

To: Academic Senate

From: Lisa Palmer, Chair, Curriculum Committee

Date: September 26, 2024

Re: Report

- (1) At our September 19<sup>th</sup> meeting, the curriculum committee approved 17 ADTs.
- (2) We devoted the majority of the meeting to discussing deleting the PE requirement and adding Area 7 to the local degree, a conversation that was continued from SP 24.

Ana Miladinova, on behalf of KAD presented the following statement regarding change of local degree pattern and requirements:

As we continue to evolve and adapt to changes within the academic landscape, the Kinesiology, Athletics, and Dance (KAD) Division at Cañada College remains steadfast in our commitment to promoting the integration of physical fitness and mental wellness into our students' educational journeys.

We greatly appreciate the ongoing support from our academic counselors and campus colleagues in encouraging students to develop a habit of regularly enrolling in Physical Education (PE) courses, regardless of whether they are degree requirements. Our division believes deeply in the value of lifelong learning, particularly when it comes to physical and mental wellness. It is both our duty and privilege to share this knowledge with our community.

The benefits of physical activity for students are well-established. Studies have consistently demonstrated that regular exercise increases memory retention, boosts mood, improves focus and concentration, and alleviates stress. More recently, research has even linked physical activity with higher academic performance, including improved scores in subjects like English and Math.

As many of you are aware, our curriculum has had extensive discussions regarding the recent proposal to remove two PE courses as a requirement and shift them to Area 7 for the local degree. While we initially had reservations about this change, and still do, we recognize the recent approvals of similar changes at CSM and Skyline Colleges. At this point, we believe it would be counterproductive for the college to propose an entirely new KAD curriculum. We understand the need to move forward and are committed to implementing these changes to the best of our ability.

In this transition, we ask for your continued support, especially from our counseling teams. We believe counselors play a key role in promoting the benefits of our courses, and we ask that you encourage students to consider enrolling in PE classes during their

first semester. Early exposure to physical fitness can provide students with a solid foundation for their overall well-being, both academically and personally.

We sincerely appreciate the efforts of all involved in this process and remain dedicated to working collaboratively to ensure these changes benefit our students as much as possible. Open communication and teamwork will be crucial as we move through this transition together.

Thank you for your understanding, support, and partnership in this important endeavor.

- We voted to approve the district curriculum committee proposal of deleting the PE requirement for our local degree and adding Area 7
  - Students will need to take one 7A P.E. course and either a second 7A course or a 7B personal development course, the list of which is TBD.
  - If you would like to join a subcommittee to propose a list of Area 7 courses, please let Lisa know.
  - CSM and SKY had already voted to add Area 7 to their local degrees.
  - None of the colleges adopted the title recommended by DCC (“Self-Development and Wellness”). Instead:
    - CSM: Self-Development and Kinesiology Activity
    - SKY: Personal Development, Wellness, and Kinesiology Activity
    - CAÑ: Personal Development, Wellness, and Physical Activity
- (3) Thank you to all of the faculty who have been working diligently to update our first 7 common course numbering CORs.
- (4) The revised curriculum handbook and distance education addenda instructions are now live on the curriculum website.
- (5) When reviewing curriculum as part of the regular cycle, focus on updating textbooks and ensuring the D.E. addenda meet the current regulations (see above).