

# Initial Report of Kinesiology Benchmarking Survey

## Overview and Summary of Results:

We conducted a survey to benchmark our Kinesiology programs to 9 local and regional comparator universities for the following purposes:

1. To determine student enrollment trends at similar institutions for programs that we currently offer (Physical Education, Athletic Training, Exercise Science) as well as for curricula that our students have expressed interest in (Health and Fitness).
2. To explore a change from our current BA in Physical Education to a BA in Health and Fitness.
3. To determine the extent to which guild standards of the American College of Sports Medicine are used within Health and Fitness programs at comparators.
4. To compare the relative cost of delivering the curriculum (e.g., faculty FTE, % of FT to PT faculty, etc.) and the services provided by our faculty (e.g., academic advising, internship placement, presence of pre-healthcare committee, etc.) against comparators.

The survey was sent to 15 comparator schools, 9 of which participated (a 60% response rate). Here is a summary of the major findings of the survey. Additional summary comments are offered in shaded boxes below specific questions on pages 3-18:

### Summary of Enrollment Trends:

*PE Teacher Education* (Question 4): 60% of comparators either have decreased enrollment or do not offer a physical education program. Ostensibly, some of the schools that do not offer a program may have chosen already to phase out their programs, which we did not ask schools to report. Somewhat surprising to us was that 40% had a modest student enrollment increase of 0-25%. *Exercise Science (pre-Allied Healthcare, Question 5)*: 90% of comparators had increased enrollment in the past 3 years, 40% of comparators had increases of 75-100+%! Only 1 school does not offer a pre-Allied health program and only 1 school had a modest decrease in enrollment of 0-25%. *Athletic Training* (Question 6): 50% of comparators do not offer an ATEP. Of the schools that offer an ATEP, 80% have had increased enrollment over the past 3 years and 40% have increased 50-75%. *Health & Fitness* (Question 7): 100% of the schools offering Health & Fitness curriculum have had increased student enrollment in the past 3 years; the majority of this growth (55%) has been >25%.

### Summary of Program Offerings:

Most degree programs of comparators were BS rather than BA degrees. Of the schools considering adding an undergraduate program, 40% were considering a Health & Fitness program similar to PLNU. 30% of comparators are expanding into offering graduate Kinesiology programs (not counting those who already offer graduate programs).

*\*Additional summary comments are offered below specific questions in shaded boxes.*

**Conclusions:**

1. As we had anticipated, comparator schools are experiencing dramatic growth in their pre-Allied Healthcare programs, moderate growth in their Athletic Training programs, and a moderate decline in their Physical Education programs. These trends are very consistent with those at PLNU.
2. Concurrent with the trends in #1, PLNU as well as our comparators are experiencing a growth in enrollment and increased student interest in curricula that will prepare them for Health and Fitness careers.
3. If a Health and Fitness curriculum is offered at PLNU, we will align part of the curriculum to the ACSM guild standards; however, we have flexibility in the new curriculum and are not subject to specific accreditation standards from the ACSM.

# Kinesiology External Benchmarking Survey

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Last Modified: 02/22/2012

## 1. What is the name of your University or Institution?

### Text Response

Azusa Pacific University

California Baptist University

California Lutheran University

Loyola Marymount University

California State University, San Marcos

Taylor University

CSU--San Marcos

Olivet Nazarene University

Point Loma Nazarene University

Note: 1 institution did not answer this question

## 2. List the name of the department or school in which you are housed.

### Text Response

Kinesiology

Exercise and Sport Science

Exercise Science department in the College of Arts and Sciences

Health and Human Sciences

Department of Kinesiology in the College of Education, Health and Human Services

Physical Education and Human Performance

Department of Exercise and Sports Science

Health and Human Performance

Applied Health Science

Kinesiology

Statistic	Value
Total Responses	10

### 3. List the academic programs currently offered by your department (i.e., majors, minors, concentrations)

Text Response
BS Kinesiology: concentration in exercise science, P.E., sports medicine MS Kinesiology MS Athletic Training Minors: sport management, Kinesiology
Applied Exercise Science Athletic Training Physical Education Athletic coaching minor
Bachelor of Science in Exercise Science with concentrations in Human Performance, Health Professions, and Physical Education/Teaching Pedagogy
BS in Athletic Training BS in Natural Science (converting to BS in Health and Human Sciences
B.S. in Kinesiology with options in Pre-Physical Therapy, Health Science, Physical Education, and Applied Exercise Science
Majors: Exercise Science, Sport Management, Health & Physical Education K-12 Teaching. Minors: Sport Management, Coaching.
Majors: Ex. Sci, Athl Tr Edu, PE (teaching), Sport Mgt, Rec/Leis Studies Minors: Athl Coaching, Ex. Sci., PE (teaching endors), Health (teaching endors), Spt. Mgt.
Exercise Science- major and minor Health and Fitness Education-major and minor Coaching Science minor
AHS
Majors: Exercise Science (pre-allied health), Athletic Training, Physical Education Minor: Athletic Coaching

Statistic	Value
Total Responses	10

**Summary:** The data from Questions 2 & 3 were a bit hard to aggregate, so we got creative (see links below) with summarizing these aspects of the survey.


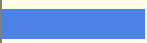


Click here for a representation of the most frequently used words to describe depts/schools:

[http://www.wordle.net/show/wrdl/4890005/Kinesiology\\_DCS](http://www.wordle.net/show/wrdl/4890005/Kinesiology_DCS)

Click here for a representation of the most frequently used words to describe programs/majors:

[http://www.wordle.net/show/wrdl/4890105/Majors\\_DCS](http://www.wordle.net/show/wrdl/4890105/Majors_DCS)

**4. Has the student enrollment in your PE Teacher Education program increased or decreased in the past 3 years? Please indicate by percentage.**

#	Answer		Response	%
1	increased by 75-100%+		0	0%
2	Increased by 50-75%		0	0%
3	Increased by 25-50%		0	0%
4	Increased by 0-25%		4	40%
5	Decreased by 0-25%		3	30%
6	Decreased by 25-50%+		1	10%
7	Do not offer a PE teacher education program		2	20%
	Total		10	100%

Statistic	Value
Min Value	4
Max Value	7
Mean	5.10
Variance	1.43
Standard Deviation	1.20
Total Responses	10

**5. Has the student enrollment in your pre-Allied Healthcare program (pre-PT, PA, DC, etc) decreased or increased in the past 3 years? Please indicate by percentage.**

#	Answer		Response	%
1	Increased by 75-100%+		4	40%
2	Increased by 50-75%		2	20%
3	Increased by 25-50%		1	10%
4	Increased by 0-25%		1	10%
5	Decreased by 0-25%		0	0%
6	Decreased by 25-50%+		1	10%
7	Do not offer an Allied Health Program		1	10%
	Total		10	100%


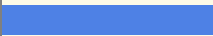


Statistic	Value
Min Value	1
Max Value	7
Mean	2.80
Variance	4.84
Standard Deviation	2.20
Total Responses	10

**6. If your academic unit has a CAATE-accredited ATEP, has the student enrollment decreased or increased in the past 3 years? By what percentage?**

#	Answer		Response	%
1	Increased by 75-100%+		0	0%
2	Increased by 50-75%		2	20%
3	Increased by 25-50%		1	10%
4	Increased by 0-25%		1	10%
5	Decreased by 0-25%		1	10%
6	Decreased by 25-50% +		0	0%
7	Do not offer an Athletic Training Education Program		5	50%
	Total		10	100%

Statistic	Value
Min Value	2
Max Value	7
Mean	5.10
Variance	4.77
Standard Deviation	2.18
Total Responses	10

**7. If your academic unit offers a program in Health/Fitness (Corporate fitness, human performance, etc), has the student enrollment decreased or increased in the past 3 years? By what percentage?**

#	Answer		Response	%
1	Increased by 75-100%+		0	0%
2	Increased by 50-75%		1	11%
3	Increased by 25-50%		4	44%
4	Increased by 0-25%		1	11%
5	Decreased by 0-25%		0	0%
6	Decreased by 25-50%+		0	0%
7	Do not offer a Health and Fitness program		3	33%
	Total		9	100%

Statistic	Value
Min Value	2
Max Value	7
Mean	4.33
Variance	4.25
Standard Deviation	2.06
Total Responses	9



**8. What is the current Faculty full time equivalent (FTE) in your academic unit? (e.g., One FTE represents a full time position in which a teaching or academic function is performed).**

Text Response
9
Current is 5, next year it will be 6
3 courses per semester
~11
Three FTE
4.6
3 full-time FTE
5
7.2 FTE for academic faculty (we have 12 faculty positions, but most faculty also coach or provide athletic training service as part of their load)

Statistic	Value
Total Responses	10

**Summary: We anticipated that this data would be inconsistent since FTE are calculated in various ways across institutions. It is difficult to make conclusions based on this data.**

**9. What is the percentage of Courses Taught by Full-Time Faculty versus Part-Time /Adjunct Faculty in your academic unit? (If this information is not readily available to you, please enter n/a and move onto the following question).**

Text Response
95% taught by full time faculty - we have very few adjuncts
na
about 50/50
We have faculty that have athletic/academic full-time contracts. If you count those we are over 90% full-time.
30%
8%
90
FT faculty = 71%, PT/Adjunct =29%

Statistic	Value
Total Responses	8

**Summary: Our percentage of 71% FT / 29% PT seems very reasonable and balanced as compared with these schools.**

**10. Do your faculty members directly place the pre-Allied Health students (i.e. pre-PT/OT/PA, etc) in internships with local healthcare providers or are the students primarily responsible for locating internship opportunities?**

**Text Response**

students are primarily responsible

Students responsible - we have no academic requirement for internships, allowing students to take paid positions to satisfy the application prerequisite should they be available

Students are responsible

We maintain a database of 75-85 sites with current written agreements with CSUSM. Students CAN find their own internships but we then initiate a formal agreement with the site.

Primarily student choice but faculty do have networking options to provide students with contact ideas. Students have been coming up with new opportunities that we can piggy back on for future students.

no--students identify sites themselves; we assist with names of places willing to take our students

Yes

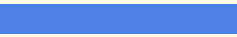

sometimes

Yes. Faculty members establish the majority of clinical affiliate relationships. Although students can and do establish their own internships.

Statistic	Value
Total Responses	9

**Summary: The majority of comparators (67%) do not directly place their pre-Allied Health students into clinical rotations with local physical therapists, physician assistants, physicians, etc. as PLNU's Kinesiology faculty do. We consider this a point of distinction in our program and wish to continue to offer this critical service to students!**

**11. Based on your enrollment trends identified above, are you currently considering the addition or deletion of an undergraduate academic program(s)?**

#	Answer		Response	%
1	Yes		5	50%
2	No		5	50%

Statistic	Value
Min Value	1
Max Value	2
Total Responses	10

**12. Which program(s) are you considering?**

Text Response
sport management (BS), sport psychology, nutrition and wellness
Transitioning the ATEP undgrad to an Entry Level Masters level program
B.S. in Health Science, MPH, M.S. in Kinesiology, DPT
Occupational Therapy
Adding a BA in Health and Fitness Phasing out a BA in Physical Education (a pathway to credential & masters will continue to be available through our school of education)

Statistic	Value
Total Responses	5

**Summary: of the schools considering adding a program, at least 2 (40%) were considering Health & Fitness similar to PLNU.**

### 13. Are you currently considering the addition or deletion of a graduate program(s)?

#	Answer	Response	%
1	yes	3	30%
2	No	7	70%
	Total	10	100%

Statistic	Value
Min Value	1
Max Value	2
Mean	1.70
Variance	0.23
Standard Deviation	0.48
Total Responses	10

### 14. Which program(s) are you considering?

Text Response
see previous answer
MPH, M.S. in Kinesiology, DPT
Exercise Science

Statistic	Value
Total Responses	3

**Summary: 30% of comparators are expanding into offering graduate programs (not counting the comparators who already offer graduate curriculum in Kinesiology).**

## 15. Do you currently align any of your academic programs to the ACSM Content Standards?

### Text Response

yes, MSKN-Exercise Science

No, but our AES major has an academic alliance with NASM

No, nor to NASM or NSCA.

no

No

The exercise science program/major utilizes ACSM standards but we do not totally align curriculum to only meet those standards.

no

Yes

no

No. We will align Ex Phys and Ex Testing and Prescription with the ACSM standards with the new H&F major.

Statistic	Value
Total Responses	10

**Summary:** Although the ACSM does not require that programs be specifically aligned with its standards, we were curious as to whether programs did align their Health and Fitness curriculum. The vast majority do not directly align with the ACSM standards. This will allow us flexibility in the new curriculum. We plan to align at least 3 courses with the ACSM standards.

**16. Please indicate whether you are comfortable with your results being shared, or if you prefer to have them kept confidential.**

#	Answer		Response	%
1	I give permission to have my responses shared		7	70%
2	I prefer the responses to be kept confidential		3	30%
	Total		10	100%

Statistic	Value
Min Value	1
Max Value	2
Mean	1.30
Variance	0.23
Standard Deviation	0.48
Total Responses	10

**17. What percentage of your academic unit's overall curriculum is delivered in a non-traditional format (i.e. web-facilitated, blended/hybrid or completely online)?**

Text Response	
0%	
None	
0	
	this is small, maybe 5-8% (1 or 2 classes per semester). We're exploring this as a way to increase enrollments at low cost but are struggling philosophically as a department with what our final student "product" will be if we remove or replace our myriad of experiential lab opportunities with surrogates online. Hybrid definitely works better than online although this may not have as much positive financial impact as we look to grow with shrinking budgets.
0 %	
0%	
	All courses are web facilitated and no courses are completely taught online. We will have one blended course next year.
0	
	50% are web-facilitated (blackboard/eclass) 5% hybrid (at least some lecture) 0% online

Statistic	Value
Total Responses	9

**Summary:** It appears that most institutions interpreted “non-traditional” to mean “completely online” for this question. Therefore this data may be skewed and difficult to draw conclusions from. We anticipate that with our proposed curriculum in H & F, as well as with current curriculum, we will implement web-facilitated and/or hybrid content and instruction for 20-30% of our didactic courses. We are already adding significant web-facilitated processes to our instructional pedagogy; 2 faculty have gone through TILE and 3 more plan to complete the training.



**18. Does your institution utilize a pre-Allied health committee to advise and provide letters of recommendation for students applying to allied health graduate schools?**

Text Response
Yes, housed in Biology and Chemistry departments
yes
no committee, faculty are solicited individually by students and respond accordingly
No. The coordinator of the Exercise Science major is currently filling that role but with our growth this is expanding to several other professors who have a main focus of teaching in the exercise science curriculum.
no--I do it as chair
Yes
yes
No Director of Exercise Science and Department Chair write letters of rec for pre-PT, pre-PA, pre-med students.

Statistic	Value
Total Responses	8

**19. Approximately how many students are assigned to each of your faculty or staff advisors?**

Text Response
40-60 students
25-50
50-90 students/tenure-track faculty
We have attempted to keep students in the major with faculty that have most their responsibility in the same area. Faculty advisee load ranges from 15 to 30 students.
We have approx. 200 students: chair, 40 full time (no coaching), 35 other full time (who coach), anywhere from 10-15
We have 80 majors and 3 faculty members. Advising is distributed to each faculty member as part of their load.
about 40-50
Director of Exercise Science has about 130 student advisees Other faculty average 15 students

Statistic	Value
Total Responses	8

**Summary:** Anecdotally, it seems that faculty members average nearly 30-40 advisees at comparator institutions. This is higher than the average in our department. Although the Exercise Science program director currently advises 120+ students, with the proposed H & F curriculum, this large # will be substantially reduced.

## 20. Would like the results of this survey sent back to you?

#	Answer	Response	%
1	Yes	10	100%
2	No	0	0%
	Total	10	100%

Statistic	Value
Min Value	1
Max Value	1
Mean	1.00
Variance	0.00
Standard Deviation	0.00
Total Responses	10

**Summary:** *It seems like we are onto something here! 😊*

*Everyone was excited for us to send the results.*