- ☐ All courses scheduled for assessment have been assessed in eLumen.
- ☐ Program Sustainability Plan progress report completed (if applicable).

NARRATIVE

Briefly describe program changes, if any, which have been implemented in the previous year as a direct result of the Program or Student Services Learning Outcomes Assessment. *If no program changes have been made as results of Program or Student Services Learning Outcomes Assessment, indicate: NONE.*

none

PROGRAM PLANNING / FORECASTING FOR THE NEXT ACADEMIC YEAR

Briefly describe any program plans for the upcoming academic year. These may include but are not limited to the following: *(Note: you do not need to respond to each of the items below). If there are no forecasted plans for the program, for the upcoming year, indicate: NONE.*

- A. New or modified plans for achieving program-learning outcomes and addressing equity gaps
 - NONE
- B. Anticipated changes in curriculum, scheduling or delivery modality
 - NONE
- C. Levels, delivery or types of services
 - NONE
- D. Facilities changes
 - NONE
- E. Staffing projections
 - NONE
- F. Other
 - The Fitness and Health Certificate of Achievement is being deactivated. Deactivation is taking place due to lack of student interest in the program. The program will no longer be measured against Institutional Goals and Objectives, or Institutional Learning Objectives. No changes will be necessary for the future due to deactivation.

PROGRAM SUSTAINABILITY PLAN PROGRESS REPORT

This section only needs to be completed if a program has an existing Program Sustainability Plan. Indicate whether objectives established in your Program Sustainability Plan have been addressed or not, and if improvement targets have been met.

Area of Decline or Challenge	Identified Objective (Paste from PSP)	Planning Steps (Check all that apply)	Has the Improvement Target Been Met?
Enrollment		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Student Demand (Fill Rate)		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Efficiency (FTES/FTEF)		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Student Success – Course Completion		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Student Success – Course Modality		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one
Degrees and Certificates Awarded		<input type="checkbox"/> Identified <input type="checkbox"/> Resources Allocated <input type="checkbox"/> Implemented	Select one

If Program Sustainability Plan is still necessary, provide a brief description of how you plan to continue your PSP and update your PSP to remove any objectives that have been addressed and include any new objectives that are needed.