INSTRUCTIONAL COMPREHENSIVE PROGRAM PLANNING AND REVIEW (CPPR) FOR 2025

Only to be completed by those programs scheduled for the year according to the institutional comprehensive planning cycle for instructional programs (i.e., every four years for CTE programs and five years for all other instructional programs), which is produced by the Office of Instruction. Faculty should meet with their dean prior to beginning this process. Training is available to support faculty completing this work.

Cluster: Health & Wellness, Skilled Trades & Technology
Area of Study: Movement and Health Science
Program: Exercise Science Fitness Professional-Certificate
Current Academic Year: 2025
Last Academic Year CPPR Completed: N/A
Current Date: February 28, 2025

NARRATIVE: INSTRUCTIONAL CPPR

Please use the following narrative outline:

Describe how this program review was conducted, including how all program members were involved in the planning process.

- The program review was reviewed by a full-time faculty member that does not currently teach in the program but will begin teaching one class late spring 2025. The results were shared with Division.

GENERAL PROGRAM INFORMATION

Program Mission

- The Exercise Science - Fitness Specialist Certificate is designed to provide students with opportunities to acquire the knowledge, skills, and abilities that are essential for competency and success in the commercial and corporate fitness industries. In addition, the program is designed to prepare students to pass national exams for certifications such as: American College of Sports Medicine Group Exercise Leader (GEL) certification, American Council on Exercise (ACE) Group Fitness Instructor Certification, American College of Sports Medicine Certified Personal Trainer (CPT) and National Academy of Sport Medicine (NASM) Personal Trainer Certification.

Please highlight any changes and improvements since the last Comprehensive Program Review. Be sure to specifically indicate those changes that have been made in the program in order to address equity gaps.

- This is the first CPPR completed. APPWs were completed for this certificate.

List all current full-time and part-time faculty in the program.

- Allison Head, Jenel Guadagno, Angela Orefice, Coral Minton, Brian Locher, Sue Gin, Nancy Steinmaus.

PROGRAM SUPPORT OF DISTRICT'S **MISSION STATEMENT**, **INSTITUTIONAL GOALS, INSTITUTIONAL OBJECTIVES**, AND/OR **INSTITUTIONAL LEARNING OUTCOMES**

Identify how your program addresses or helps to achieve the **District's Mission Statement**.

Cuesta College Mission: Cuesta College transforms a diverse community of learners with education and empowerment to become responsible stewards and leaders in a dynamic global community.

- The Cuesta College Exercise Science Fitness Professional certificate promotes the mission, vision and values of the college. The Exercise Science Certificate enables students to achieve their academic, transfer, career advancement, personal and workforce preparation goals by offering a variety of courses within the industry including Personal Trainers, Small Group Exercise Leaders, Large Group Exercise Leaders, and/or entry into the pathway to fitness facility management.

Identify how your program addresses or helps to achieve the **District's Institutional Goals and Objectives**, and/or operational planning initiatives.

Institutional Goal 1: Access

Objective 1A: Increase enrollment of low-income and underrepresented students through intentional program development and targeted outreach efforts.

- There is outreach to local high schools and fitness facilities. Students from all backgrounds who are excited about their own health can empower the community by becoming a exercise science professional. The Exercise Science Certificate may lead students to other education opportunities in the field and also aid them in career placement within the field.

Institutional Goal 2: Completion

Increase the number of students earning an Associate Degree including Associate Degrees for Transfer (ADT), credentials, certificates, or specific job-oriented skill sets.

- The Fitness Professional Certificate prepares students to work in the fitness industry as Personal Trainers, Small Group Exercise Leaders, Large Group Exercise Leaders, and/or entry into the pathway to fitness facility management.
- Career opportunities for this program are expected to grow nationwide from 2022 to 2032.

- Careers associated with this program have a salary range from $37,000 to $77,000 with an average salary of $66,000.

Identify how your program helps students achieve **Institutional Learning Outcomes**.

The District link was unavailable and down for maintence. Below are the program outcomes for Exercise Science.

Construct safe, environmentally and developmentally appropriate fitness plans for the personal training and/or group exercise setting.

Develop a general knowledge of basic anatomy and its application to body movement.

Demonstrate a general knowledge of the career opportunities in exercise science.

Interpret basic fitness test results – cardiovascular, strength, endurance, body composition, flexibility, etc.

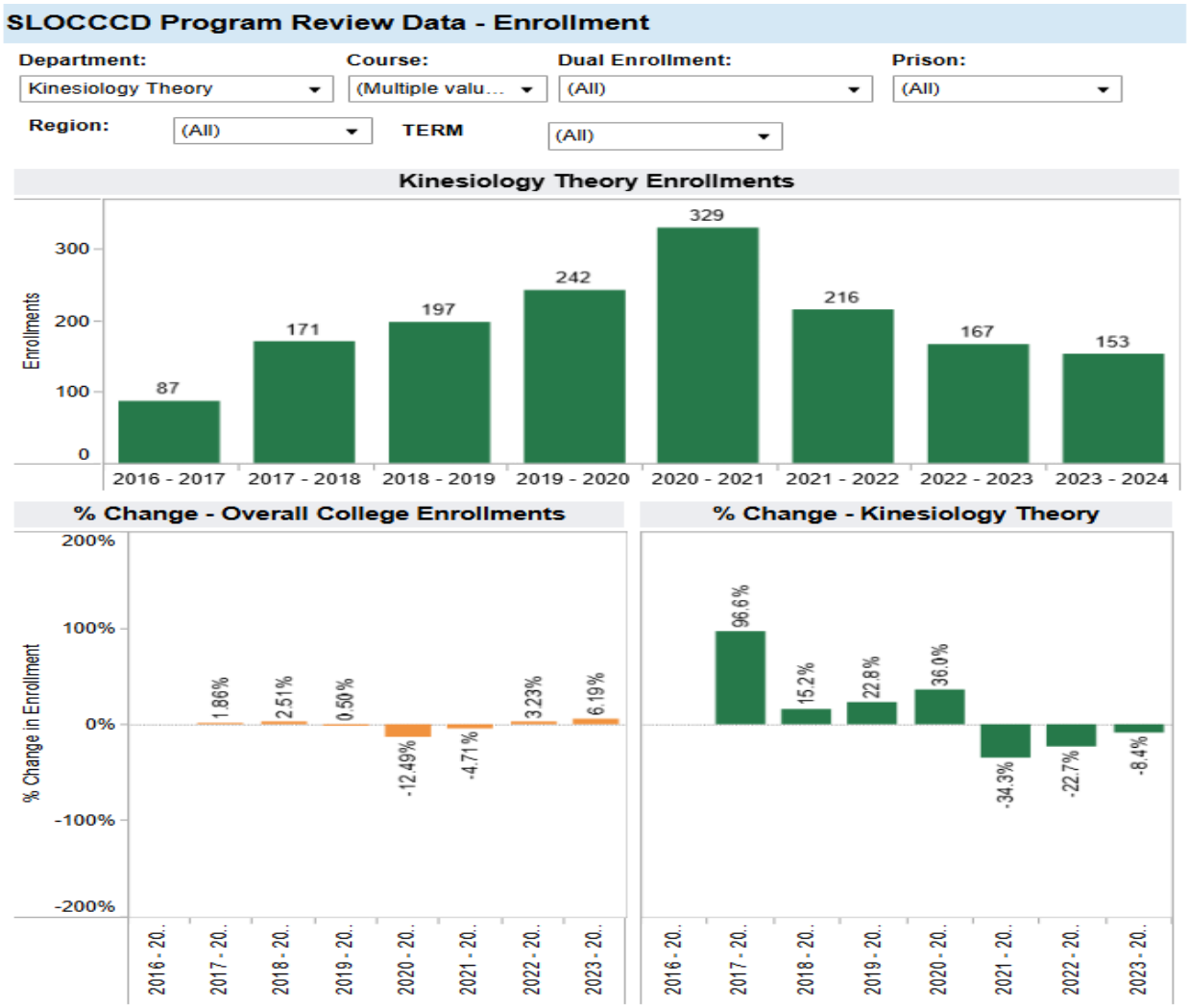
PROGRAM DATA ANALYSIS AND PROGRAM-SPECIFIC MEASUREMENTS
(Where applicable the success metrics are aligned with the Student Success Metrics/SCFF).

Exercise Science Courses:
KINE 214: Introduction to Exercise Science
KINE 213: Introduction to Sports Medicine
KINE 218 or 224: CPT Certification or Certified Personal Trainer
KINE 219: Coaching Wellness Behaviors
KINE 220: Personalized Fitness Planning for Lifetime Wellness
NUTR 240: Personalized Nutrition Planning for Lifetime Wellness
KINA/ATHL: One Unit of an activity class or athletic class
HSCI 204: Standard First Aid/CPR
The data components are hyperlinked below.

A. **General Enrollment (Insert Aggregated Data Chart)**

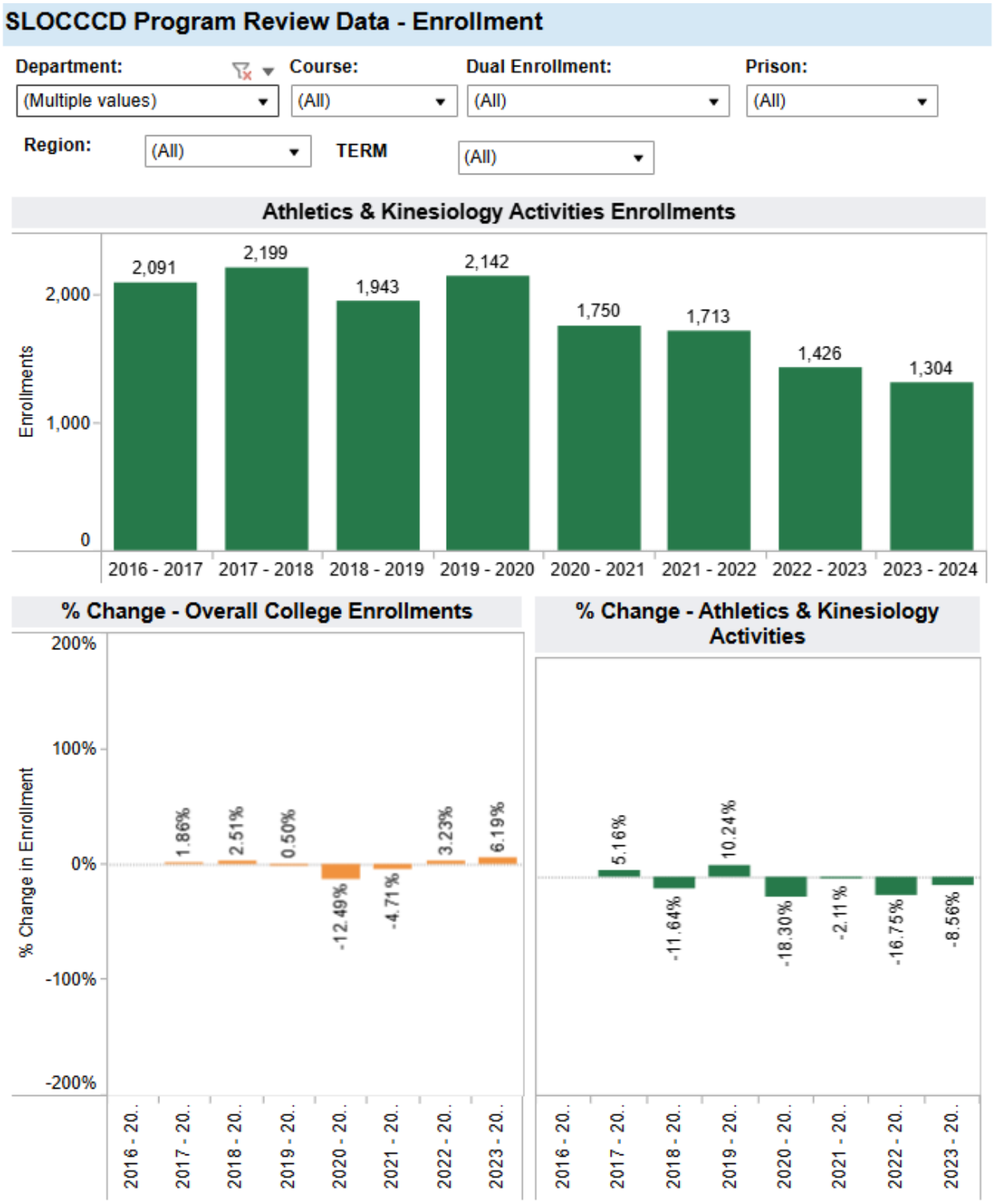
Insert the data chart and explain observed differences between the program and the college.

There is no data specific to the certificate of Exercise Science therefore the classes below were utilized.
Courses Included in General Enrollment
KINE 214: Introduction to Exercise Science
KINE 213: Introduction to Sports Medicine
KINE 218 or 224: CPT Certification or Certified Personal Trainer
KINE 219: Coaching Wellness Behaviors
KINE 220: Personalized Fitness Planning for Lifetime Wellness



Total enrollments for KINE courses listed in the program have been trending down each year. In 2022 there were 216 students enrolled, 167 students in 2023, and 153 students in 2024. The enrollments have been below the college rate for the past three years.

Total enrollments for the NUTR 240 course listed in the program have been staying fairly steady each year. In 2022 there were 16 students enrolled, 13 students in 2023, and 15 students in 2024. The enrollments have been above in 2022 and 2024 the college rate but in 2023 below the college rate.



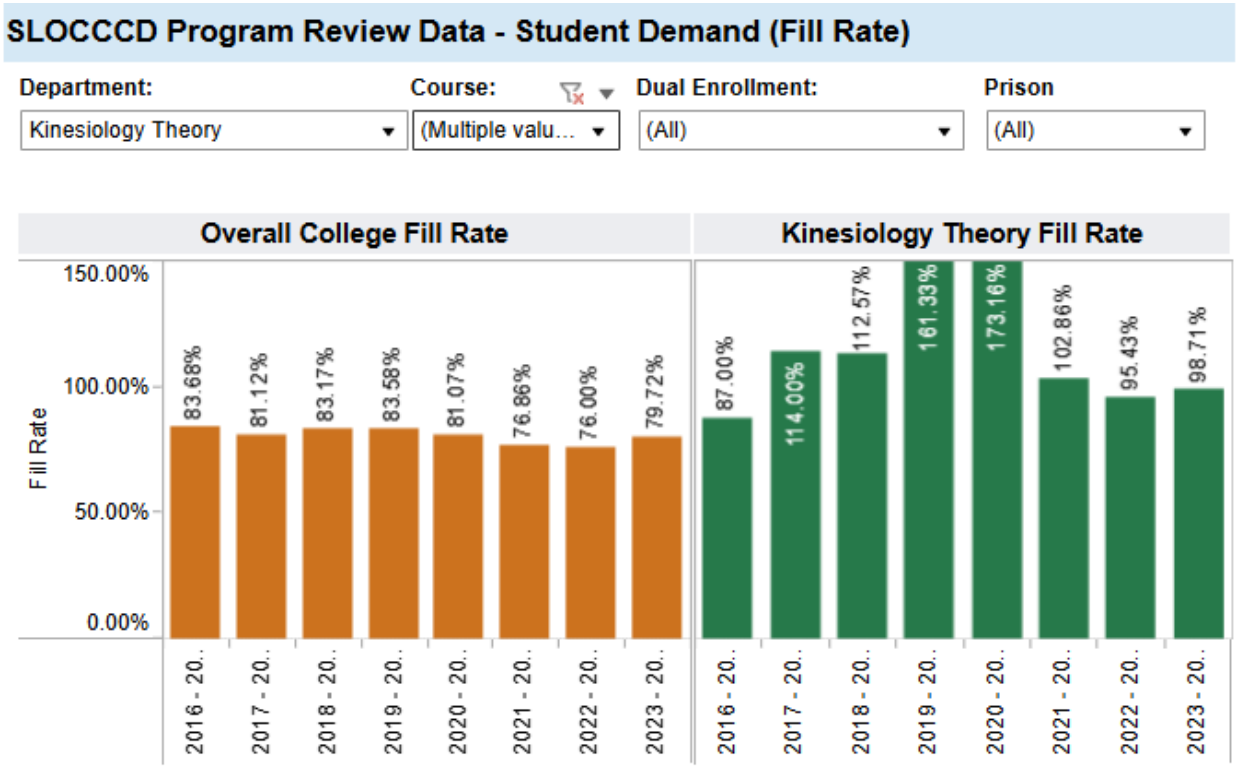
The chart above is viewing enrollments for all KINA and ATHL courses. The data is showing a trend down in enrollments for all courses.

The chart above is showing enrollments for HSCI 204 (formally HEED 204). Enrollments have been down in the 2024 year. The downward enrollments may be due to lack of instructors and canceled sections. Currently there is a new instructor teaching the course and the program hopes to see a rise in enrollment of the specific course.

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

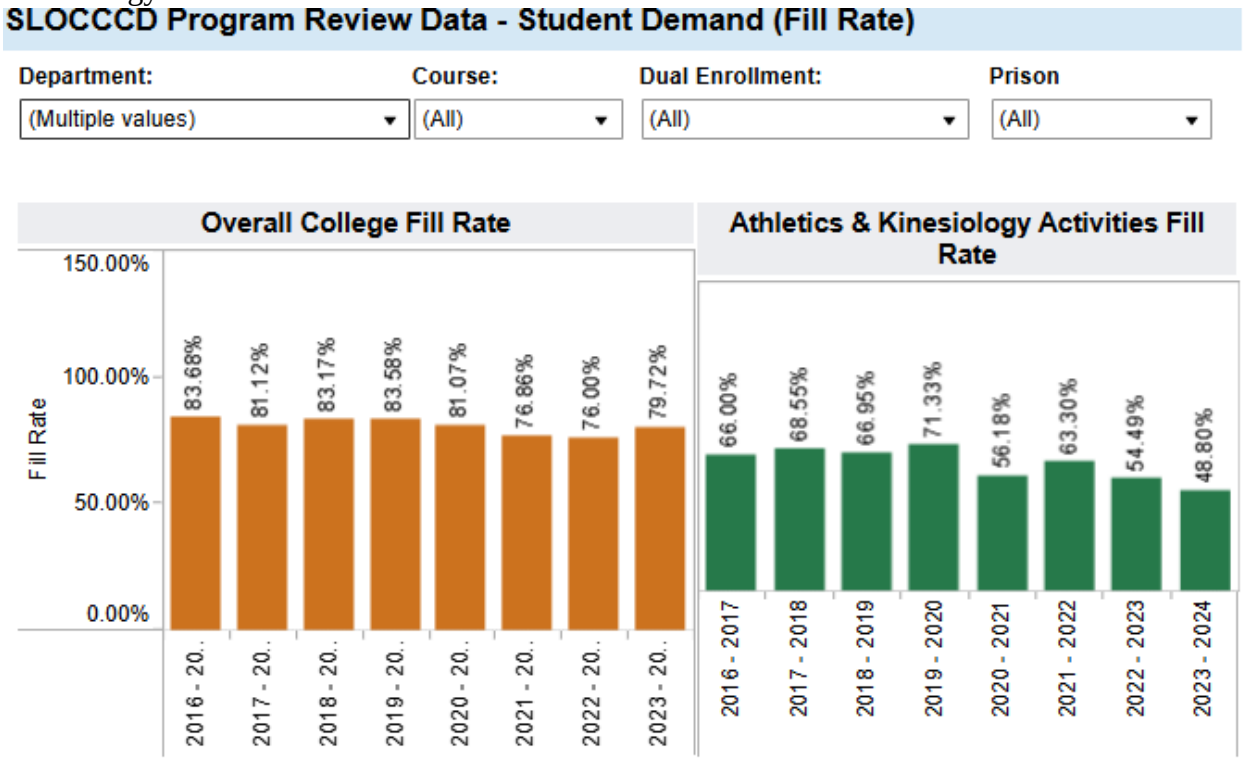
Insert the data chart and explain observed differences between the program and the college.

KINE 213, 214, 218, 219, 220, 224



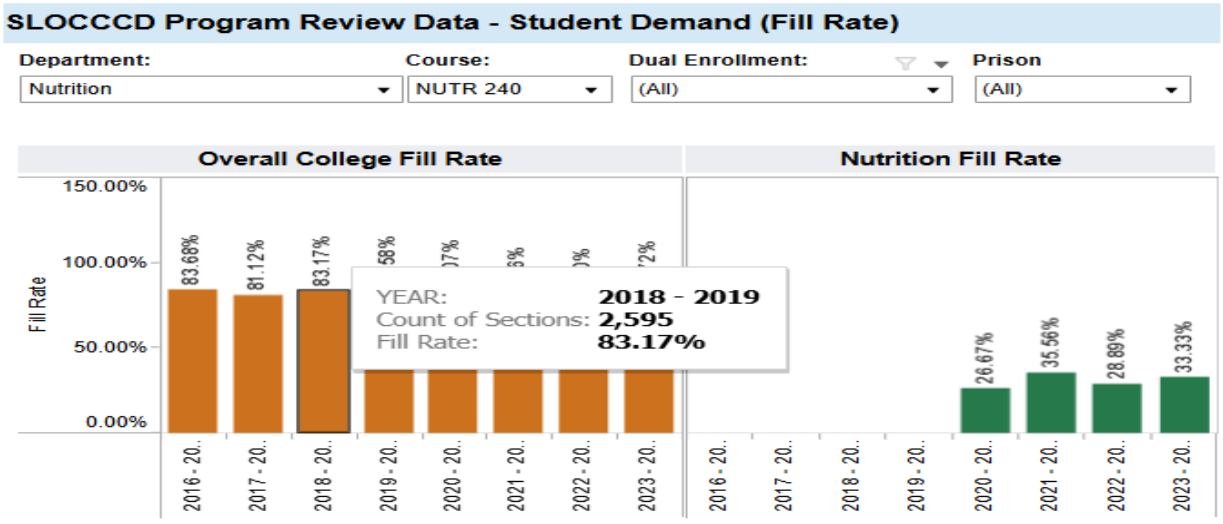
Fill Rate: The ratio of enrollments to class limits. Cross listed class limits are adjusted appropriately. Also, courses with zero class limits are excluded from this measure.

Kinesiology and Athletics Courses



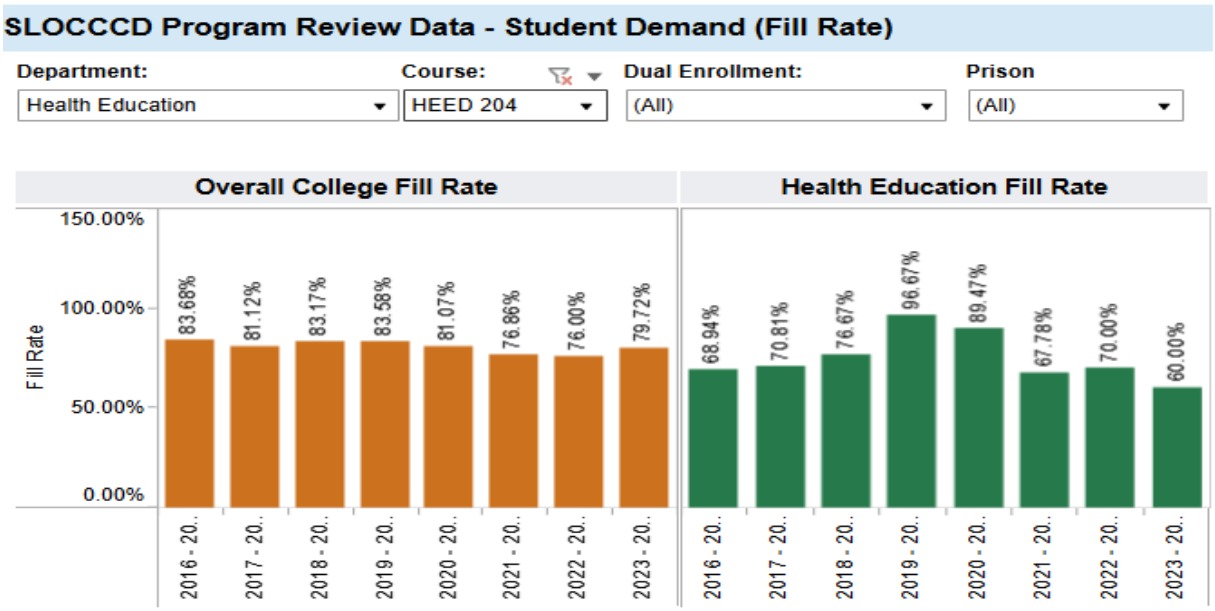
Fill Rate: The ratio of enrollments to class limits. Cross listed class limits are adjusted appropriately. Also, courses with zero class limits are excluded from this measure.

Nutrition 240



Fill Rate: The ratio of enrollments to class limits. Cross listed class limits are adjusted appropriately. Also, courses with zero class limits are excluded from this measure.

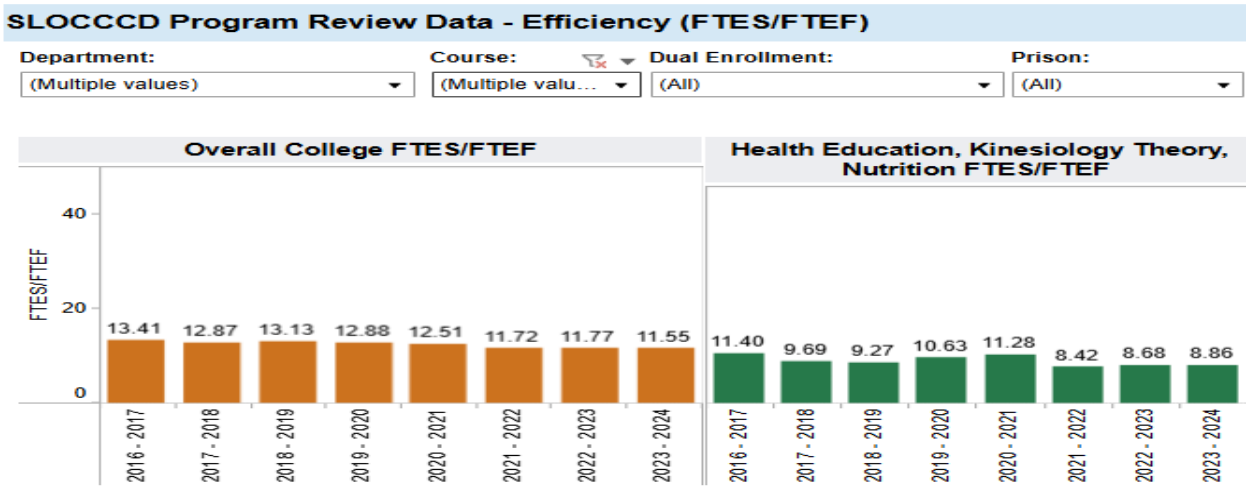
Health Science 204 (formally HEED 204)



Fill Rate: The ratio of enrollments to class limits. Cross listed class limits are adjusted appropriately. Also, courses with zero class limits are excluded from this measure.

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

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



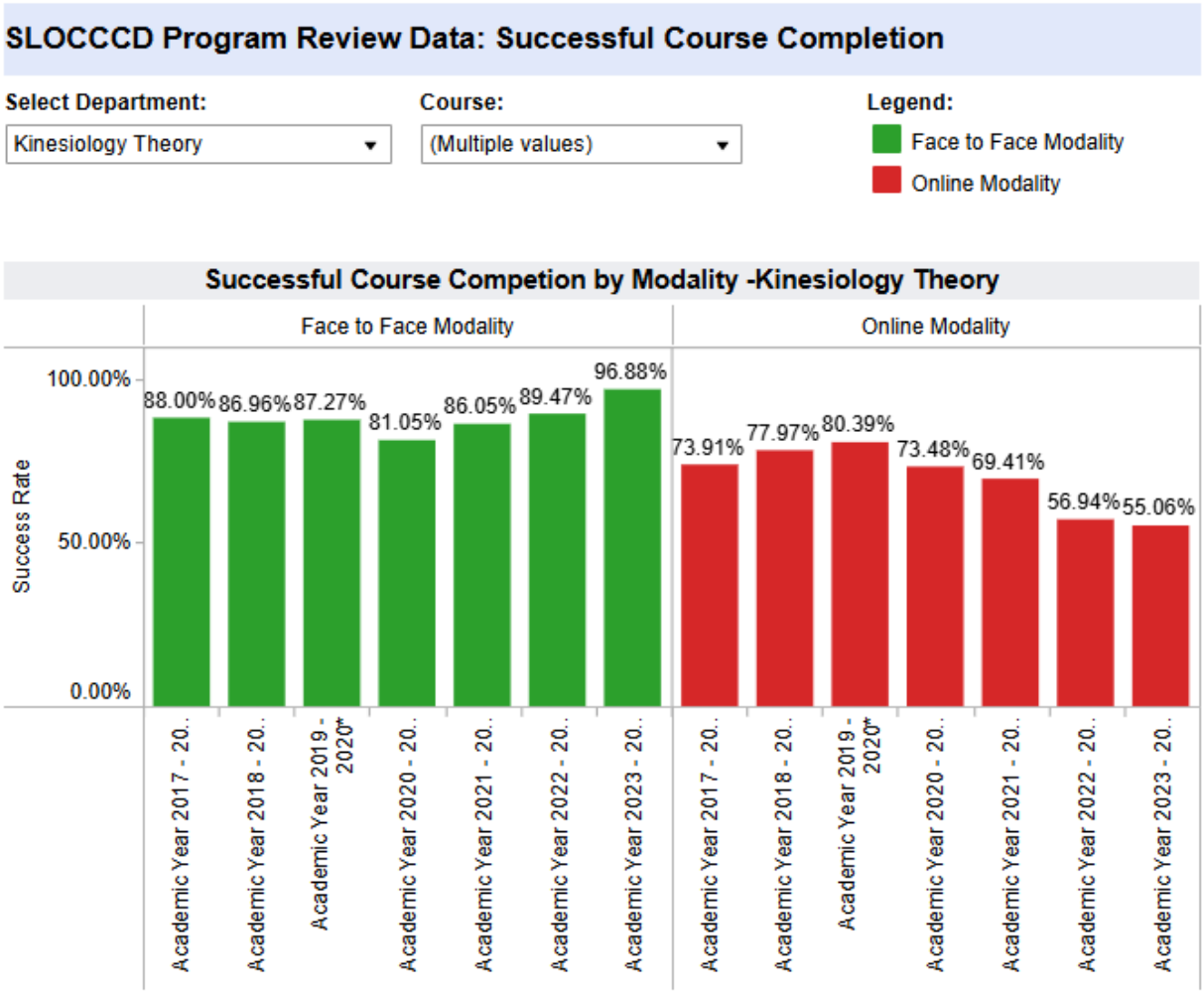
FTES/FTEF: The ratio of total FTES to Full-Time Equivalent Faculty (SXD4 Total-Hours/17.5)/XE03 FACULTY-ASSIGNMENT-FTE)

Course for general efficiency include KINE 213, 214, 218, 219, 220, 224, NUTR 240 and HEED 204. The certificate requires students to take one KINA or ATHL course. This information is not included within the data. This does not give an exact representation of general efficiency due the data not having the specific certificate on the tableau program.

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

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

Please note this is for the courses listed and not the certificate. The certificate information is not available on Tableau. Student Success for KINE 213, 214, 218, 219, 220, 224.



Successful Course Competion by Modality Table - Kinesiology Theory

		Academic Year 2017 - 2018	Academic Year 2018 - 2019	Academic Year 2019 - 2020*	Academic Year 2020 - 2021	Academic Year 2021 - 2022	Academic Year 2022 - 2023	Academic Year 2023 - 2024
Face to Face Modality	Department S..	83.12%	84.65%	86.38%	81.05%	86.15%	90.48%	96.88%
	Total Depart..	237.0	241.0	328.0	195.0	132.0	105.0	64.0
Online Modality	Department S..	73.91%	77.97%	80.39%	73.71%	71.89%	61.73%	63.06%
	Total Depart..	46.0	59.0	58.0	254.0	185.0	162.0	157.0

Student success was stronger with courses offered face-to-face at 96.8% in 2024 compared to online at 55% in the same academic year for the KINE courses in the program.

NUTR 240

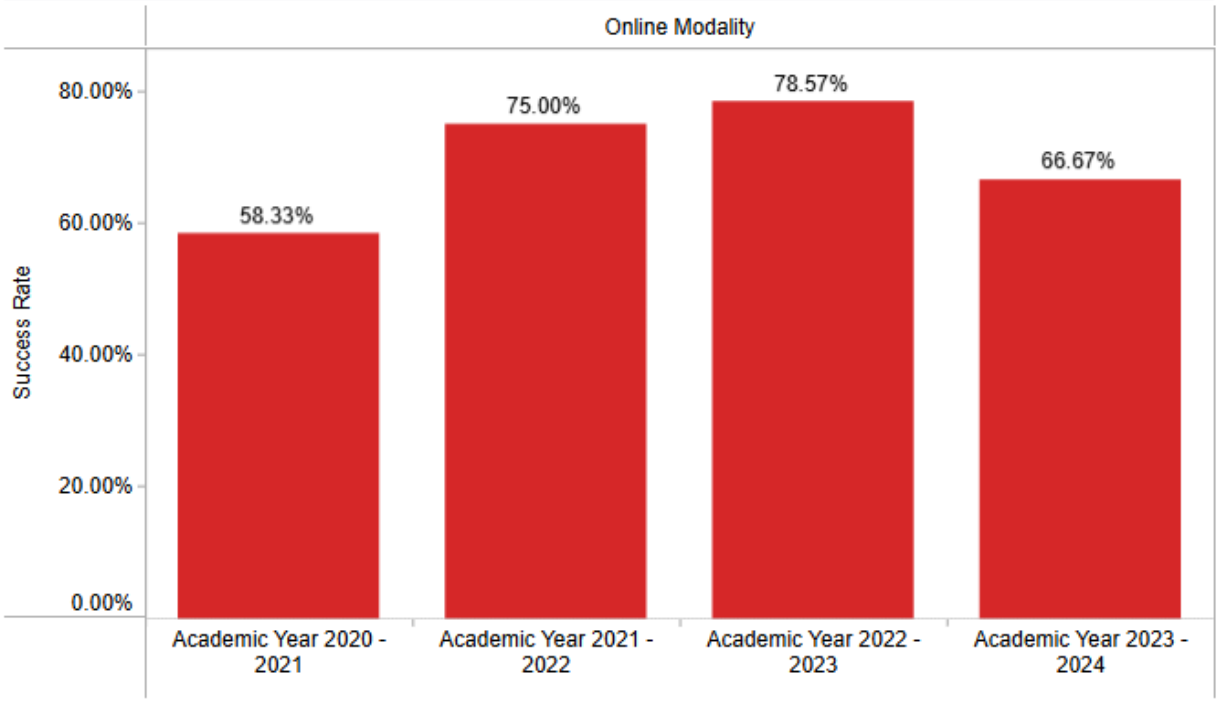
SLOCCCD Program Review Data: Successful Course Completion

Select Department: Nutrition

Course: NUTR240

Legend: Online Modality

Successful Course Competion by Modality -Nutrition



Successful Course Competion by Modality Table - Nutrition

		Academic Year 2017 - 2018	Academic Year 2018 - 2019	Academic Year 2019 - 2020*	Academic Year 2020 - 2021	Academic Year 2021 - 2022	Academic Year 2022 - 2023	Academic Year 2023 - 2024
Face to Face Modality	Department S..	82.02%	85.88%	92.67%	89.47%	74.15%	76.70%	73.17%
	Total Depart..	406.0	510.0	298.0	116.0	147.0	176.0	205.0
Online Modality	Department S..	75.25%	72.05%	82.45%	72.69%	73.57%	74.03%	72.29%
	Total Depart..	599.0	644.0	609.0	805.0	615.0	616.0	565.0

Nutrition 240 has been taught online from 2020 to 2024

All KINA and ATHL Sections

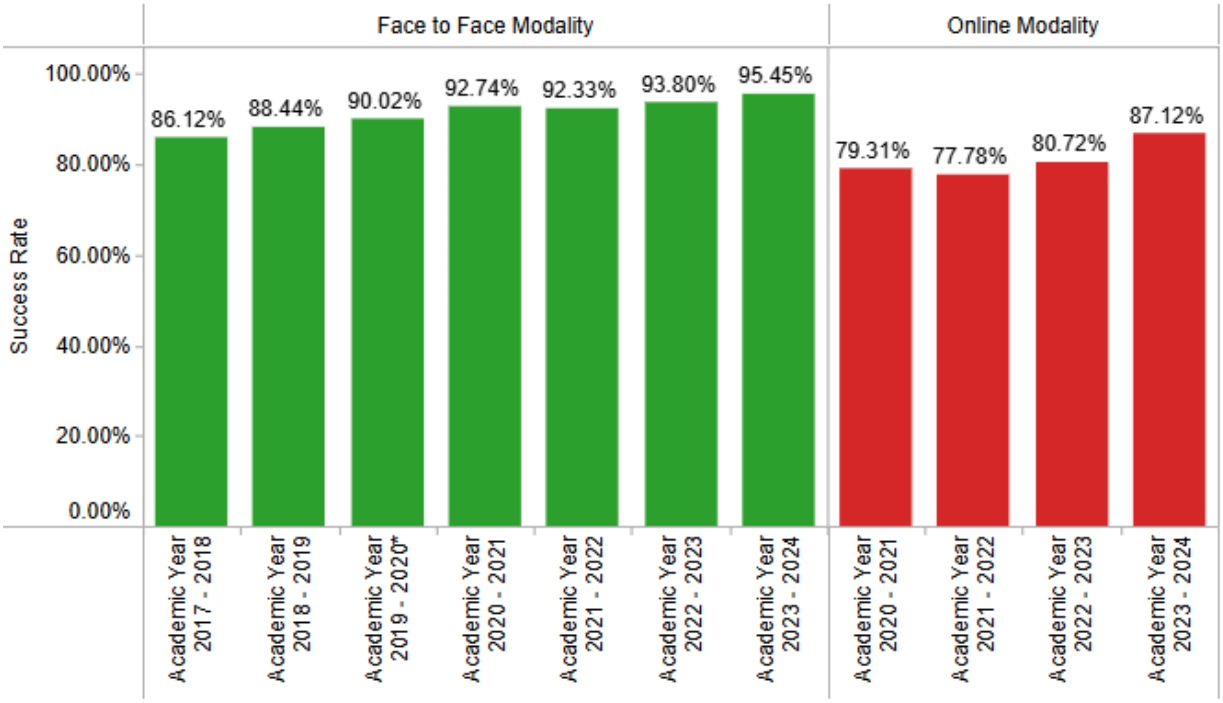
SLOCCCD Program Review Data: Successful Course Completion

Select Department: (Multiple values)

Course: (All)

Legend:
- Face to Face Modality
- Online Modality

Successful Course Competion by Modality -Athletics & Kinesiology Activities



Successful Course Competion by Modality Table - Athletics & Kinesiology Activities

		Academic Year 2017 - 2018	Academic Year 2018 - 2019	Academic Year 2019 - 2020*	Academic Year 2020 - 2021	Academic Year 2021 - 2022	Academic Year 2022 - 2023	Academic Year 2023 - 2024
Face to Face Modality	Department S..	86.12%	88.44%	90.02%	92.74%	92.33%	93.80%	95.45%
	Total Depart..	2,054	1,845	2,152	1,392	1,472	1,244	1,170
Online Modality	Department S..				79.31%	77.78%	80.72%	87.12%
	Total Depart..				294	245	166	132

HSCI 204 (formally HEED 204)

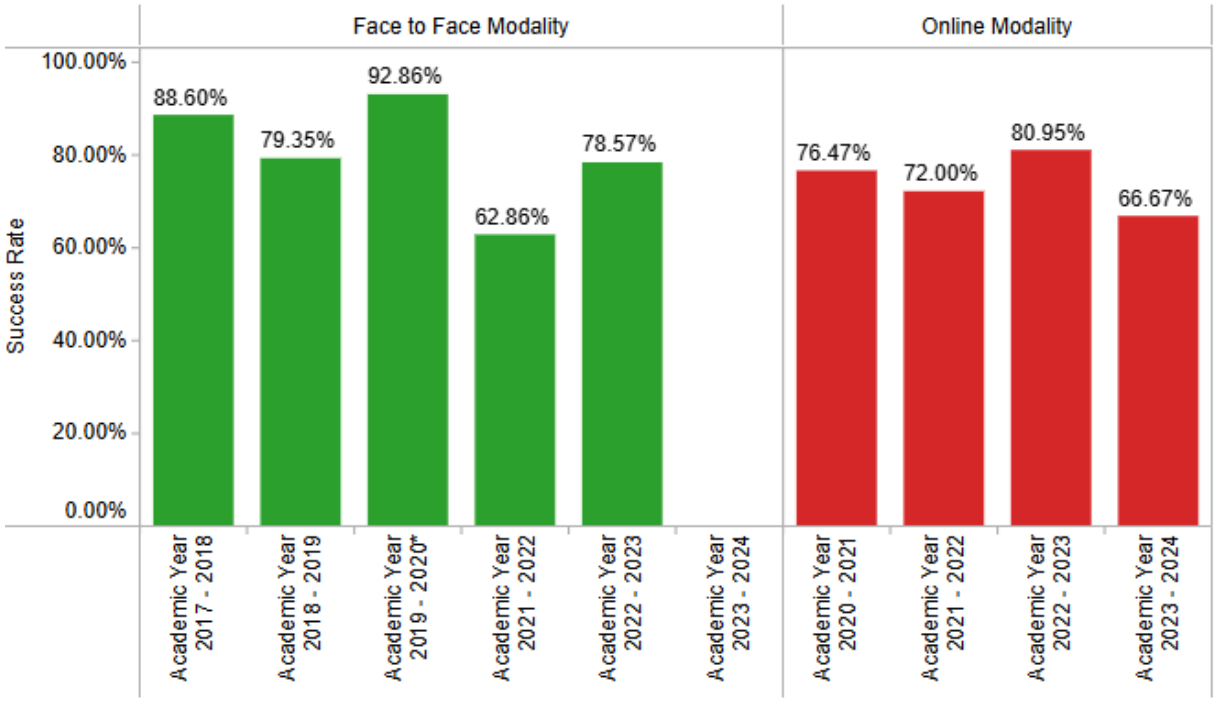
SLOCCCD Program Review Data: Successful Course Completion

Select Department: Health Education

Course: HEED204

Legend: Face to Face Modality, Online Modality

Successful Course Competion by Modality -Health Education



Successful Course Competion by Modality Table - Health Education

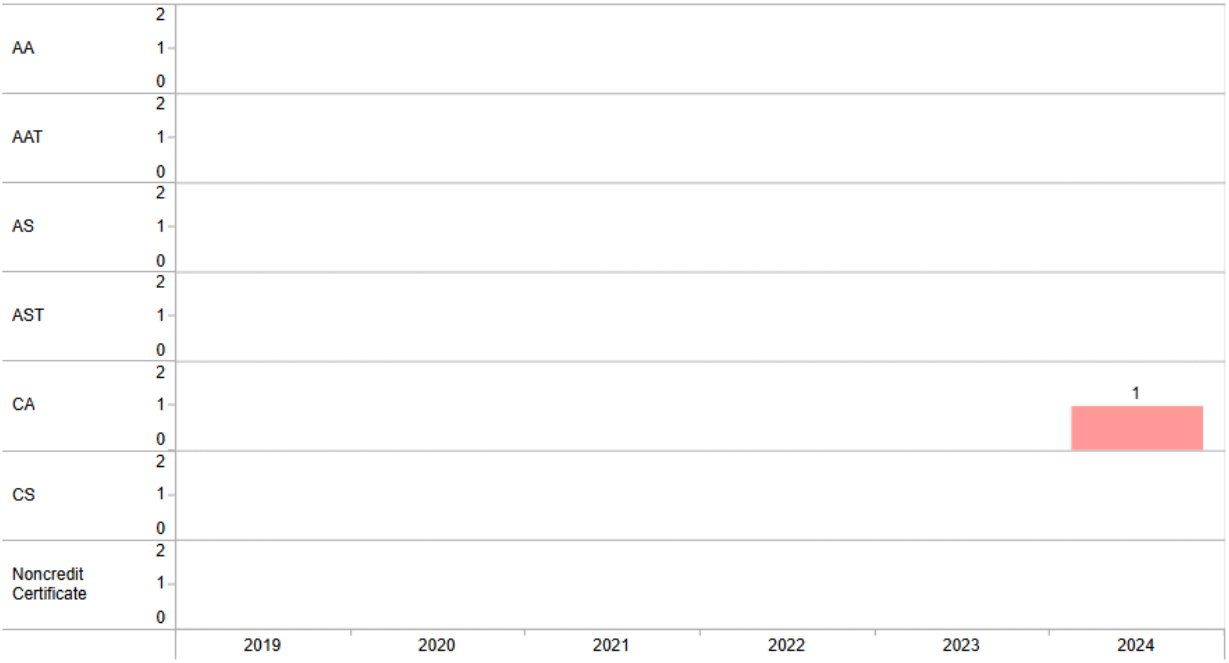
		Academic Year 2017 - 2018	Academic Year 2018 - 2019	Academic Year 2019 - 2020*	Academic Year 2020 - 2021	Academic Year 2021 - 2022	Academic Year 2022 - 2023	Academic Year 2023 - 2024
Face to Face Modality	Department S..	79.78%	79.94%	83.89%	86.11%	65.69%	71.90%	63.73%
	Total Depart..	712	714	673	186	413	420	328
Online Modality	Department S..	73.77%	72.15%	77.60%	70.93%	72.49%	72.27%	72.01%
	Total Depart..	709	1,070	1,187	1,714	1,179	1,264	1,266

E. **Degrees and Certificates Awarded (Insert Data Chart)**

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

SLOCCCD Program Review Data: Degrees and Certificates Awarded

Program: Fitness Trainer | Award Type: Exercise Sci Fitness Pro (CA) | Area of Study: (All)



Program Awards Table

Award Type	Award	2019	2020	2021	2022	2023	2024
CA	Exercise Sci Fitness Pro (CA)						1
	Total						1
Grand Total							1

One certificate was awared in 2024.

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

Insert the data chart and explain observed differences between the program and **Institutional Standards of Achievement**. If your program did not meet the Institutional Set Standards, please describe how you implement activities to meet the Institutional Set Standards.

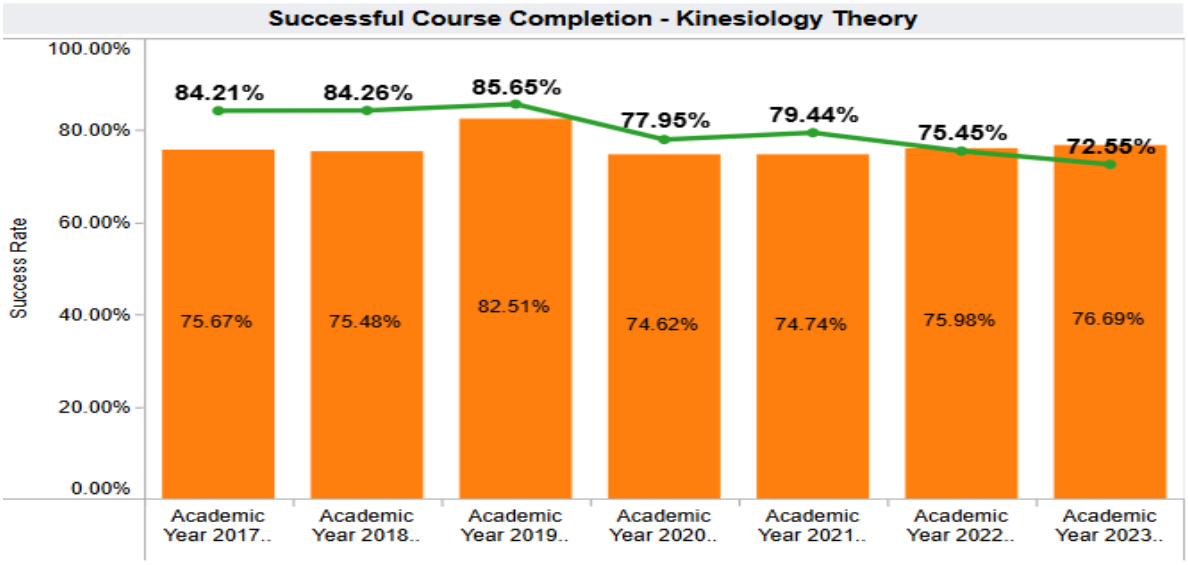
SLOCCCD Program Review Data: Successful Course Completion

Select Department: Kinesiology Theory

TERM: (All)

COURSE: (Multiple valu...

Measure Names: Department Success Rate; Overall College Success ...



Kinesiology Theory Success Rate Table

	Academic Year 2017 - 2018	Academic Year 2018 - 2019	Academic Year 2019 - 2020*	Academic Year 2020 - 2021	Academic Year 2021 - 2022	Academic Year 2022 - 2023	Academic Year 2023 - 2024
Department Success..	84.21%	84.26%	85.65%	77.95%	79.44%	75.45%	72.55%
Total Enrollments	171	197	242	329	216	167	153

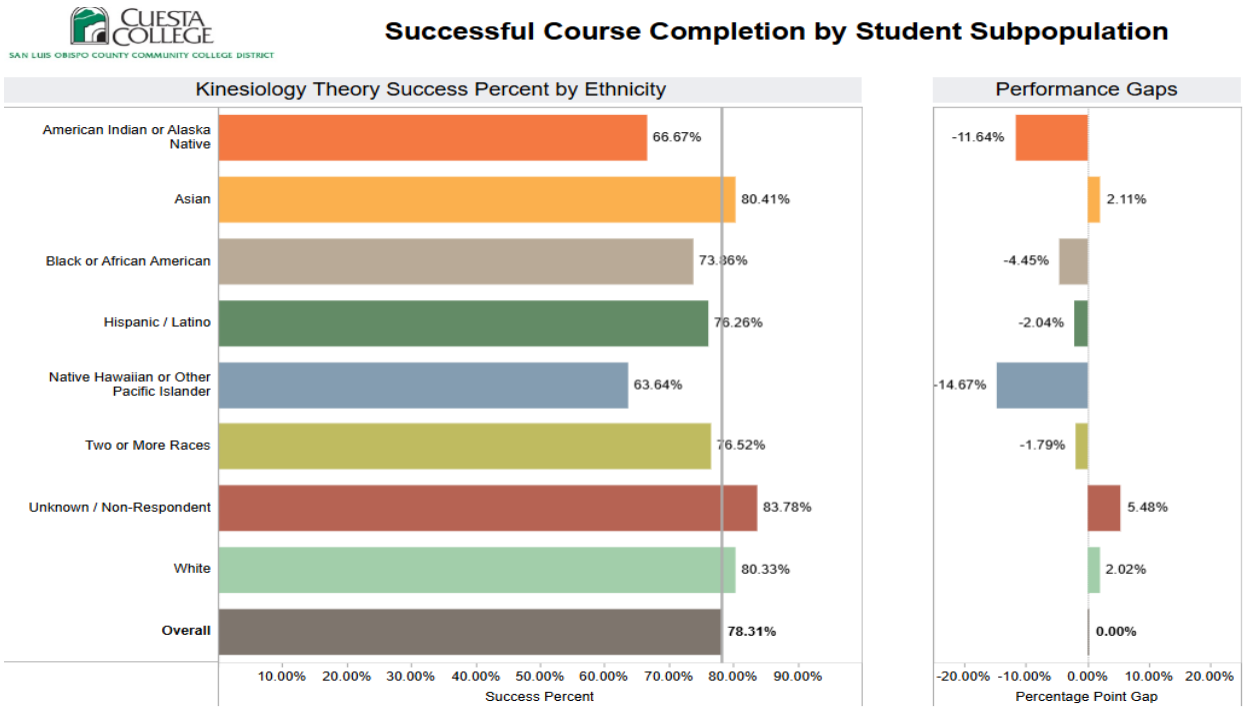
What resources might you need to meet and exceed the Institutional Set Standards?

The Exercise Science certificate is not specifically listed in the data. Kinesiology Theory Courses in the certificate included in the chart below are KINE 213, 214, 218, 219, 220, and 224. There are other classes within the certificate not shown in this chart so it is not specifically accurate to the certificate. It would be helpful if certificates can be acknowledged within the tableau data for more accurate information. The graph does not accurately provide specifics to the Exercise Science Certificate as only certain classes were used from Kinesiology Theory classes.

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 following are some questions you might want to consider:

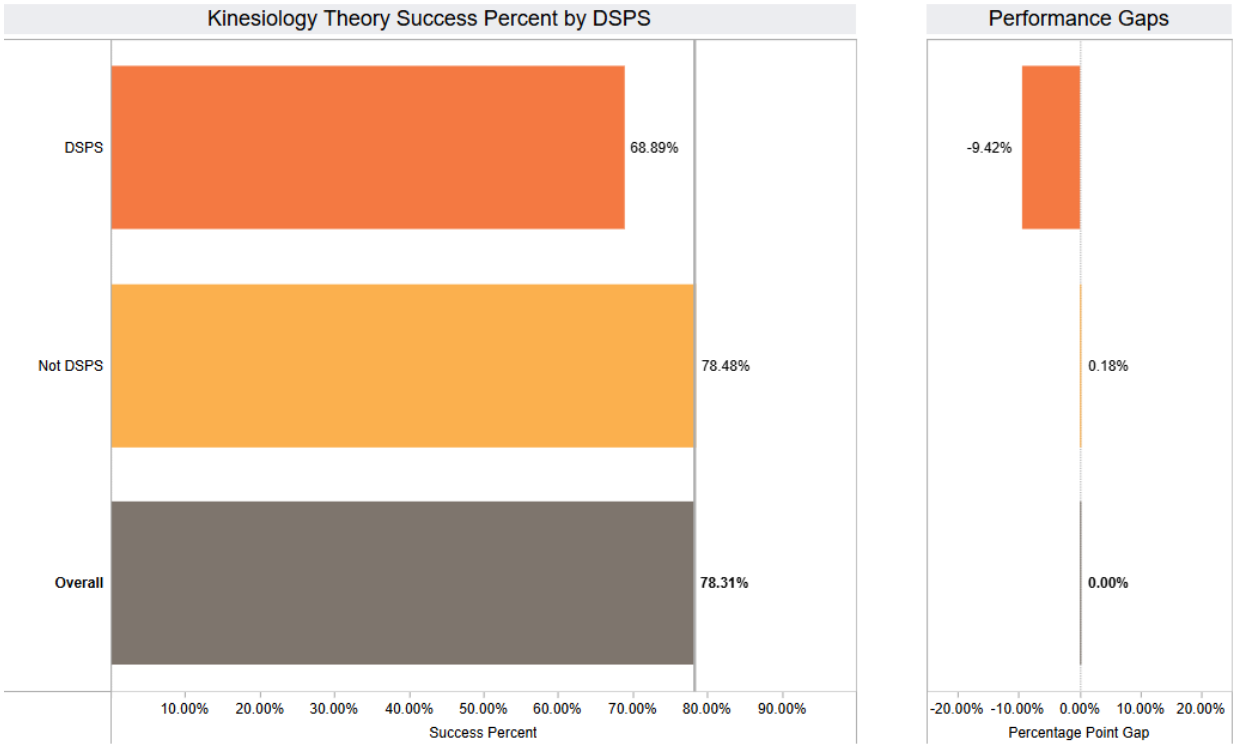
- What strategies have you implemented to address equity gaps in the classroom?
- What type of professional development opportunities are your program faculty participating in to address equity in the classroom?
- What resources might you need to minimize equity gaps?



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.

CUESTA COLLEGE
SAN LUIS OBISPO COUNTY COMMUNITY COLLEGE DISTRICT

Successful Course Completion by Student Subpopulation



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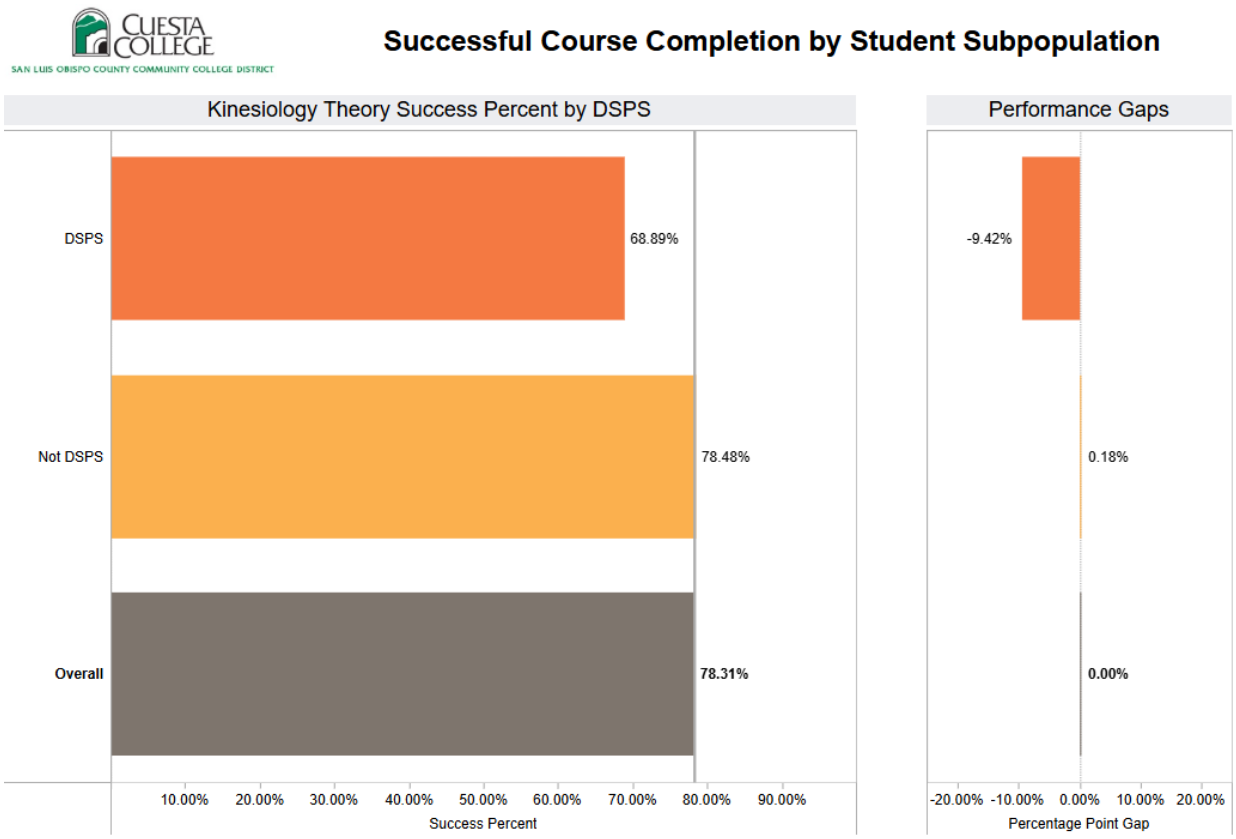

Note: Successful Course Completion is the ratio of enrollments resulting in a final grade of A, A-, B+, B, B-, C+, C, CR or P to all valid grades.

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.

PROGRAMS AND CURRICULUM REVIEW

A. Programs Review

1. Review the CurrIQunet "Program of Study" outline for each program and indicating yes/no for each program/certificate.

Program/Certificate Title (include all those programs and certificates that were active at the time of the last CPPR).	Currently active	**New program since last CPPR** (if yes, include active date)	**Program modified since last CPPR** (if yes, include modified date)	**Deactivated since last CPPR** (if yes, include deactivation date)
Exercise Science Fitness Professional-Certificate	YES	NO	NO	NO

2. For all Currently Active Programs/Certificates, review the CurrIQunet "Program of Study" outline for each active program/certificate and complete the table by indicating yes/no for each column.

Program/Certificate Title (include only those programs/certificates that are active).	Required courses and electives (including course numbers, titles, and credits) are accurate	Program description is current	Program Learning Outcomes are accurate and include method of assessment.	If any answers are "no" for a program, please enter a date (MM/DD/YYYY) in the next 5 years by which the program will be corrected.
Exercise Science Fitness Professional-Certificate	YES	YES	YES	

B. Curriculum Review

Complete the **Curriculum Review Worksheet** (found in the **AY 2024-2025 IPPR Document** folder)and submit the form with your CPPR.

Based on information that you enter, the template will create a 5-year calendar for your program to follow during which any modifications to the Course Outline of Record determined during the curriculum review.

What is the purpose of the worksheet? Completing the worksheet provides evidence that the curriculum (including course delivery modalities) have been carefully reviewed during the past five years for currency in teaching practices, compliance with current policies, standards, regulations, and with advisory committee input. The form requires you to include evidence that you have reviewed that the entries on the course outline of record (CurrIQunet format) are appropriate and complete.

PROGRAM OUTCOMES, ASSESSMENT AND IMPROVEMENTS

Attach or insert the assessment calendar for your program for the next program review cycle.

Faculty need to work together on an assessment calendar for this certificate. Updated PLOs for the certificate also need to be included/added.

Have you completed all course assessments in eLumen? If no, explain why you were unable to do so during this program review cycle and what plan(s) exist for completing this in the next program review cycle.

Course assessments have not been completed in eLumen. Faculty who teach within this certificate need to work together to come up with a proper assessment for all courses which include KINE 213, 214, 218, 220, 224, NUTR 240, all KINA and ATHL Courses and HSCI 204.

Include the most recent "PLO Summary Map by Course" from eLumen which shows the Course-level SLOs mapped to the Program-level SLOs.

After reviewing elumen, there are no PLO Summary Maps within eLumen. PLOs need to be added to eLumen.

Include the most recent "ILO Summary Map by Course" from eLumen that shows the Course-level SLOs mapped to the Institutional Learning Outcomes.

After reviewing elumen, there are no ILO Summary Maps within eLumen. ILO's need to be added to eLumen.

Highlight changes made at the course or program level that have resulted from SLO assessment. Please include the evidence of dialog that prompted these changes.

After reviewing eLumen, changes can not be determined.

Identify and describe any budget or funding requests that are related to student learning outcome assessment results. If applicable, be sure to include requests in the **Resource Plan Worksheet** and review the **Resource Allocation Rubric**.

N/A

PROGRAM DEVELOPMENT

Indicate how the program supports efforts to achieve any of the following:

A. Institutional Goals and Objectives

B. Institutional Learning Outcomes

C. Program outcomes

Indicate any anticipated changes in the following areas:

1. Curriculum and scheduling: PLO, SLOs need to be completed yearly.
2. Support services to promote success, persistence and retention: Guidance from the college in Marketing of the Exercise Science Certificate would be helpful.
3. Facilities needs: Current facilities work for the certificate.
4. Staffing needs/projections: No staffing projected as of yet.

Institutional Goal 1: Access

Objective 1A: Increase enrollment of low-income and underrepresented students through intentional program development and targeted outreach efforts.

- There is outreach to local high schools and fitness facilities. Students from all backgrounds who are excited about their own health can empower the community by becoming a exercise science professional. The Exercise Science Certificate may lead students to other education opportunities in the field and also aid them in career placement within the field.

Institutional Goal 2: Completion

Increase the number of students earning an Associate Degree including Associate Degrees for Transfer (ADT), credentials, certificates, or specific job-oriented skill sets.

- The Fitness Professional Certificate prepares students to work in the fitness industry as Personal Trainers, Small Group Exercise Leaders, Large Group Exercise Leaders, and/or entry into the pathway to fitness facility management.
- Career opportunities for this program are expected to grow nationwide from 2022 to 2032.

Lastly, address any changes in strategy in response to the predicted budget and FTES target for the next program review cycle.

At this time, there are no staffing or additional support services are needed. A consistent course scheduling of SLO, PLO, and ILOs should be implemented yearly.

END NOTES

If applicable, you may attach additional documents or information, such as awards, grants, letters, samples, lists of students working in the field, etc.

After completing and submitting this document, please complete the **Overall Program Strength and Ongoing Viability Assessment** with your Dean before May 23, 2025.

SIGNATURE PAGE

Faculty, Director(s), Manager(s), and/or Staff Associated with the Program

Instructional Programs: All full-time faculty in the program must sign this form. If needed, provide an extra signature line for each additional full-time faculty member in the program.
If there is no full-time faculty associated with the program, then the part-time faculty in the program should sign. If applicable, please indicate lead faculty member for program after printing his/her name.

Instructional Programs: All full-time director(s), managers, faculty and/or classified staff in the program must sign this form. (More signature lines may be added as needed.)

	Katy Dittmer (May 15, 2025 08:55 PDT)	05/15/2025
Division Chair/Director Name	Signature	Date
Angela C. Orefice	Angela C. Orefice	05/14/2025
Name	Signature	Date
Name	Signature	Date
Name	Signature	Date
Name	Signature	Date
Name	Signature	Date
Name	Signature	Date

SUPPLEMENTAL DOCUMENTS

FACULTY HIRING PRIORITIZATION INFORMATION (IF APPLICABLE)

If your program requested a faculty position for consideration, please attach or embed the following worksheets that were presented to the College Council. The guidelines for faculty prioritization can be found here: **Faculty Prioritization Process Handbook**

APPLICABLE SIGNATURES:

Vice President/Dean	**Date**
Division Chair/Director/Designee	**Date**
Other (when applicable)	**Date**

The above-signed individuals have read and discussed this review. The Director/Coordinator, Faculty, and staff in the program involved in the preparation of the CPPR acknowledge the receipt of a copy of the Vice President/ Dean's narrative analysis. The signatures do not necessarily signify agreement.

FIT-PRO-CPPR-2025

Final Audit Report 2025-05-15

Created:	2025-04-29
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