Department Annual Report

Non-Perkins Programs

2012-2013

Wellness Department

Document Prepared By:

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Department Information

Current year goals (2012-2013)

- Increase/expand our adjunct teaching pool – Goal met
- Enhance the relevance of laboratory experience in WE 166, Individual Aerobic Conditioning – In progress
- Create partnerships with Officials Associations and Sport Governing Bodies to enhance PE 185 Sport Officiating – In progress
- Continue partnerships with area schools and businesses to enhance ASL purposes for PE 186, PE 184, WE 157 as well as gain more partnerships – Goal Met
- Continue exploring benefits of changing our name as a department – In progress
- Continue to increase online/hybrid course offerings and the number of instructors certified to teach online/hybrid courses – Goal met
- Organize an annual Fitness/Wellness Fair – In progress
- Update All CARP documents – Goal met
- Update our Website including photos, links, and class descriptions – Goal met
- Maintain our Facilities and equipment – Goal met
- Continue to certify instructors in our department and keep all certifications up-to-date – Goal met
- Continue to create partnerships in the community and expand the number of partnerships we currently have – Goal met
- Develop 2 new courses – Goal met (4)
- Continue to increase cross campus communication/collaboration – Goal met
- Perform a Wellness Curricula Study across Michigan (Goal met)

Goals for next year (2013-2014)

- Offer 2 academic advising days, 1/semester
- Continue to offer Open Rec Nights with more date options
- Monthly Department meeting with learning opportunities at each
- Create more unity within our department through the New Evaluation System
- Continue the “Wellness Student of the Week”
- Continue to create the “Wellness Department Newsletter”
- Add another national certification to our list that we currently host
- Create 1 new course (Weight Management Theory Course)
- Secure space for Spinning and Mind/Body Studio
- Create 1-2 honors classes out of our department
- Finalize 2 Transfer Agreements with GVSU (Exercise Science and Sport & Fitness Leadership/Management)
- Collaborate with Non-Credit on our Transfer Agreements with their Personal Training students
• Develop a new assessment project with Katie Daniels
• Continue to work on common syllabus components with the Wellness instructors
• Work on/Develop an annual Campus 5K
• Continue to create awareness on campus of the wellness department happenings
  o Marketing Plan for new transfer agreements
• Create a Therapeutic Rec Class with Disability Services
• Develop a PE/Exercise Science Club
• Continue to supervise GVSU interns and fieldwork students each semester
• Begin to look at Transfer Agreements with other institutions

Internal collaborations and partnerships

• Melanie - Walking For Fitness collaboration with GRCC Older Learner Center (Lannie Collard) Fit 4 Life: Talk and Walk sessions to teach the importance of taking care of your health and wellness at every age.
• Collaboration with GRCC Counseling Center to provide an Educational and Career Guidance for all PE and Wellness Students
• Collaboration with Wellness/Staff Development for programs, and health fair October 31
• Collaboration with Wellness/Staff Development for GRCC students in Wellness classes to attend the staff development offerings.
• Melanie - Collaboration with Experiential Learning to provide Schools of Hope trainings at GRCC and help Experiential Learning/Academic Service Learning with program developments.
• Elem. Games WE 157 collaboration with GRCC Preschool (Jocelyn Bunce and Jodi Gee)
• Jocelyn Bunce/Jodi Gee - collaboration with GRCC Preschool Health Fair
• Wellness Department collaboration with Academic Service Learning for PE 184, PE 186, and WE 157 classes.
• Beth Damon - Reading Mentor
• WE 165 (Charlie Wells) – Collaborated with the nursing department for health screening and nutrition follow up

External collaborations and partnerships

• PE 184 is working with East Leonard, Kent Hills, Coit and Campus teaching Recess lesson plans, organ wise guys, mentoring and tutoring elementary students.
• Melanie Collaboration with area PE programs/ schools at K-12 schools and Childhood Centers teaching Heart Disease, How the Heart Works, Emergency Action Steps, and Hands Only CPR. (East Leonard, Country side, Room to Bloom so far)
• Melanie Collaboration with area PE programs/schools/ childhood centers teaching anatomy, nutrition and yoga (East Leonard, Countryside, Room to Bloom so far)
• Melanie collaboration with Kent County Health Department for Healthy Living Class to provide GRCC students testing and knowledge of their “health numbers”. GRCC students will know the following health numbers cholesterol, blood pressure, BMI, Body fat, waist circumference. Students will also be going through lecture Nutrition 1 and 2 with Health Department. Students will also have access to all class Health Department Offerings.
• Melanie Collaboration with Michigan State University Extension and Kent County Health Department for the Organ Wise Guys Program being taught in PE 184 classes.
• Melanie Collaboration with Schools of Hope United Way to provide orientation and background checks to PE 184 students.
• Wellness Department Collaboration with American Red Cross for all First Aid and CPR classes as well as Life Guard Training.
• Collaboration with Kent ISD and Michigan State University Extension to teach at Healthier Classrooms and Healthier Kids August 14 and August 15 Professional Development for all educators in the Michigan area.
• Wellness Collaboration with GVSU at Living Well Event (Jodi Gee)
• Wellness collaboration with Special Olympics (Jodi Gee)
• Wellness Collaboration with YogaFit Organization to provide Yoga Trainings at GRCC (Jodi Gee)
• Collaborating with GVSU on 2 Transfer Agreements (Jodi Gee)
• Collaborating with GVSU supervising interns and fieldwork students (Jodi supervised 2)
• Mike Cupples hosted a baseball camp through is Baseball Theory Class for young kids

Departmental needs for support from other departments within the college

• Counseling, Wellness/Staff Development, Honors Program Experiential Learning

Program accreditation Updates
N/A

Description of departmental advising plan and outcomes

• Jodi and Melanie are Teachers of Tomorrow mentors for PE majors
• Jodi My Degree Path Departmental Advisor
• Jodi and Melanie main contacts for students who are interested in becoming certified in the fitness field
• Departmental advising plan: I (Jodi) have created a Facebook Page for the Wellness Department that has pictures of almost every one of our classes. This way students can look at what happens in that particular class and sign up for the wellness credit that best suits them.
• Jodi has been involved in the pilot with Bill Faber reaching out to students who are PE/Exercise Science majors. I have created a Blackboard site for those majors and tried to reach out to them without much success this past year. I plan to host academic
advising days next year. I am also in the process of finalizing 2 Transfer Agreements with GVSU and will market those heavily!

Student Achievements & Awards

- Jared Dubay and April Richard MiCC award (Michigan Campus Compact)
- Health and Fitness Certification Scholarship Wes Rushing, Amanda Miehle, Megan Munger
- PE 184 students Armen Awards 2nd place
- Nolan Brower and Ralph Peterson PE 184 students helped East Leonard student with essay contest
- Samantha Fredricks obtained her ACE Personal Training Certification and obtained a job as a Personal Trainer and also a job at East Kentwood Aquatics as a Fitness Instructor
- Kirsten Willimason and Arianna Carter-Bivens were selected as the students to be filmed for Armen Awards.
- Jared Dubay and Matt Nunn PE 184 students got Head Coaching positions at Dickinson Elementary
- Joshua Villaire and Erica Hughes obtained YogaFit Level 1 Certification (in Intermediate Yoga Class)
- Wellness Students of the Week: One Wellness Student was highlighted each week out of our department
- Anthony, Kristine, Sarah, and Katie, who are all Wellness Students, attended the Yoga Level 1 Certification here at GRCC on scholarship (Free).

Other department updates

- Two transfer agreements with GVSU are in the works and close to completion
- Gilda recommended that we work with workforce development and collaborate with them on their personal training certificate program
- We have met to finalize space for the spinning studio. That should be decided within the next few weeks

Faculty & Staff

Departmental Professional Development Activities (Contractual Obligations for Departmental Faculty Development/6 hours)

- Melanie attended SCW Fitness Conference in October
- Melanie Schiele Gady, Beth Damon, Lannie Collard attended Madd Dogg Spinning Certification Course April
- Beth Damon received her Qignition Certification
- Melanie Schiele Gady, Lannie Collard attending AFAA Practical Pilates Certification May
• Melanie went to American Red Cross Annual First Aid/CPR Instructor Update Meeting and also provided a GRCC First Aid Instructor update meeting
• Lannie Collard and Jamie Gunderson obtained American Red Cross Instructor Certification
• Wellness staff re-certified in American Red Cross Certifications needed to maintain credentials as an American Red Cross Instructors
• Melanie Schiele Gady, Beth Damon, Jodi Gee, Lannie Collard, Bethany DeBlaay, Cheryl Floyd and Jocelyn Bunce maintained Group Exercise/Personal Training Certifications
• Michael Boerman received his Water Safety Instructor Trainer Certification and will have his lifeguard instructor trainer certification on June 13.
• Michael Boerman received his American Heart BLS certification and is working on American Heart Association instructor certification
• Michael Boerman passed his Firefighter 1&2, incident command and hazmat training
• Melanie Schiele Gady attended Black Board Basics Training to re-address new Black board material and to stay up to date on Black board and the great uses for classes
• Wellness staff going to Merit System Professional Development Classes to learn about new Evaluation System
• Jodi Gee and Jocelyn Bunce both received their NASM Fitness Nutrition Specialist Certification
• Jocelyn Bunce completed her Level 2 Spinning Instructor Certification

Faculty Professional Development Activities - Year End Summary

• Spinning and Pilates Certifications will help with new Spinning Class being offered
• Black Board Basics will help stay up to date on what Black Board can offer
• MyDegree Path with help with academic advising out of our department
• NASM Nutrition Certifications will add updated nutritional components to the wellness curriculum

Faculty Development Plans for Upcoming Year

• All Wellness Faculty shall keep their certifications current
• Individual plans will be determined while meeting individually with faculty members for the new evaluation system

EOL/Release Time Work

• Department Head Release Work:
  o Transfer Agreements, curriculum work and updates, All CARP have been revised, certifications hosted, meetings and committees, reporting, new course development and approval, piloting new programs, (body fat testing, open rec
nights), newsletters, student of the week program, Facebook page and website development, curricula comparison across community colleges in Michigan, space and budget requests, equipment ordering, collaborations across campus.

Faculty & Staff Accomplishments/Awards

- Melanie won second place Armen Awards with collaboration with PE 184 students, East Leonard (Kathy Sainz), Michigan State University Extension (Stephanie Marino)
- Melanie, Lannie, Beth obtained Madd Dogg Spinning Certification
- Melanie, Lannie obtained Pilates certification
- Melanie Presented at Byron Center Public Schools Professional Development Day August 2012
- Melanie presented 15 year service award
- Melanie published Yoga, Tone, Stretch and Life book with McGraw Hill
- Beth Damon taught at Living Well Event August 2012
- Jodi Gee and Jocelyn Bunce obtained NASM Fitness Nutrition Specialist Certification
- Jodi presented Fitness Fridays at Byron Center Public Schools in the Kindergarten classrooms
- Jodi remains Faculty advisor for GRCC Cares student group on campus
- 2nd Annual ArtPrize scavenger hunt (for GRCC students and employees)
- Jodi — 5 Years of Service Award (13 years total at GRCC)
- Mike Cupples — 22 years of service
- Charles Wells — 33 — years of service
- Doug Wabeke — 27 — years of service

Faculty & Staff Community Service

- Fitness Fridays K-12 collaboration with area Elementary schools (Jodi Gee and Melanie Schiele Gady)
- Collaborating with area schools on Field Day events (Jodi and Melanie)
- Helped at Elementary schools with tutoring and mentoring students (Melanie)
- GRCC Cares, many community events (Jodi and GRCC Cares student Group)
- Charlie Wells works heavily with the community through wellness and athletics
- Michael Boerman began doing volunteer on-call firefighting in the community

Curriculum

Course Document (CARP) Updates completed this year

- Every CARP documents have been updated this year (44)
New Courses/Course Improvement Projects

- Healthy Living On Campus and Online
- Mat Pilates
- Spinning
- Zumba
- Urban Eco Trek

Assessment of Student Learning

Program Learning Outcome(s) assessed this year

- To meet the GRCC Wellness Requirement
- Transferability

Measures of Student Learning

- Lifelong learning on how to be Well/Healthy
- Gain credit that is able to transfer to a 4 year institution

Initial Data and Findings

- Please see attached data tables and graphs used for our assessments and findings on students’ health improvements.

Curricular or Pedagogical Changes Implemented

- We will continue to do testing in all of our activity courses to measure and show progress of health and overall wellness of all of our students who take our classes. We will look at other areas for next year, for example implementing the 6 components of wellness in all classes.

Data and Findings (post improvement/change)

- Please see attached data and graphs for Fall 2012 and Winter 2013 semesters.