Fitness & Health

Fast Facts

- 338 classes offered
- 34 part-time or full time staff
- 1805 unduplicated students served
- 4384 student registrations
- 100% of funding from fees

Programs and Classes

Aquatics: Offers a variety of classes in indoor and outdoor pool. The warm water program is extremely popular are always full . Classes are offered in mornings, evenings and Saturdays. Teachers may hold advanced certifications depending on the class curriculum.

CPR & First Aid Training Classes: Includes 3 different levels of instruction. Most classes are taught on Saturdays. Special certification classes for district staff are provided at a reduced fee and classes are held at the specific school sites so staff does not have to travel. CPR Instructors hold appropriate certifications.

Exercise and Fitness: Offers a wide range of specific exercise classes such as Aerobics, Weight training, Karate & Tai Chi. Classes are held in the mornings and evenings.

Personal Health: Offers classes in Meditation, Hypnosis for Weight Loss and Feldenkrais during the evening hours. Classes have a faithful student core.

Yoga: Many different styles of yoga instruction are offered in the morning and evening hours to meet the needs of students. Some instructors hold advanced certification in their area of expertise. Some classes are very popular and have a waiting list.

Team Sports: Provides students with learning opportunities in 2 areas, indoor soccer and volleyball. Classes are very popular.

Partnerships

Santa Clara Senior Center continues to host 32 AE classes such as water exercise & aerobics classes.

Program Highlights

- An ongoing collaboration continues with the district CPR/AED coordinator to provide First Aid training for district employees such as coaches, certificated and classified staff. Many CPR classes are taught on site at different schools to accommodate teachers' busy schedules.

- The program successfully completed the PSLO (Program Student Learning Outcomes) survey during the Summer 2013 Term. The data continues to show strong support for the program. 241 students were surveyed. Some of the results are: 100% of students agreed that they were satisfied with their class; 99.99% agreed that they have seen physical improvements and had gained knowledge & skills; 100% agree that the benefits achieved in class made a difference in their lives.

- The program was updated to more accurately reflect the type of classes offered. The old name was 'Health and Safety' the new title is "Fitness and Health".

- Input from the school student advisory committee was used to change the

organization of classes in the catalog to be more user friendly.

- Staff were included and participated by providing feedback for the WASC process for the four major focus areas of Curriculum, Instructional Programs, Assessment and Student Services.

Results

- The program was completely sustained by class fees and earned $248,672 (which is an increase from last year).
- The program was able to financially contribute $60,566 to the AE budget as of June 30, 2013, which is also an increase since last year.
- The number of student registrations was "status quo" for the year which demonstrates that the community continues to support and value the classes offered through this program.

Contact

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