SAN DIEGO MESA COLLEGE

Program Review

Summary and Reflections with Unit Goals, Action Plans, and Updates

Leadership - Dean, Exercise Science, Health Education and Athletics Office

Executive Summary

Describe the successes and challenges your unit has faced since the last comprehensive review.
Challenges:
The past few years have been a bit trying in terms of student retentin and enrollment, especially since COVID. It seems as though a lot more students are taking online classes at a higher rate and we are noticing less and less students on campus at Mesa. Because of the nature of our programs, we thrive with on campus involvement and this downward trend in on campus course taking patterns has had a real impact on our programs.

Budget challenges have been constant and continue to this day. The national rate of inflation is pushing prices up at a higher rate than our budgets can keep up with, making our dollars worth less and less each year. This was extremely problematic in the area of transportation.

Support personnel are also needed in our area. The following positions/ functions would help our school meet our goals and objectives:
- A 3rd full-time athletic trainer
- Sports Information Specialist
- Equipment attendant
- FT Coaches
- 2nd Athletics Grounds Keeper
- 2nd Athletics Counselor
- Permanent Athletic Retention Technicians

Successes:
- Hired FT EXSC, Men's Basketball coach
- Hired FT EXSC, Softball coach
- Launch of our Aquatics Certificate
- Launch of our Health and Wellness Coaching Certificate
- Opening of the OZone student-athlete study space
- Over $2.4 million in student-athlete scholarships to transfer institutions
- Dance had two more successful semesters of concerts in the on-campus theater
- New bleachers in the gymnasium-this project also included bathroom upgrades and path of travel improvements to meet ADA standards
- 1st Annual Olympian Olympics

If applicable, describe any major curricular or service changes your unit has engaged in and the impact of those changes since the last comprehensive review.
Our Health and Wellness Coaching certificate is up and running. We are looking forward to further expansion of the program through internship opportunities for our students.

If applicable, describe the impact of any new resources (human, fiscal, etc) on the unit and/or action plan implementation.
Our Atheletic Retention Technicians (ARTs) have done an amazing job of engaging with our student-athletes and helping them along their academic journey at Mesa. Additionally, ARTs are staffing our new OZone (student-athlete study area) when they are further deepening their relationships and availability for student-athletes across the program.

If you assess OUTCOMES, please confirm that the outcomes have been reviewed for accuracy. If you do not assess Outcomes, skip this question.
Reviewed & Accurate

Related Documents for Charts and Graphs

Summary and Reflection

Executive Summary Complete
Yes

Data Reflection

Trends observed in program/service area's data.
Enrollment Trends:
Dance: Since COVID, our enrollments in dance have steadily increased. 20/21 had enrollments of 487, 21/22 had 488 enrollments, and 22/23 has had 585

EXSC: Since COVID, our enrollments in exercise science have steadily increased. 20/21 had enrollments of 3496 , 21/22 had 4581 enrollments, and 22/23 has had 5539

HEAL: Since COVID, our enrollments in health education have varied, but overall increased. 20/21 had enrollments of 1656, 21/22 had 1619 enrollments, and 22/23 has had 1933.

Athletics participation has also increased from approximately 450 student-athletes to over 600 student-athletes engaging in our 19 intercollegiate athletics programs. This is great news, as most of the state experienced significant retraction of participation in their athletics programs, especially on the women's teams.

Describe any equity gaps in the data. Are there differences and/or patterns observed by demographics (e.g.race/ethnicity, gender, age, etc.)
Of our 608 student-athletes that responded, the ethnicity breakdown for athletics is as follows:
African American- 75 (12%)
Asian- 11(2%)
Filipino- 9 (1%)
Latinx- 230 (38%)
Multi-Ethnicity- 71(12%)
Native American- 3 (<1%)
Pacific Islander- 6 (1%)
Unknown- 24 (4%)
White- 179 (29%)

Related Documents for Charts and Graphs

Describe the discussion(s) that took place about the unit's learning outcomes assessment data.
N/A

Data Reflection Complete
Yes

Practice Reflection

Describe current practices your program/service area has engaged in that you believe impact the above data trends and equity gaps.
Our Athletic Retention Technicians have made a HUGE impact on our ability to retain our student-athletes.

Our Dance faculty have made efforts to build community and relationships, keeping dance enrollments on a steady incline.

Our Exercise Science faculty have reimagined the ways that EXSC content can be delivered to students... online, hybrid, etc. Resulting in new and exciting courses and modalities for our students to enjoy.

Summary and Reflection

What other factors (internal or external) might also impact the above data trends and equity gaps?
AB 928 will most definitely have a lasting impact on our course offerings, but we are working closely with our state-wide leadership teams (two of which members of our department serve on or are actively engaged) to get ahead of the issue and to be proactive with potential solutions.

Related Documents for Charts and Graphs

Practice Reflection Complete
Yes

Mid-Cycle Updates

YEAR 2 Updates (2023 - 2024)
Provide any edits or updates to the prompts originally documented in the Executive Summary section for Year 2.

Provide any edits or updates to the prompts originally documented in the Data Reflection section for Year 2.

Review Outcomes Report. Review the unit's outcomes assessment process for 2022 - 2023. Discuss connections to unit goals/action plans/resource requests.

Provide any edits or updates to the prompts originally documented in the Practice Reflection section for Year 2.

YEAR 3 Updates (2024 - 2025)
Provide any edits or updates to the prompts originally documented in the Executive Summary section for Year 3.

Provide any edits or updates to the prompts originally documented in the Data Reflection section for Year 3.

Review Outcomes Report. Review the unit's outcomes assessment process for 2023 - 2024. Discuss connections to unit goals/action plans/resource requests.

Provide any edits or updates to the prompts originally documented in the Practice Reflection section for Year 3.

YEAR 4 Updates (2025 - 2026)
Provide any edits or updates to the prompts originally documented in the Executive Summary section for Year 4.

Provide any edits or updates to the prompts originally documented in the Data Reflection section for Year 4.

Review Outcomes Report. Review the unit's outcomes assessment process for 2024 - 2025. Discuss connections to unit goals/action plans/resource requests.

Summary and Reflection

Provide any edits or updates to the prompts originally documented in the Practice Reflection section for Year 4.

YEAR 5 Updates (2026 - 2027)

Provide any edits or updates to the prompts originally documented in the Executive Summary section for Year 5.

Provide any edits or updates to the prompts originally documented in the Data Reflection section for Year 5.

Review Outcomes Report. Review the unit's outcomes assessment process for 2025 - 2026. Discuss connections to unit goals/action plans/resource requests.
Provide any edits or updates to the prompts originally documented in the Practice Reflection section for Year 5.

Unit Goals, Action Plans, and Updates

Equity-Centered Professional Development

Unit Goal: Provide equity-centered professional development for all faculty and staff.

Goal Status: Active

Beginning Year: 2022 - 2023

Projected Completion Year: 2025 - 2026

Mapping

Mesa College Strategic Plan: Roadmap to Mesa2030:

- **Community - Objective 4:** Remove barriers to equitable participation by developing, incentivizing and creating structures for all employees to engage in and design professional learning (✓)
- **Completion - Objective 1:** Develop pathways that provide students with clarity about degree, certificate, and transfer requirements. (✓)
- **Completion - Objective 2:** Develop cross - functional teams that support student success and include integrated career and transfer counseling. (✓)
- **Scholarship - Objective 1:** Expand and prioritize professional learning experiences for all employees that create parity in outcomes across racial/ethnic groups and all disproportionately impacted groups (✓)
- **Scholarship - Objective 2:** Evaluate and improve Diversity, Equity, and Inclusion practice in classroom environments, campus activities, departments, schools, and administrative units (✓)
- **Scholarship - Objective 4:** Expand the use of innovative and high-quality teaching, learning, and support practices that achieve equitable outcomes and increase student success (✓)

Action Plans	Updates
Action Plan Status: Active **Action Plan:** Goal 1 Action List 1. Change the format of our school and department meetings to include more opportunities for professional development and growth 2. Continue to support our faculty in their pursuit for knowledge of best practices and professional growth opportunities. **Action Plan Cycle:** 2024 - 2025, 2023 - 2024, 2022 - 2023	**Submission Date**: 02/03/2026 **Action Plan Update**: Coaches' Corner seminars have also recently included equity-centered activities and professional development opportunities. Additionally, a discussion of incorporation of Black Excellence in our EXSC School Meeting has proven fruitful. **Update Year**: 2025 - 2026 **Action Plan Progress**: On Track **Submission Date**: 12/02/2024 **Action Plan Update**: We changed our school meeting schedule and format from 5 "full meetings" per semester to 3 "full meetings" and 2 "working meetings" to address whatever hot topics our school is facing. These meetings have included work on AB 928, integration of Black Excellence into our curriculum, etc. **Update Year**: 2024 - 2025

Unit Goals, Action Plans, and Updates

Action Plans	Updates
	Action Plan Progress: On Track

Increase Transfer/Completion Rates

Unit Goal: Increase the rate at which our student-athletes complete/transfer.

Goal Status: Active

Beginning Year: 2022 - 2023

Projected Completion Year: 2025 - 2026

Mapping

Mesa College Strategic Plan: Roadmap to Mesa2030:

- **Community - Objective 2:** Develop activities, spaces, and programs that support a sense of belonging with a focus on antiracism, historically minoritized groups, and inclusion. (✓)
- **Completion - Objective 1:** Develop pathways that provide students with clarity about degree, certificate, and transfer requirements. (✓)
- **Completion - Objective 3:** Design and promote programs and services that intentionally target a reduction in equity gaps in completion outcomes (✓)
- **Completion - Objective 4:** Support students' access to resources to mitigate the impact caused by technological and basic needs insecurity (✓)
- **Pathways and Partnerships - Objective 1:** Develop and implement frameworks to create communities that can provide more targeted delivery of educational resources and support services. (✓)

Action Plans	Updates
Action Plan Status: Active	**Submission Date**: 02/03/2026 **Action Plan Update**: According to our PCAC Program Review document and site visit, our SAs have completed and transferred at higher rates than previous years. Additionally, a presentation of "shirts" was given to the attendees of Coaches' Corner and has been effective in helping SAs conserve eligibility and remain successful. **Update Year**: 2025 - 2026 **Action Plan Progress**: On Track
	Submission Date: 12/02/2024

Unit Goals, Action Plans, and Updates

Action Plans	Updates
Action Plan: Goal 2 Action List 1. Continue to expand on the Coaches' Corner model that was introduced in this academic year (learning from one another) 2. Increase the knowledge of, and access to, transfer advice and planning. This includes educational planning as well as relationships with transfer institutions. **Action Plan Cycle:** 2024 - 2025, 2023 - 2024, 2022 - 2023	**Action Plan Update**: Our Coaches' Corner has continued to expand and grow in terms of programming and faculty and staff involvement. Our Coaches' Corner has become a place where our department bonds with one another, celebrates successes, and develops professionally in an ongoing quest to serve our students in the best way possible. **Update Year**: 2024 - 2025 **Action Plan Progress**: On Track

Expand Dance Program Partnerships

Unit Goal: Expand partnerships with high school and university dance programs in Southern California to establish a true pipeline for our dance students.

Goal Status: Active

Beginning Year: 2022 - 2023

Projected Completion Year: 2025 - 2026

Mapping

Mesa College Strategic Plan: Roadmap to Mesa2030:

- **Community - Objective 2:** Develop activities, spaces, and programs that support a sense of belonging with a focus on antiracism, historically minoritized groups, and inclusion. (✓)
- **Completion - Objective 1:** Develop pathways that provide students with clarity about degree, certificate, and transfer requirements. (✓)
- **Completion - Objective 3:** Design and promote programs and services that intentionally target a reduction in equity gaps in completion outcomes (✓)
- **Pathways and Partnerships - Objective 1:** Develop and implement frameworks to create communities that can provide more targeted delivery of educational resources and support services. (✓)
- **Pathways and Partnerships - Objective 2:** Expand partnerships with K-12 institutions to enhance program offerings and increase access for minoritized students. (✓)
- **Pathways and Partnerships - Objective 3:** Increase community engagement, experiential learning, integrated career planning, and workforce training to prepare students for future careers (✓)
- **Pathways and Partnerships - Objective 4:** Expand intersegmental pathways to create a seamless transition between Mesa and k-12, non-credit,

Unit Goals, Action Plans, and Updates

Universities, and careers (✓)

Action Plans	Updates
Action Plan Status: Active **Action Plan:** Goal 3 Action List 1. Continue outreach to our San Diego area high school dance programs in an attempt to create and cultivate lasting relationships that are mutually beneficial for the feeder high school and Mesa Dance. 2. Continue to support opportunities to share the great work that is done in our dance department. (Tabling at fairs, outreach events, etc.) **Action Plan Cycle:** 2024 - 2025, 2023 - 2024, 2022 - 2023	**Submission Date**: 02/03/2026 **Action Plan Update**: Although not a direct impact on partnerships, the Dance program has hosted Free Days of Dance that have brought community stakeholders onto campus to engage with our program, our facilities, and our faculty. Future iterations of this event will continue to be offered into the future. **Update Year**: 2025 - 2026 **Action Plan Progress**: On Track **Submission Date**: 12/02/2024 **Action Plan Update**: San Diego County area high school dance programs are not as robust as they once were, causing some difficulty in building partnerships. That being said, our existing relationships with Scripps Ranch High School and Mission Bay High School have continued to flourish. My hope is that the coming year or so will bring more opportunity in the area on transfer institutions for our dancers. **Update Year**: 2024 - 2025 **Action Plan Progress**: Barriers Encountered