

University of Puerto Rico  
Mayaguez Campus  
College of Arts and Science

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**Annual Report 2023-2024**  
**DEPARTMENT OF KINESIOLOGY**

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## I. General Information about the Department of Kinesiology

### a. Mission

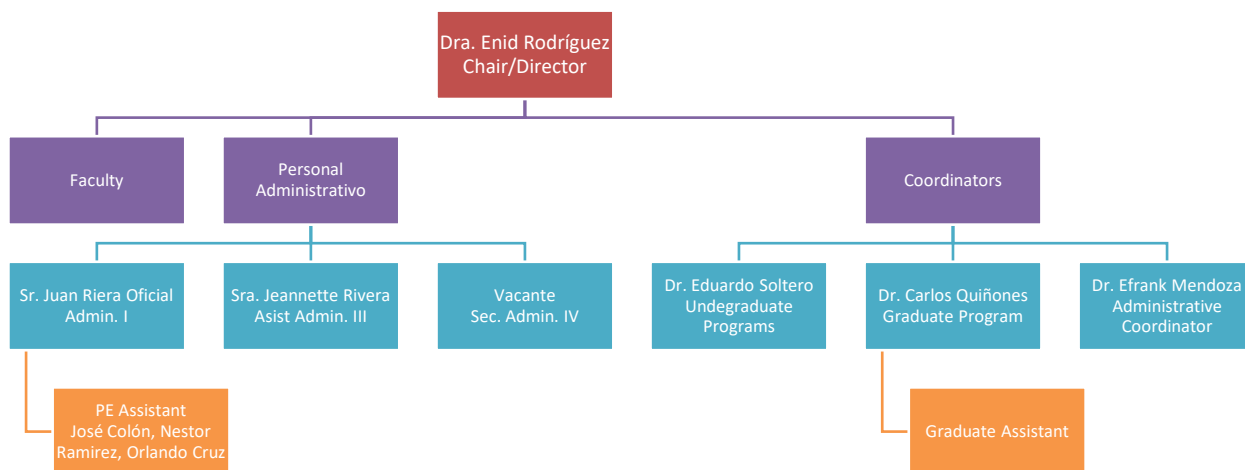
To serve our society by creating and investigating Kinesiology in order to develop educators and coaches that promotes learning and healthy lifestyles.

### Vision

The Department of Kinesiology aspires to achieve the highest levels of higher education in Puerto Rico as a center for educational and research development in Kinesiology. We establish as a goal to stimulate continuous learning and the dissemination of knowledge in society.

### b. Organizational Structure

#### i. Department of Kinesiology



## II. Report on Initiatives, Activities, and Achievements in Accordance with the Strategic Plan

a. **Executive Summary** – Currently, the Department of Kinesiology has 193 undergraduate students and 23 graduate students. The 2023-24 students' demographic shows that 64% of students are male and 36% are female. Majority of our students (60%) comes from public schools, particularly from the west and southwest municipalities.

The Department of Kinesiology offers three undergraduate academic programs, one academic sequence and one master degree.

(a) **Physical Education in Teaching (1303)**: Kinesiology has 11 new admitted students, in which 7 were males, 3 females and 1 not defined. The Bachelor of Arts in Teaching is accredited by NCATE and includes all the requirements for the Department of Education in Puerto Rico K-12 Physical Education Teaching License. According to Programa Preparación de Maestros at UPRM, the teaching license passing rate is 93%. Ten students graduated from the program in 2023-24.

(b) **Coaching and Refereeing (1302)**: Kinesiology has 25 newly admitted students, in which 16 were males, 8 females and 1 not defined. Currently, the program is modifying the academic curriculum to accomplish the accreditation. The program provides the courses to certify personal trainers and sports trainers to work in Puerto Rico under Law 170 of the Department of Recreation and Sports. Nineteen students graduated from the program this year.

(c) **Minor Concentration in Adapted Physical Education**: Currently, the concentration has 9 students. All students participate in social community activities that involved to integrate physical education for a special population.

Also, we provide the opportunity to pursue a Master degree in Kinesiology.

(d) **Master in Arts in Kinesiology (1351)**: In 2023-24 the graduate program has 23 students and 6 newly admitted students. This year, the program included Plan III as a new option for students. This curricular modification improved the degree conferred from 1 (2022-23) to 11 graduate students (2023-24).

During this period, the department had 11 full time and 8 part time professors. The 98% of the faculty has the online teaching certification providing the opportunity to offer distance, hybrid or presence courses. Faculty's motivation continues creating opportunity to improve students' experiences and social impact through internships (INTD 4995,6995) such as: 1) *Prime Time Game Program* where students teach physical activities for people with some disabilities, 2) *Wellness Pediatric Program*, students develop physical activities for kids with obese issues, 3) *Technology Applied in Sport Setting* provide experience to test, measure and collect data from high

performance athletes. Likewise, maintain the international relationship with Colombia (University of Antioquia), East Stroudsburg University, Palmer University, Ohio State and SUNY Brockport University where students can continue graduate studies in different areas in kinesiology. From 29 undergraduate students obtaining the bachelor degree, 10 were accepted in graduate school in different universities.

A relevant achievement in 2024 is that the Department of Kinesiology became the only member in Puerto Rico to be part of prestigious American Kinesiology Association in which provide guideline for accreditation in Kinesiology and connection with international kinesiology programs. In addition, the Department has continued an alliance with the Certification Program in Sports Management by the International Soccer Federation (FIFA). The program is an interdisciplinary certification (Business Administration and Kinesiology) in which students continues their professional career.

Kinesiology provides facilities for a wide range of sport and recreational activities for collegiate and west population. A total of 53 community activities used the kinesiology facilities such as ultimate frisbee, basketball (3x3), volleyball, engineering fun day, 5K, Phi Eta Olimpiadas, indoor athletics, dance, Weather Fest, among others. In addition, in 2023-24 we incorporated active recreational activities for students every Tuesday and Thursday from 10:30 am-12:00. Collegiate students from all academic department gather to participate in volleyball, basketball, pickleball, spike ball or ultimate. Students' participation increased from 20 students to 96 students at the end of the semester.

#### **b. Objective 1: To institutionalize a culture of strategic planning and assessment**

The Department perform regular staff and faculty meeting allowing to refocused on the institutional strategic plan every month. The strategies and indicators used were:

- *Publish updates and metrics.* We have a part-time computer engineer graduate student and a physical education assistant (Mr. Orlando Cruz) that received the WordPress certification that maintained departmental website. The website provides update information regarding social activities, academic programs, research, community programs, faculty members, strategic plan, facilities, and employment opportunities. Additionally, administrative staff maintained a social media including Facebook page.
- *Update departmental strategic plan.* Our department developed a variety of modification in the academic curriculum, class hours available for student, higher involvement with community work, and higher research participation. For example: 1) the Physical Education programs presented an academic curricular changes in order to maintained the Department of Education teacher requirements (Certification 24-17 Senado Académico UPRM is under revision UPR Academic Unit), 2) the Kinesiology Master Program implemented Plan III option to maintain the institutional assessment in order to provide opportunities for students (Certification 23-19E 2023), 3) coaching courses programing changes (from morning to evening), all sport coaching courses (8 courses) were available in the evening (3:00 to 7:00pm) to provide practice hours in sport settings. 4) undergraduate students' participation (EDFI4998) and graduate research (KINE6991) to work with different research topic (technology in sport, territorial

discrimination in sport settings, recreational satisfaction among students, burnout amount collegiate athletes, among others). 5) Officially changed the Program and diploma name from Physical Education to Kinesiology (Cert. Num 188, 2023-24).6) New courses to update the undergraduate curriculum with Anatomy and Kinesiology and Introduction to Kinesiology.

- *Metrics analysis.* In 2023-24, the Department of Kinesiology began to provide metric analysis regarding students' active participation in community programs, freshmen student retention plan, and graduation rate. Every month, the Department meeting presented updates among our students, maintaining the institutional strategic plan and the assessment evaluation plan.

**c. Objective 2: To lead higher education throughout Puerto Rico while guaranteeing the best education for our students.**

- *Fosters and motivates learning atmosphere*– Active participation in professional conferences (Association of physical education and recreation, ACSM, Annual Conference of Sport and Recreation, Paralympic Annual conference) and internship in different areas of kinesiology (adapted sport, anthropometry, physical activity for elderly, and physical activity for kids).
- *Curricular update.* Currently, the Department of Kinesiology is updating and modernizing the curricula by decreasing the number of credits, new courses (pickleball and first aid in sport settings, anatomy and kinesiology). Since 2024, the Department is member of the American Kinesiology Association providing guidelines to update and shorten the curriculum.
- *Qualified and committed faculty*- All faculty are active leaders in their academic specialization. For example, some created new courses (Torres, Mendoza, Soltero), offered new courses (Cordero, Rivera, Quiñones), implemented innovative teaching strategies (Figueroa, Alvarez, Silva, Colón, A. Rodríguez, E. Rodríguez, Morales), developed research projects or community programs (Figueroa, Alvarez, Del Río, Fernández, Torres).
- *Appropriate space for classes and research* - Improve students' experiences and quality of higher education by modernized the appearance and equipment in the exercise physiology lab and strength and conditioning lab. These changes followed the institutional safety measures. The Department provides new space for students to study (Mangual B-7) and students' meeting launch (Mangual).
- *Adequate support services* – In 2023-24 the Department began to offers an in-service training for all employees (faculty and non-faculty) such as: Sexual harassment in Campus (Dr. Enid Rodríguez) and Risk management prevention in sport settings (Dr. Mendoza). In order to used technology and monitor safety environment the administrative coordinator (Mendoza) developed the safety manual for the Department of Kinesiology, open a virtual emergency form used by all faculty and staff (E. Rodríguez) and formal collaboration agreement between Athletic Department and Kinesiology Department (E. Rodríguez & M. García) allowing share responsibilities and recreational facilities.

#### d. **Objective 3: To increase and diversify the Institution's sources of revenue**

- *Kinesiology administrative strategy to increase external funding.* Implementation of the Certification 20-21-090 that provides guideline to loan/rent facilities for external services. The department received \$1,570.50 in Nov. 17, 2023. Also, department used the equipment 360 to raise donations for student and faculty professional conferences or travel (\$500).
- *Donation for Kinesiology lab* – Received \$10,000 the equipment valued and electrocardiogram valued in \$3,000 for the exercise physiology lab (Dr. Torres proposal to obtain lab equipment).
- *External funding* – Dr. Torres received \$300 for the Mascot Challenge by the Program Exercise is Medicine on Campus. Dr. Del Río in alliance with Alumni association received a donation for \$2,000 for the department.
- *NIH External funding* – The Department has promoted and encouraged faculty for external funding. In 2023, Dra. Figueroa applied for proposal (Project Aware) for \$5 millions for 5 years. Meanwhile, in 2024 Dr. Torres applied for \$75,000 research proposal.

#### e. **Objective 4: To implement efficient and expedient administrative procedures**

- *Automation of internal process:* The department initiated the automatization of some administrative process in order to maintained data analysis. Some of the actions implemented were: 1) accident report previously was in paper changing to a QR code that access immediate to digital report, 2) student can access an academic appointment by checking date and time to meet with the academic coordinator, 3) all students' academic evaluations are available in digital folder in TEAMS, 4) all administrative documents are shared and storage in TEAMS, 5) all academic programs and requirements are available by QR codes for easy access, and 6) faculty and administrative staff share electronic calendar for activities and academic calendars.
- *Promote and encourage service:* All faculty and staff actively participate in departmental activities such as 5K, Día Mundial de la Actividad Física, Campamento de Artes y Ciencias, School recruitments among others.
- *Personnel work and responsibility:* From 2023-24, all personnel (faculty and non-faculty) perform their roles and responsibilities without any administrative compliance.

#### f. **Objective 5: To strengthen research and competitive creative endeavors**

- *Support and essential resources:* The Exercise Physiology Lab and the Force and Strengthen Lab have been modernizing the appearance (lighting, painting) and equipment (technology, software) in order to provide an appropriate research atmosphere. These changes provoke intramural project to work with high performance athlete in kinesiology labs (e.g. Programa METAS).
- *Graduate studies:* The new approved plan III has improved new graduate application for the Kinesiology master program. However, we have promoted graduate studies by 1) maintaining assistantship, 2) higher involvement in research participation, and 3) advanced undergraduate students participate with graduate students in research projects promoting the graduate enrollment.

#### g. **Objective 6: To impact our Puerto Rican society**



- *Expertise within our university:* Our department has more than 8 different kinesiology specialists that work within the community. Some of the professionals providing services to the university community: 1) sport and exercise psychologist (E. Rodríguez) provided formal and informal mentoring to student-athletes and coaches presentations (microaggression in sport, 2023), 2) departments developed weekly recreational activity program for collegiate students, 3) the program “Exercise is Medicine” promotes physical activity on campus, in which the program received third place for impacting campus with 5K and Mascot Challenge.
- *Students’ participation in community projects:* We have 3 regular community programs impacting three different population: 1) Prime time games impact population with some type of disabilities, 2) Wellness Pediatric Program impact youth and their families and 3) Physical activity in elderly impacted two Mayaguez nursing home. In all community programs students are actively involved creating exercise activities and collecting data. In summer, students were able to participate with Special Olympics and Boys and Girls club or participate with an internship evaluating high performance athletes. All these opportunities are aligned with undergraduate academic curricula. During academic semester, some courses provide hands on experience within the community such as: EDFI 4000 (projects that impact society thorough recreation or physical activity activities), all coaching courses impact youth population within sport settings (EDFI3095, EDFI4195, EDFI3615, EDFI4065, EDFI3095, EDFI3075, EDFI3620, EDFI 4075), seminar and practicum in physical education, and adapted courses provide experience to impact special population (EDFI 3098, EDFI 3380, EDFI3395, EDFI4016, EDFI4017).
- *Leadership among students:* In the past few years, kinesiology students increased participation in leadership position at the university (example, Consejo de estudiantes) and have created new associations. In addition, students actively participate in departamental activities such as 5K, Día mundial de la salud, annual conferences, triathlon, among others.

#### **h. Objective 7: To strengthen school spirit, pride, and identity**

- *Students Organizations:* The department promote students association and active participation through different community activities. Currently, we have the main students’ association (Kinesiology student association, Mentor M. Colón) that have various chapters: sport psychology association (Mentor E. Rodríguez) and exercise is medicine (Mentor C. Torres), Surfing association (Mentor I. Cordero), and Ultimate Association (Mentor, C. Quiñones). As interdisciplinary program, our students are unified with other academic programs such as Biology with the Quiropractic Association.
- *Extracurricular activities promoting healthy lifestyles:* Our department has increased the number of students participating in recreational sport activities (ultimate, volleyball, basketball, pickleball). In August 2023 we began to open facilities/space and provide equipment to students to promote physical activity, decrease stress, increase students’ social bonding and social support (participation approximately 20-30 students). In Abril 2024 this effective initiative multiplies the number of students participation using recreational physical activities (approximately 60-90 students).
- *Alumni participation:* The Department collaborated in two different activities with athletes’ alumni: annual convention (2023) and 100 miles bike run (2024).
- *Students’ services:* Our department maintained healthy relations with other academic programs and their academic services. In the Department, we provided new space for students to gather and study.