Perkins IV, Title I-C Application (& Final Report)

2013-2014

Title of Proposed Project/Ad	tivity	Developme	nt of the SAC F	Fitness Specialist Certificate Program
Department/Division		KINESIOLO	OGY	
Project Director		Brian Sos, F	Ph.D.	
Project Director's Phone #	(714) 564-6909	Email	Sos brian@sac.edu
Division Dean	Avie	Bridges		
Dean's Phone #	(714)) 564-6910	Email	Bridges avie@sac.edu
TOP Code:	0835	.20	TOP Code Title	Fitness Trainer

Funding Rationale

Based upon a review of the Core Indicators Report for your program, which of the following core indicators will be addressed in this plan?

1P1 – Technical Skill Attainment – Successful course completion

2P1 – Credential, Certificate or Degree – Student program completion

3P1 – Student Retention or Transfer – Higher Education

✓ 4P1 – Student Placement – Employment

✓ 5P1 – Nontraditional Participation – DISTRICT PRIORITY

✓ 5P2 – Nontraditional Completion – DISTRICT PRIORITY

Briefly describe program improvement issue(s) concerning this TOP code and include specific examples. (Limited to 2,000 characters, or approximately ½ page of text)

According to our Market analysis, the Fitness Trainer industry is growing and will continue to grow (24% increase) through 2018. Many students use the rigor of their Personal Trainer preparation and professional experience to springboard into Allied Health Field careers such as Physical Therapy, Occupational Therapy, Physician's Assistant, Home Health Aide, Community Health Educator, etc. All of the aforementioned fields are amongst the fastest growing occupations in California. LOWDL has identified health related fields as our regions #1 priority and we are in need of leadership from individuals with a Hispanic background.

This year, I am seeking Perkins IV Funding to move forward the development of the Fitness Specialist Program. This year's proposal involves increasing accessibility and diversity of our Division's training equipment and creating the space for Certificate students to hone their professional skills in preparation for internships and employment. The Division has awarded zero Fitness Certificates in the past 5 years. Historically, our completion rates have been very low in this area due to a lack of necessary course work, advertisement and marketing to potential students, and opportunities for experiential learning. Over the past year, course work has been developed in collaboration with an established advisory board as well as existing CCC Fitness Specialist program faculty. The rigor of this program has gone through a substantial change. In fact, it will be forwarded as a New Program Proposal. Much of the courses are CIC approved and the curriculum is ready to go. A plan for marketing has been created, an outreach brochure created, and the director has presented data on the Personal Trainer industry for SAC students at the "What to Do With a Major" series in our Career Center. We need a facility dedicated to the achievement of our Program's student learning outcomes and the subsequent employment of our students. Obtaining gainful, sustainable employment necessitates building experience & a sense of

Perkins IV I-C application (& Final Report)

self-efficacy within our students. Our division has facilities that can be utilized to prepare trainers for mainstream fitness centers; however, we want SAC Fitness Specialists to be prepared for entrepreneurial endeavors. They need to learn to utilize open spaces as well as existing materials and structures and to adapt equipment to their facility. They need to learn how to provide high quality services with limited resources. They need to become proficient with universally designed equipment so they can make informed business investments that will enable them to market their services to mainstream as well as special populations; like our aging baby boomers! Our division has the space (W-106) to create such a facility. We need assistance in purchasing equipment that will make our students successful and our program thrive.

The proposed facility is being designed to help the Fitness Specialist students understand how individuals with special needs adapt exercise to meet anatomical and physiological limitations when creating safe and efficient programs. This room will become a hub for Fitness Specialist students to gain experience through their own learning community. Moreover, through service learning, they will hone their skills in this facility by using the proposed equipment to assess fitness levels, develop programs, and adapt programs to meet the needs of special populations.

After consultation with the advisory committee and students, we determined that experiential learning is our primary issue to be addressed at this time.

What is your projected completion date?

June 2014

Briefly describe how the issue(s) will be addressed. (Limited to 2,000 characters, or approximately ½ page of text) The plan for 2012-2013 was to;

1. Establish the program as a CCCCO recognized Certificate of Achievement program. (in progress)

2. Form advisory committee to assist with guiding the program structure so graduates are prepared to meet industry needs. (completed and ongoing)

3. Revise existing curriculum and write new curriculum. (completed)

- 4. Establish recruitment (including linking the program to secondary levels) and retention strategies in preparation for the first cohort of learners. (completed)
- 5. Establish a plan to infuse industry specific technology into a central location for the Fitness Specialist students to hone their skills. (completed and ongoing)

The Plan for 2013-2014 is to address item 5 from the year 2012-2013 and ongoing needs of this program.

- Purchase new equipment that reflects growing changes in the industry. Trainers need to work with universally
 designed equipment and open/adaptable spaces to operate low cost programs. Also, they need to be able to
 work with individuals with special needs to create their own niche in the market and be prepared to meet the
 diverse needs of their communities.
- 2. Purchase computer and monitors to equip primary learning facility in a manner that integrates traditional teaching and learning styles with experiential and movement-based learning.
- 3. Purchase software for new computer and monitor so students have the resources to further their understanding of core curriculum as well as increase access to visual and experiential learning modalities.

Final Report summary (this yellow shaded sections are for Final Report) Was the program improvement issue(s) addressed and/or planned objectives met? [] Partially (Complete the following narrative section(s) as appropriate.) Select [] yes [] No 2. Describe any barriers encountered and lessons learned (Narratives limited to 1000 characters). 3. Describe accomplishments/best practices derived from the project (Narratives limited to 1000 characters). (Resource Development will have this amount for Final report) Final Report of Expenditures: \$_ Instructional Materials Purchase/Replacement (include software) Professional Dev. (including stipends) Instructional Equipment Purchase/Replacement Project Administration (DO only) Facility rental/lease (off-campus location) Programs/Services for Special Populations

	Curriculum Development	Consultant or Other Contracted	Services		
	Program Marketing & Outreach	Other (specify)			
me me act	low are the nine §135(b) Requirements for Uses of Funds. Project these requirements. Indicate with a check mark those require ets (met). Any remaining unmet requirement(s) must be addressivities by the time of submission of the final report by August 3 s of funds have been met, funds may be used for the permissive	ements that the program currently ssed with completed or ongoing 30, 2012. Note: If all nine required			check mark which e been met, below.
Re	quirements for Uses of Funds		MET	UNMET	For Final Report if the UNMET activity is now met
1.	Strengthening the academic, and career and technical skills of studen through the integration of academics with CTE programs. [§135(b)(✓		
2.	Link CTE at, including by offering elements of not less than one prop $\{122(c)(1)(A). [\{135(b)(2)\}]$	gram of study described in	✓		
3.	Provide students with strong experience in and understanding of all a include work-based learning experiences. [§135(b)(3)]	aspects of an industry, which may	✓		
4.	Develop, improve, or expand the use of technology in CTE, which m providing students with the skills needed to enter technology fields, a with technology industries to offer internships and mentoring program	and encouraging schools to collaborate	✓		
5.	Provide in-service and pre-service professional development program guidance and academic counselors involved in integrated CTE progra integration of academics and CTE, effective teaching skills based on parental and community involvement, effective use of scientifically be instruction. Professional development should also ensure that faculty aspects of an industry; involve internship programs that provide releve faculty in the effective use and application of technology. [§135(b)(5)]	ams, on topics including effective research, effective practices to improve based research and data to improve y and personnel stay current with all want business experience; and train	✓		
6.	Develop and implement evaluations of the CTE programs carried out assessment of how the needs of special populations are being met. [§		✓		
7.	Initiate, improve, expand and modernize quality CTE programs, inclu	uding relevant technology. [§135(b)(7)]	✓		
8.	Provide services and activities that are of sufficient size, scope and qu	uality to be effective. [§135(b)(8)]	✓		

FOR THOSE REQUIREMENT(S) LISTED ABOVE AS "UNMET:"

sufficiency. [§135(b)(9)]

Describe specific activity(ies) intended to address for each of the unmet requirement(s).

Provide activities to prepare special populations, including single parents and displaced homemakers enrolled in CTE programs, for high-skill, high-wage or high-demand occupations that will lead to self-

0. Per	rmissive Uses Per Section 135(c) (check activities to be fun		
1.	. Involve parents, businesses, and labor organizations, in the des	ign, implen	nentation and evaluation of CTE programs. [§135(c)(1)]
2.	Provide career guidance and academic counseling for students postsecondary and career options, and provides assistance for p	participating	g in CTE programs, that improves graduation rates and provides information or ry students and adults, [§135(c)(2)]
3.	Local education and business partnerships, including work-rela professionals and industry experience for teachers and faculty.	ted experies	nces for students, adjunct faculty arrangements for qualified industry
- 4.	•	19.00(-)(-)	1
— ۲. 5.		(5)]	
6.		- /3	
7.	Leasing, purchasing, upgrading or adapting equipment, including strengthen and support academic and technical skill achievement	nt. [§135(c	onal aides and publications (including support for library resources) designed (N7)]
8.	Teacher preparation programs that address the integration of ac	ademic and	CTE and that assist individuals who are interested in becoming CTE faculty,
9.	 Developing and expanding postsecondary program offerings at distance education. [8135(c)(9)] 	times and i	n formats that are accessible for all students, including through the use of
10	O Developing initiatives that facilitate the transition of sub-bacca	laureate CT aid counsel	E students into baccalaureate degree programs, including articulation ing and other initiatives to overcome barriers and encourage enrollment and
11	1. Providing activities to support entrepreneurship education and	training. [§	3135(c)(11)]
	2 Improving or developing new CTF courses, including the deve	lopment of	programs of study for consideration by the state and courses that prepare
	individuals academically and technically for high-skill, high-wi	age or high-	demand occupations and dual or concurrent enrollment opportunities.
13	3. Developing and supporting small, personalized career-themed	learning co	mmunities. [§135(c)(13)]
14	4. Providing support for family and consumer sciences programs.	. [§135(c)(14)]
15	technical skills [8135(c)(15)]		dary education or dropouts to complete secondary education or upgrade
10	appropriate job. [§135(c)(16)]		activities under this Act in continuing their education or training or finding an
17	7. Supporting training and activities (such as mentoring and outre		
18	8. Providing support for training programs in automotive technol	logies. [§13	5(c)(18)]
19	9. Pooling a portion of such funds with a portion of funds availab	ole to other	recipients for innovative initiatives. [§135(c)(19)]
720	 Supporting other CTE activities consistent with the purposes of 	of the Act. [§135(c)(20)]
the li	If you indicate CTE funds are being used for the specification item budget for that TOP Code program(s) funded. Il types of activities to be funded with CTE Funds:	ed activitie	es below, then there must be funding for the activity(les) indicated
Pro	ofessional Dev. (including stipends)	1	Instructional Materials Purchase/Replacement (including software)
Ins	structional Equipment Purchase/Replacement		Project Administration
Fac	cility rental/lease (off-campus location)		Programs/Services for Special Populations
Cu	urriculum Development		Consultants or Other Contracted Services
	ogram Marketing and Outreach		Other (specify)
heck o	one: UNMET REQUIREMENTS WILL BE ADDRESSED:		
✓ F.	intirely with CTE Funds		
- Enti	tirely with Other Funding Sources		
— Enu Usin	ng Both CTE and Other Funding Sources		
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PROVIDE DETAILED BUDGET

Department Code: __15420_

		Fund Requested	
Budgeting Category/Description	Instructional	Non-instructional	TOTAL
1000 – Faculty salaries			
2000 - Classified salaries (Instructional Assistant)			
3000 – Benefits (based on 2011/12 benefits) Part-time faculty & beyond contract (14.71%) P/T short-term classified (7.76% of wages) P/T ongoing classified (23.07%) Full-time classified (23.07% of wages + health & fringe ben.)			
4000 - Supplies & Materials (Reference Books; Instructional Supplies; Supplies Technology)			
5000 – Other Operating Expenses & Services Conference, consultants, contracts, printing, software license & fees, maintenance contract			
6000 – Capital Outlay Equipment, software over \$1,000		\$52,766.54	\$52,766.54
Total Funding Requested		\$52,766.54	\$52,766.54

Note: Final Report of expenditures will be reported according to the following categories:

- a. Curriculum Development/Instruction
- b. Professional Development
- c. Counseling/Direct Services to Students
- d. Other: You must provide a description of programs/services funded e. Administration (not to exceed 5% reserved for DO)

PLEASE NOTE CARL PERKINS IV FUNDS MAY ONLY SERVE CAREER-TECHNICAL STUDENTS

List in detail specific hardware & software requested:

Equipment:

SCIFIT AC 5000 TREADMILL (1)	6,650.00
SCIFIT ISO 1000 UPRIGHT BIKE (1)	2,750.00
SCIFIT ISO 1000R RECUMBENT BIKE (1)	3,300.00
SCIFIT PRO 2 (1)	4,950.00
MAGNUM 2044 FUNCTIONAL TRAINER (1)	8,180.00
FREE WEIGHTS AND RACK (1)	1,200.00
KRANKCYCLES & SPINNING BIKES (5 ea.)	21,000.00
TOTAL	48,030.00

Hardware:

TOTAL	\$3738.54
24" LED Monitors (2)	992.00
60" LED TV	1,500.00
Dell Computer with Monitor TOTAL:	1,246.54

Software:

	TOTAL	\$998.00
55 Andromy. Resistance Training		275.00
3D Anatomy: Resistance Training		
Interactive Spine		299.00
		275.00
Interactive Functional Anatomy 2nd		
Nutrition Maker		149.00

Budget Questions/Clarifications:

Additional classrooms or lab areas would <u>NOT</u> be required to complete this project. Facility modifications would <u>NOT</u> be required to complete this project.

Acceptance of requested funds entails a responsibility for developing a project plan and final report. All 9 mandated activities must be achieved. Each department must submit a copy of their Advisory Committee Minutes to the Career Education & Workforce Development Office.

Date: 4-15-13

Division Dean (signature)

Date: 4-15-13

Perkins Career and Technical Education Act (Title IC) - Local Application (& Final Report) Program Information by TOP Code

College/District:

RSCCD -

Agreement #: 13-C01-042 Retain in District Audit Files

Program Title:

Section 135(b) Requirements

TOP CODE(s):

Status of Activity: Column E Startus 3 = Continuing Enter applicable number in appropriate column below. 4 = Completed 1 = Planned 2 = Started 2 က Designate source of funds to be used by assigning a number 4 = No funds needed Source of funds Cohumn D as shown below: 2 = Other funds | = Perkins IC 3 = Both Core Indicator addressed by 1 = Tech. Skill Attainment 3 = Student Persistence or 5 = Nontrad. Participation 2 = Credentral/Certificate/ 6 = Nontrad, Completion Core Indicators 4 = Student Placement Cohumn C the activity listed. 1, 2, 3, 4, 5, 6 1, 2, 3, 4, 5, 6 1, 2, 3, 4, 5, 6 Transfer Degree 1, 2, 3,4 Create a space outfitted with equipment, hardware, and software that provides experiential learning opportunities for students of the fitness and encouraging incoming students. Knowing they have a facility to hone their skills within 9 months is a major draw for our program. funded by Perkins Title IC to improve or expand the identified 4-For each Section 135(b) requirement listed in Column A, number Create a space that certificate students can access at various times address the needs of special populations. This project will outfit our PLEASE BE SPECIFIC SINCE THESE ACTIVITIES This facility will be the primary location for meeting with, recruiting, or 6-digit TOP Code career and technical education programs. Trends in the industry indicate that Personal Trainers will need to If an activity meets more than one requirement, reference the Describe activities to be conducted to address Perkins Section Under the appropriate requirement, describe activities to be of the day to form learning communities so they can meet and number of the activity stated previously (i.e., same as 1.2). each activity separately (i.e., 1.1, 1.2, etc.). 135(b) requirements listed in Column A. Cohuma B Activities interact with equipment and software. WILL BE AUDITED! Create W-106 facility. Create W-106 facility. specialist program. N m 1. Strengthening the academic and career NOTE: Check the corresponding Section participating in CTE programs through the integration of academics with CTE TOP Code identified for funding in 2008offering elements of not less than one experience in and understanding of all Refer to the District's 2008-2012 Local "Requirements for Use of Funds." Each 2. Link CTE at the secondary and the postsecondary levels, including by Plan for Title I, Part C, Section 132 Funds, Carl B. Perkins Career and aspects of an industry, which may Technical Education Act of 2006 Section 135(b) Requirement and technical skills of students program of study described in Il Part A form for the Met/Unmet 2009 must meet each of the nine 3. Provide students with strong include work-based learning requirements by June 30, 2012. Column A §122(c)(1)(A). (Perkins).

equipment, than provide experiential learning and interaction with adults with disabilities so the CTE graduates are prepared for the

realities of 21th century fitness training.

campus to address those needs with specialized, adaptive

experiences.

Perkins Career and Technical Education Act (Title IC) - Local Application (& Final Report)

Program Information by TOP Code

RSCCD-College/District:

Agreement #: 13-C01-042

Retain in District Audit Files

Program Title:

TOP CODE(s): Section 135(b) Requirements

Column E	Status	-	_	6
Column D	Source of funds	-	-	4
Column C	Core Indicators	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6
Column B	Activities	Create W-106 facility. Our Division lacks updated equipment. Technology has advanced and universally designed equipment has become the standard. To properly prepare our students, they need to be exposed to trends in the industry. Including in the aforementioned rationale, the room requires a computer and projection system so students can interact with apps, fitness assessment software, and nutrition advising software.	All Fitness Specialist instructors will be trained to use the equipment. The Division lacks this type of facility at the moment. It will be a hub for training and relating CTE-Fitness Specialist teaching and learning strategies with general education curriculum.	Continue to develop survey and evaluation tools for student assessment and retention in collaboration with Advisory Committee and internship facilities.
Column A	Section 135(b) Requirements	Develop, improve, or expand the use of technology in CTE, which may include training to use technology, providing students with the skills needed to enter technology fields, and encouraging schools to collaborate with technology industries to offer internships and mentoring programs.	5. Provide in-service and pre-service professional development programs to faculty, administrators, and career guidance and academic counselors involved in integrated CTE programs, on topics including effective integration of academics and CTE, effective teaching skills based on research, effective practices to improve parental and community involvement, effective use of scientifically based research and data to improve instruction. Professional development should also ensure that faculty and personnel stay current with all aspects of an industry; involve internship programs that provide relevant business experience; and train faculty in the effective use and application of technology.	6. Develop and implement evaluations of the CTE programs carried out with Perkins funds, including an assessment of how the needs of

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Perkins Career and Technical Education Act (Title IC) - Local Application (& Final Report)

Program Information by TOP Code

College/District:

Agreement #: 13-C01-042

RSCCD -

Retain in District Audit Files

TOP CODE(s):

Program Title:

Section 135(b) Requirements

Column A	Column B	Column C	Column D	Column E
Section 135(b) Requirements	Activities	Core Indicators	Source of funds	Status
 Initiate, improve, expand and modernize quality CTE programs, including relevant technology. 	Modernize division equipment. Create W-106 facility to support, recruitment, retention, and success of incoming fitness specialists students. Utilize equipment to tie application with classroom theory.	1, 2, 3, 4, 5, 6	ю	က
8. Provide services and activities that are of sufficient size, scope and quality to be effective.	Create W-106 facility. We are expecting enrollments of 20-30 per year and completion rates of 15-20 per year. This facility will adequately provide experiential learning opportunities for the expected enrollment.	1, 2, 3, 4, 5, 6	-	2
9. Provide activities to prepare special populations, including single parents and displaced homemakers enrolled in CTE programs, for high-skill, highwage or high-demand occupations that will lead to self-sufficiency.	Create W-106 facility. The fitness industry in very amenable to part-time employment and flexible work schedules. This is an attractive job for special populations. The proposed project will create the facility to prepare students for this high-skill, high demand occupation. Experiential learning is necessary for self-sufficiency.	1, 2, 3, 4, 5, 6	-	2

Perkins Career and Technical Education Act (Title IC) - Local Application (& Final Report)

Program Information by TOP Code

RSCCD -College/District:

Agreement #: 13-C01-042

TOP CODE(s): Section 135(b) Requirements

Program Title: Retain in District Audit Files

Column A	Column B	Column C	Column D	Column E
Section 135(c) Permissive Uses	Activities	Core Indicators	Source of funds	Status
10. Funds may be used to:				14
(1) Involve parents, businesses, and labor organizations, in the design, implementation and evaluation of CTE programs.				
(2) Provide career guidance and academic counseling for students participating in CTE programs that improves graduation rates and provides information on postsecondary and career options, and provides assistance for postsecondary students and				
(3) Local education and business partnerships, including work-related experiences for students, adjunct faculty arrangements for qualified industry professionals and industry experience for teachers and faculty.				
(4) Provide programs for special populations.				
(5) Assisting career and technical student organizations.				
(6) For mentoring and support services;				
adapting equipment, including instructional aides and publications (including support for library resources) designed to strengthen and support academic and technical skill achievement.	Create W-106 facility. Our division lacks updated equipment. Technology has advanced and universally designed equipment has become the standard. To properly prepare our students, they need to be exposed to trends in the industry.	1, 2, 3, 4, 5, 6	-	2

Perkins IV I-C application (& Final Report)

Perkins Career and Technical Education Act (Title IC) - Local Application (& Final Report)

Program Information by TOP Code

RSCCD-College/District:

Agreement #:

13-C01-042

Retain in District Audit Files

Program Title:

Section 135(b) Requirements TOP CODE(s):

Column E Status Source of funds Column D Core Indicators Column C Column B Activities that address the integration of academic and CTE and that assist overcome barriers and encourage postsecondary program offerings at times and in formats that are including articulation agreements, counseling and other initiatives to baccalaureate CTE students into baccalaureate degree programs, individuals who are interested in becoming CTE faculty, including Section 135(c) Permissive Uses (8) Teacher preparation programs individuals with experience in facilitate the transition of subincluding through the use of enrollment and completion. (9) Developing and expanding accessible for all students, (10) Developing initiatives that academic and financial aid dual enrollment programs, business and industry. distance education. Column A

Perkins IV I-C application (& Final Report)

development of programs of CTE courses, including the

2

1, 2, 3, 4, 5, 6

New courses have been created for CTE goal oriented

Create W-106 Facility and Equipment.

(12) Improving or developing new

equipment to maximize their clientele base. This project will create a space that students can learn to replicate in parks, homes, and small facility needed by start-up entrepreneurs.

They must learn to utilize space and universally designed facilities to purchase large, bulky, specialized equipment. facilities. Entrepreneurs rarely have the resources and

This facility is an augmentation to the existing Kinesiology

Create W-106 Facility.

entrepreneurship education and

(11) Providing activities to support

1, 2, 3, 4, 5, 6

Perkins Career and Technical Education Act (Title IC) - Local Application (& Final Report)

Program Information by TOP Code

- 1	- 1

Program Title: Retain in District Audit Files

TOP CODE(s):
Section 135(b) Requirements

	Column B	Column C	Column D	Column E
Column A	Activities	Core Indicators	Source of funds	Status
study for consideration by the state and courses that prepare individuals academically and technically for high-skill, high-wage or high-demand occupations and dual or concurrent enrollment	students in Kinesiology and the facility is planned to meet their experiential learning needs.			
opportunities. (13) Developing and supporting small, personalized career-themed learning communities.	Create W-106 Facility and Equipment. The intent of this facility is to create a space where new recruits, incoming students, and existing students can hone their skills and form professional relationships; even develop business plans in collaboration with each other.	1, 2, 3, 4, 5, 6	-	5
(14) Providing support for family and consumer sciences programs.				
(15) Providing CTE programs for adults and school dropouts to complete secondary education or dropouts to complete secondary education or upgrade technical skills.				
(16) Providing assistance to individuals who have participated in services and activities under this Act in continuing their education or training or finding				
(17) Supporting training and activities (such as mentoring and outreach) in nontraditional fields.				
(18) Providing support for training programs in automotive technologies.				

Perkins Career and Technical Education Act (Title IC) - Local Application (& Final Report)

Program Information by TOP Code

RSCCD -College/District:

Agreement #: 13-C01-042

Retain in District Audit Files

Program Title:

TOP CODE(s): Section 135(b) Requirements

			0-1:::-0	Column F
	Column B	Column C	Column	
Column A			Stafus Stafus	Status
Participant Control	Activities	Core Indicators	Source of Idilias	
Section 130(c) Perimosive Osca				
(19) Pooling a portion of such funds				
with a portion of funds available				
to other recipients for innovative				
initiatives.				
(20) Supporting other CTE activities				
consistent with the purposes of				
the Act.				