

KINESIOLOGY ANNUAL REPORT 2021

In the fall of 2020, every member of the KNS department submitted evidence to how each course deliberately addressed areas of race, ethnicity, inclusion and justice within the curriculum.

(see appendix A)

In response to the PRC's request to review the College and departmental data and consider how this data may help us better work with students, the Kinesiology department has done the following:

- Studied *Departmental Grades Report, Summer 2021*
- Compared the college-wide results to the Kinesiology Department Grades Report, Summer 2021 to analyze similarities/differences between the two reports.
- Summarized the KNS data into KEY POINTS and FUTURE STEPS.

KEY POINTS TO KNS DATA

- "The race/ethnicity composition represented by the grades in these courses closely resembles the composition of the student body as a whole"
- The percentage of Hispanic/Latino students in KNS classes are slightly higher (26.3% v 20.1%) while the percentage of White students in KNS classes were slightly lower (50.0% v 53.8%) than the entire Westmont student body.
- The GPA of HABH (Hawaiian/Pacific Islander, American/Alaskan Native, Black or African American, and Hispanic/Latino) was significantly lower than that of AWU (Asian, White, Unknown).
3.045 v 3.536
- First Generation KNS student's GPA was significantly lower than non-first generational KNS students.
- The combination of HABH and first generation students may benefit from additional support.

FUTURE STEPS FOR KNS DEPARTMENT:

- Collect data from a select class, anatomy for example, during the 2022-2023 academic year.
- Integrate deliberate and additional support for first-gen and HABH students through the use of instructor and teaching assistant led review sessions.
- Create two gatherings yearly for all KNS majors to interact with each other and the full KNS faculty.
- As a department read and discuss *Teach Students How to Learn: Strategies You Can Incorporate Into Any Course to Improve Student Metacognition, Study Skills, and Motivation 1st Edition*, by [Saundra Yancy McGuire](#)

Kinesiology curriculum designed to discuss questions of race, ethnicity, inclusion and justice. (Fall, 2020)

KNS 072 -1 – Foundations of Kinesiology

Socio-Cultural Sphere of Kinesiology (unit)

Unit activities: Video viewings, student reflections and class discussion

Unit Videos:

Jesse Owens at the Berlin Olympics in 1936 (15 minutes)

<https://www.youtube.com/watch?v=1inifMJ0xio&t=1s>

Take a Knee: The movement that's dividing America (8 minutes)

https://www.youtube.com/watch?v=Jgxd0mOB_GQ

KNS 040-1 – Human Nutrition

Food Insecurity (unit)

Unit activities: Video viewings, student reflections and class discussion

Unit Videos:

The American Food Disparity: The Story of America's 49 Million Food Insecure (30 mins)

<https://www.youtube.com/watch?v=rLuCA1VWr7I>

The Post-Traumatic Slave Diet (*official full-length documentary*)

viewed only a portion of the documentary

<https://www.youtube.com/watch?v=I-GQYK-UrRQ&t=12s>

KNS159 – Exploring Public Health

Public Health and Race (unit)

Unit activities: Video viewings, student reflections and class discussion, article selection and (on-line) discussion

Unit Videos/Assignments:

Allegories on race and racism | Camara Jones | TEDxEmory (20 mins)

<https://www.youtube.com/watch?v=GNhcY6fTyBM>

**Attend 'Race' and Racism Faculty Panel Discussion and write a reflection*

KNS 166 Public Speaking in Kinesiology

The class spent the first half of each of the first three days of teaching observing the Brett Fuller video. Brett's powerful talk gave an inside view on what it was like, for him personally, to be a son in the only black family in his neighborhood and school. This allowed the students to delve more deeply into the race conversation.

This fall, 3 underrepresented speakers were featured. They addressed a variety of important topics regarding their personal experiences. Will Gulley, Westmont graduate and African American now working at UCLA spoke via Zoom.

The students were also given two assignments where they watched a video from Rick Rigsby a black speaker, and Emma Gonzalez, a Latina speaker. Students were asked to respond in writing to multiple questions afterwards.

KNS 149: Sociology of Health, Sport, Movement

Social Determinants of Health (unit)

Unit activities: Social Determinants of Health (unit) – reading, reflections, student discussion, student presentation; interview with campus staff/admin/faculty (not this year due to Covid); Scavenger Hunt on the Westside (not this year due to Covid)

Unit Readings:

- Harvard Business Review: The Disproportionate Impact of Covid-19 on Black Health Care Workers in the U.S. (Wingfield, A) 2020.
<https://hbr.org/2020/05/the-disproportionate-impact-of-covid-19-on-black-health-care-workers-in-the-u-s> (20 (Links to an external site.))
- Social Determinants of Health: Claire Pomeroy at TEDxUCDavis (15 minutes)
<https://www.youtube.com/watch?v=qyKD-2AXKIU> (Links to an external site.)
- Poor Health: Assumptions, Facts, Opportunities | Abdul El-Sayed | TEDxUofM (15 minutes) <https://www.youtube.com/watch?v=s84Rw2WU0q8>
- Understanding Sociology of Health (textbook) Barry & Yuill, Social Theory (4 chapters)
- Understanding Racial/ethnic Disparities in Health: Sociological Contributions (Williams & Sternthal) J Health Soc Behav. 2010 ; 51(Suppl): S15–S27.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3468327/>

Race and Equality in Sport (unit)

Unit activities: Race and Equality in Sport (unit) – reading, reflections, student discussion, student presentation; Observation of community youth sport (not this year due to Covid)

Unit Readings:

KNS 105 Exercise Physiology

Students read and discussed the history of osteology and racism.

Using the 2000 Jack Wilmore article "*Cardiac Output and Stroke Volume Changes with Endurance Training: The HERITAGE Family Study.*" where purpose of the study was to look at the effect of 20-weeks of endurance training with the primary focus on identifying differences in response by race, sex, and age.

In addition, I brought in some of the information from this New York Times article: <https://www.nytimes.com/interactive/2019/08/14/magazine/racial-differences-doctors.html> and some of the Ibram Kendi book - *Stamped* from the beginning in order to talk about how physiology and anatomy were used in the 1800s to try to establish Black and white people as different and how some of these myths still persist today.

KNS 148 Psychology of Movement

Questions of race, ethnicity, inclusion and justice permeate almost any topic, but probably emerges most as we speak about Leadership opportunities in the Movement domain and what those candidate pools can (and do) look like.

KNS 101 Biomechanics

Class presentation and discussion on International Biomechanics and case studies related to disabilities.

KNS/AN 140 Food Systems

Labor, Justice and Migration (unit)

Unit Activities: Reading, reflections, Zoom call with Coalition of Immokalee workers, Cal chapter.

Unit Readings:

- "The Echoes of Slavery: Recognizing the Racist Origins of the Agricultural and Domestic Worker Exclusion from the National Labor Relations Act." *Ohio State Law Review* (Vol. 72:2) (Perea, 2011).
- Holmes (2013). *Fresh Fruit, Broken Bodies: Migrant Farmworkers in the US.* (Forward: "The Symbolic Violence of Primitive Accumulation in the US"; Chapt 3: "Segregation on the Farm: Ethnic Hierarchies at Work").
- Berry, W. (2010) *What Are People For? Essays.*(p. 123-5).
- *Movie: Cesar Chavez* (2014) [Official Trailer](#)
- *Movie: Food Chains* (2018)

- Movie: Remember the Titans (2000) https://www.amazon.com/Remember-Titans-Denzel-Washington/dp/B00HME4QLG/ref=sr_1_1?dchild=1&keywords=remember+the+titans&qid=1598830246&sr=8-1 (Links to an external site.)
- Movie: McFarland USA (2014) https://www.amazon.com/McFarland-USA-Theatrical-Kevin-Costner/dp/B00YCVCW68/ref=sr_1_1?dchild=1&keywords=mcfarland&qid=1598830286&sr=8-1 (Links to an external site.)
- Delaney, 2015. *The Sociology of Sport*. "Race and Ethnicity in Sport." Chapter 11.
- Alana Semuels, 2019. *The Atlantic*. The White Flight From Football <https://www.theatlantic.com/health/archive/2019/02/football-white-flight-racial-divide/581623/>

KNS 181: Special Populations

Philosophy of Disability (unit)

Unit activities: readings, reflections, community engagement and reflection paper for serving society; guest speaker: Chris Benedict, DJ of Ability

Unit readings:

- The Body Silent (Murphy, 1972);
- Psychological and Sociological Theories of Disability (Contact Theory; Self-Efficacy; Internal/External motivations theories)

Theology of Suffering/Theology of Disability (unit)

Unit activities: Helen Rhee guest speaker, readings, reflections, class discussion; reflection paper on Vanier; Nouwen and L'Arche communities (Mayterm class visit to L'Arche communities)

Unit readings:

- Vanier ("Seeing God in Others") & Vanier (Becoming Human excerpt); Reflection due in Canvas 11:59, Tuesday, May 5
- Reading: Swinton, John. *Becoming Friends of Time: Disability, Timefulness, and Gentle Discipleship*

Stigma and Discrimination (unit)

Unit activities – readings, reflections; in class activities (blindness; movement inhibitors, visual discrimination); downtown simulation for understanding discrimination

Unit readings:

- Useless Eaters: Eugenics and the movement for extermination
- Elephant Man Film and Discussion
- Civil Rights, ADA, and IEP legislation

- *Movie: Harvest of Shame (1960)*
- PRAYER OF THE FARM WORKERS' STRUGGLE (Cesar Chavez)
- "Half-Mexican" Juan Felipe Huarara
- Tomatoland (Estabrook, 2013)

Social Inequities and Diet (unit)

Unit Activities: Contemplation and Action semester long project; Food Bank visit; Food security research project; reading, reflections

Unit Readings :

- (E) Drewnowski, A. (2009). "Obesity, diets, and social inequalities." *Nutrition Reviews*.
- "Shaping Motherhood in Indigenous Mexico." Smith-Oka (2013), Conclusion.
- "Community Health Outlook: Santa Barbara"(2013) – WB&GC
- Movie: A Place at the Table (Links to an external site.) (Links to an external site.) (Prime Video)
- "Health, Education, Poverty, and the Economy." Chapter 3, Skolink. *Global Health 101 (2nd)*.

Environmental Justice (unit)

Unit Activities: Garden work; Communal Silent meal; permaculture presentation; Fairview Gardens visit.

Unit readings:

- *Food and Faith (Wirzba, 2015)*
- *Movie: Food Inc.*
- "The Gift of Strawberries." (p. 22-32) *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants.*(Robin Wall Kimmerer) 2013, Milkweed Editions. Canvas
- *Why Food Is Such An Important Part Of Political Resistance* (2017, Canvas) or <https://nylon.com/articles/food-importance-resistance> (Links to an external site.)
- *Food is political: How you can support Black lives Matter* <https://www.sofritoproject.com/support-blm>
- *Food democracy: why eating is unavoidably political* (2015, Canvas): <https://theconversation.com/food-democracy-why-eating-is-unavoidably-political-43474> (Links to an external site.)Links to an external site.

