

SENATE AGENDA
REGULAR MEETING
ACADEMIC SENATE OF GROSSMONT COLLEGE
April 29, 1996
Room 370, 11:10 a.m. - 12:20 p.m.

This meeting will be dedicated to the memory of Don Settle

I. PRELIMINARY ITEMS

- A. Call to Order
- B. Approval of Agenda
- C. Approval of Minutes from March 18 and April 15, 1996

II. ACTION ITEMS

- A. Resolution to appoint two faculty members to sit on the 35th Anniversary Committee.
- B. Revisions of by-laws of the Constitution of the Grossmont Academic Senate
 - a) A senate Officers Committee consisting of a President, Vice President, two Officers at large and the immediate past president or president elect...
Section One: Duties of the officers
From 2. The Vice-President, delete section b., and from section c" to co-sign with the President Senate checks."
(Add: 4. The President-elect. It shall be the duty of the President-elect:
 - a. to attend all meetings of the Senate, and Senate Officers Committee
 - b. to attend special committees such as District and Campus Budget and Strategic. in order to become familiar with the duties of the President.
 - c. to attend State and Regional Academic Senate Meetings.
 - d. to chair the Committees On Committees and be responsible for monitoring committee business.
 - e. to perform the duties as assigned by the President.)
Section Seven: Disbursements
Replace section seven with: The President shall be responsible for payments following campus Budget procedures.
Section Ten: Committees
The Senate shall have the following standing committees (add):
 - 4. Instructional Computing Committee
 - 5. Curriculum Committee
 - 6. Program Review Committee
 - 7. Faculty Staff Development Committee
 - 8. General Education Committee
- C. College Hour and Instructional Scheduling

Jack Daniels, the Vice President for Academic Affairs, has requested that the Academic Senate support a pilot project for the fall 1996 semester, to conduct research on alternative instructional scheduling. As part of this pilot test classes will be scheduled during College Hour. Results of this pilot will be discussed with the Academic Senate in the Spring of 1997 to determine implications for scheduling in the 1997-1998 Academic Year.

- D. Resolution to appoint three representatives to serve on the Bookstore Committee. The first meeting is scheduled for Tuesday May 7 at 3:30, in the Grossmont College Board Room.

III. INFORMATION ITEMS

- A. PE Waiver requests- Laura Sim (See attachment #1)
- B. No smoking policy - Chuck Seymore
- C. Program Review - Mike Matherly
- D. Reports on District Strategic Planning and District Budget Committees
- E. A motion directing the Ad Hoc Committee to draft for action at the May 6 Academic Senate Meeting, a resolution concerning the Cuyamaca Self Sufficiency Plan.
- J F. Resolution to the Senate, representing Grossmont College's faculty, wishes to strongly express its confidence that Dr. Sanchez and Vice Presidents Peter White and Jack Daniels will continue to be effective leaders of the College; that they will continue to be strong, articulate advocates of the College's interests and concerns at various District councils, with the Chancellor, and before the Governing Board.
- G. Distinguished Chair - Deadline is August 19, 1996 for nominations to be received.
- H. Distance Learning (see attachment #2)

IV. OTHER MATTERS

- A. President's Report-
 - 1. Statewide Academic Spring Session - Resolutions and their vote available in the Senate Office.
 - 2. Call to Committees: Please review your membership for '96-'97. If you will be needing faculty replacements please let the Senate Officer's Committee know as soon as possible.
 - 3. Carolyn Shushan needs donations of sick leave. Please contact the office of Personal Department.
- B. Committee Reports

**The next regular meeting of the Academic Senate
is scheduled for Monday May 6**

Agenda items for the next Senate Meeting are due to SOC by Wednesday May 1

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PROPOSAL FOR DEALING WITH WAIVER REQUESTS FOR PHYSICAL EDUCATION

PHYSICAL EDUCATION DEPARTMENT POSITION: General Education requirements for an Associate Degree, whether physical education, mathematics, english or any other area, should not be arbitrarily waived. In short, there is no such thing as a waiver of the physical activity requirement. With this in mind, the Physical Education Department wishes to submit the following rationale and suggested procedures to deal with requests waivers:

1. The following circumstances do not qualify for a waiver:

- * Current participation in a physical activity outside of a physical education course will not meet the requirement. (Just because someone plays softball on the weekends or runs marathons does not mean they have ever received the critical health and fitness-related information we present in our classes.)
- * Past physical experience, including competitive athletic experience or military service, should not be used to fulfill this requirement. (Our courses not only provide pertinent information regarding health and fitness components which positively impact one's life and that students might not have received from past movement experiences, but the issue is also about movement and exercise involvement now. Given the copious amount of research and empirical evidence linking regular exercise to health, wellness, longevity, disease reduction and enhanced quality of life (or if you prefer to look at the flip side, lack of exercise linked indisputably to disease) we want to enrich students' lives by getting them to move!)

2. Circumstance that might qualify for excusing an individual from physical participation (for which there is an alternative):

- * A student having a physical disability or condition that, according to a physician's expressed documented opinion, cannot be accommodated in either the adapted physical activity courses, or any other course in which modifications can be made to meet the student's special circumstances (see list below). A person who does meet this criteria will then be required to meet physical participation requirement by completing Health Education 120.

PROPOSED WAIVER PROCEDURES:

- Step 1. The student requesting a waiver receives a handout (available in counseling, health office and student services office) explaining the institutions's position and process concerning not granting waivers of the physical education requirement.
- Step 2. If the student persists in the waiver request, he/she is referred to Physical Education Department Chair. Discussion will include availability of courses either designed for special needs (adapted courses) or those that in which individual modifications can be made to accommodate the student. (See course list below.)
- Step 3. In the event that the student possesses a medical note or "excuse", he/she can sign a release, allowing us to send a letter of explanation (see attached) would be sent to the physician. We will inform the physician of appropriate courses available to individuals with special physical circumstances, and encourage him/her to reconsider restricting activity for the student. Should the physician maintain the need for the restriction from any and all physical activity, the student would then be required to complete Health Education 120 to fulfill the PE requirement for General Education.

PROPOSED TIME LINE FOR WAIVER PROCEDURES:

A student should initiate the process at least one semester prior to graduation, rather than wait until the last minute to complete the degree requirements. **Waivers will not be considered during the term they are submitted.** In addition, classes are often impacted (particularly HED 120). Under no circumstances are students to be granted waivers without the consent of the Department Chair (in conjunction with Health Office, VP for Student Services, VP for Academic Affairs, Physician, or others as appropriate).

ADAPTED PHYSICAL EDUCATION COURSES AVAILABLE:

- PE 001 - Adapted Physical Exercise
- PE 002 - Advanced Adapted Weight Training
- PE 003 - Adapted Aerobic Fitness
- PE 030 - Adaptive Aquatic Sports Education
- PE 035 - Adaptive Swimming for the Physically Limited
- PE 121 - Adaptive Bowling
- PE 150 - Adaptive Sports Education
- PE 156 - Adaptive Basketball

REGULAR PHYSICAL EDUCATION COURSES WHERE ACTIVITY CAN BE (AND ARE)
MODIFIED TO MEET INDIVIDUAL NEEDS:

- PE 005 - Aerobic Fitness and Weight Training
- PE 006 - Super Circuit Weight Training
- PE 007 - Aerobic Walking for Fitness and Wellness
- PE 009 - Aerobic Dance Exercise
- PE 023 - Weight Training

Draft of letter to physicians

Dear Doctor,

[student's name] has requested a waiver of the Physical Education requirement for an Associate Degree at Grossmont College based on documentation from you regarding restriction of physical activity. I would like to take this opportunity to familiarize you with the physical education courses we offer designed specifically for individuals with movement limitations, as well as other classes that allow for appropriate modifications to meet special needs.

The Physical Education Department passionately commits itself to the health and well-being of students, and believes its role in the general education of students to be critical. In a day and age where more than 600,000 people die each year from heart disease, droves of others from cancer, strokes and diseases whose deleterious effects can be minimized by participation in regular physical activity and healthy lifestyle choices, we would be remiss to not address this need in all students, regardless of physical limitations. In addition to physical activity, our classes also include a wide array of health-related information, including discussions regarding the benefits of regular physical activity, nutrition, appropriate weight control strategies, disease prevention and other relevant topics.

Please take a moment to peruse our course descriptions below. Perhaps you will see a course that will allow [student's name] to participate in an activity to meet the special needs.

Sincerely,

Laura J. Sim, Physical Education Department Chair

(PERHAPS HAVE SOME TYPE OF FORM THE DR. COULD SEND IN TO CHAIR REGARDING THE LIFTING OR CONTINUATION OF THE RESTRICTION????)

SPECIFIC ADAPTED PHYSICAL EDUCATION COURSES OFFERED AT GROSSMONT COLLEGE

PE 001 - ADAPTED PHYSICAL EXERCISE - Assessment of physical performance status and physical evaluation. Individually prescribed exercise programs for physically challenged students. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Activities and sport adapted to students' capabilities. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

PE 002 - ADVANCED ADAPTED WEIGHT TRAINING - Weight training for the physically challenged. Includes assessment of physical parameters, including muscular strength, muscular endurance and flexibility. Individually prescribed weight training programs will be developed for each student. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

PE 003 - ADAPTED AEROBIC FITNESS - This course is offered for the physically challenged individual and provides a total fitness experiences including methods of strength attainment and flexibility training, with emphasis on aerobic conditioning by means of walking, jogging, stationary bicycle, rowing machine, and/or bicycle. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

PE 030 - ADAPTIVE AQUATIC SPORTS EDUCATION - A class for physically challenged students in various aquatic sports and activities. This class is designed to offer the student experiences in competitive swimming, water polo, other aquatic games and conditioning exercises. Individual programs will be designed for each student. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

PE 035 - ADAPTIVE SWIMMING FOR THE PHYSICALLY LIMITED - Instruction and practice in basic swimming and aquatic skills. Instruction will be individualized to meet each student's needs. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

PE 121 - ADAPTIVE BOWLING - A class for the physically challenged which includes instruction and practice in basic bowling skills. Instruction is individualized to best meet the needs of each student. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

PE 150 - ADAPTIVE SPORTS EDUCATION - A class for physically challenged individuals in various sports and physical activities including track and field, basketball, football, weight training and golf. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

PE 156 - ADAPTIVE BOWLING - A class for physically challenged students which includes instruction and practice in the basic basketball skills. Rules, regulations and strategies of the game will be presented. Each student will have an Individual Education Plan that will include any adapted needs required.

REGULAR PHYSICAL EDUCATION COURSES WHERE ACTIVITY CAN BE MODIFIED TO MEET INDIVIDUAL NEEDS:

PE 005 - AEROBIC FITNESS AND WEIGHT TRAINING - This course is designed to provide a total fitness experience for the individual who wishes to obtain a strong, flexible body with sufficient endurance to enjoy an active, healthy lifestyle. The theory of exercise, including methods of strength attainment, flexibility training, innate factors affecting training and longevity, nutritional influences on exercise and weight control, proper techniques of jogging, injury prevention and treatment will be presented.

PE 006 - SUPER CIRCUIT WEIGHT TRAINING - This course is designed to provide a progressive cardiovascular and strength conditioning program through a super circuit training system. The components of fitness: muscular strength and endurance, cardiovascular endurance and flexibility will be presented in a sequentially monitored program in order to assist the individual in the pursuit and maintenance of a quality fitness state.

PE 007 - AEROBIC WALKING FOR FITNESS AND WELLNESS - Instruction and reinforcement in fitness walking and race walking techniques. Designed to provide a cardiovascular fitness program for the individual who wishes to condition the entire body, with emphasis on toning and firming the hip and leg areas. The theory of exercise, stretching and flexibility training, nutritional influences on exercise and weight control, injury prevention and treatment, and psychological applications to exercise modalities will be presented.

PE 009 - AEROBIC DANCE EXERCISE - Participation in aerobic dance exercise emphasizing conditioning of the musculoskeletal system, improvement of the cardiovascular system, increasing the efficiency of the respiratory system and increasing flexibility. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

PE 023 - WEIGHT TRAINING - Instruction and practice in resistance training, including weight machines and free weights. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

FINAL DRAFT OF DISTANCE LEARNING

Telecourses:

Total responsibility of Cuyamaca College. Grossmont College may suggest courses to be included in the Telecourse program that will serve the needs of students in the District.

Teleconferences:

Responsibility of both colleges based on ability to deliver. Downlink capability is available to classrooms and facilities at Cuyamaca College. Currently neither college has the capability for uplink. Efforts should be coordinated to avoid duplication.

Telecommuting:

Responsibility of both colleges based on ability to deliver. Joint implementation where feasible and beneficial.

Internet Access:

Responsibility of both colleges based on ability to deliver and impact the delivery of instruction at the respective colleges.

Interactive Audio/Video:

Responsibility shared regarding courses from each college. Other responsibility based on the ability to deliver. With the shortage of classrooms at Cuyamaca College, this method of delivering instruction may become a priority at Cuyamaca. Sharing of jointly offered courses may meet student demand with limited instructional cost.

Responsibility to deliver directly to industry would be based on ability to deliver. Contract education should be encouraged at both colleges in order to provide the training requested.

Cable Access Television Channel:

Total responsibility of Cuyamaca College.