

*University of Puerto Rico  
Mayagüez University Campus  
Dean of Arts and Sciences*

*Annual Report 2022-2023  
KINESIOLOGY DEPARTMENT*

*Submitted by:*

*Luis O. Del Río Pérez, PhD Director*

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**General Information about the Kinesiology Department****A. Mission, Vision and Objectives of the Department of Kinesiology****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 kinesiology Department strives to attain the best Higher Education center for physical education and research in Kinesiology in Puerto Rico. Continuous learning and knowledge dissemination is our society

**Educational objectives of the program:**

Graduates of our Department will be able to:

1. Address the challenges they will face in their careers.
2. Pursue lifelong learning.
3. Participate in physical activities.
4. Develop problem-solving skills.
5. Exhibit leadership and teamwork skills.
6. Give service to the profession, our government, and our society.
7. Function as effective members of interdisciplinary teams.
8. Apply current technologies and strategies in physical education, sports, fitness, and recreation.

**B. Description and Functions**

The Department of Kinesiology offers three academic programs: (a) Physical Education in Teaching; (b) Coaching and Refereeing; and (c) Sequence and/or Minor Concentration in Adapted Physical Education.

The Bachelor of Arts in Teaching includes all the updated requirements for the Puerto Rico Department of Education's K12 Physical Education Teaching License, including the minimum general and professional GPA required for certification. Passing 21 credits in adapted physical education courses. Preparation to obtain the K-12 Physical Education teaching teacher license, qualifying for the Adapted Physical Educator license.

The program also certifies personal and sports trainers to work in Puerto Rico under Law 170 of the Department of Recreation and Sports.

The Department also offers a Master's program in Kinesiology with sub-specialties in teaching and/or exercise science.

**a. New Entrance Students 2022-202**

1302 (BA in Coaching and Arbitration). 32 students. 1303 (BA in Teaching). 13 students.

1351 (M.S. in Kinesiology). 7 students.

**b. Undergraduate and graduate enrollment by academic program.**

**First Semester 2022-2023**

1302 (BA in Coaching and Refereeing). 146 students (44 females; 102 males).

1303 (BA in Teaching). 60 students (22 females; 38 males).

1351 (Master's Degree in Kinesiology). 25 students (10 females; 15 males).

**Second Semester 2022-2023**

1302 (BA in Coaching and Refereeing). 143 students (52 females; 91 males).

1303 (BA in Teaching). 64 students (33 females; 31 males).

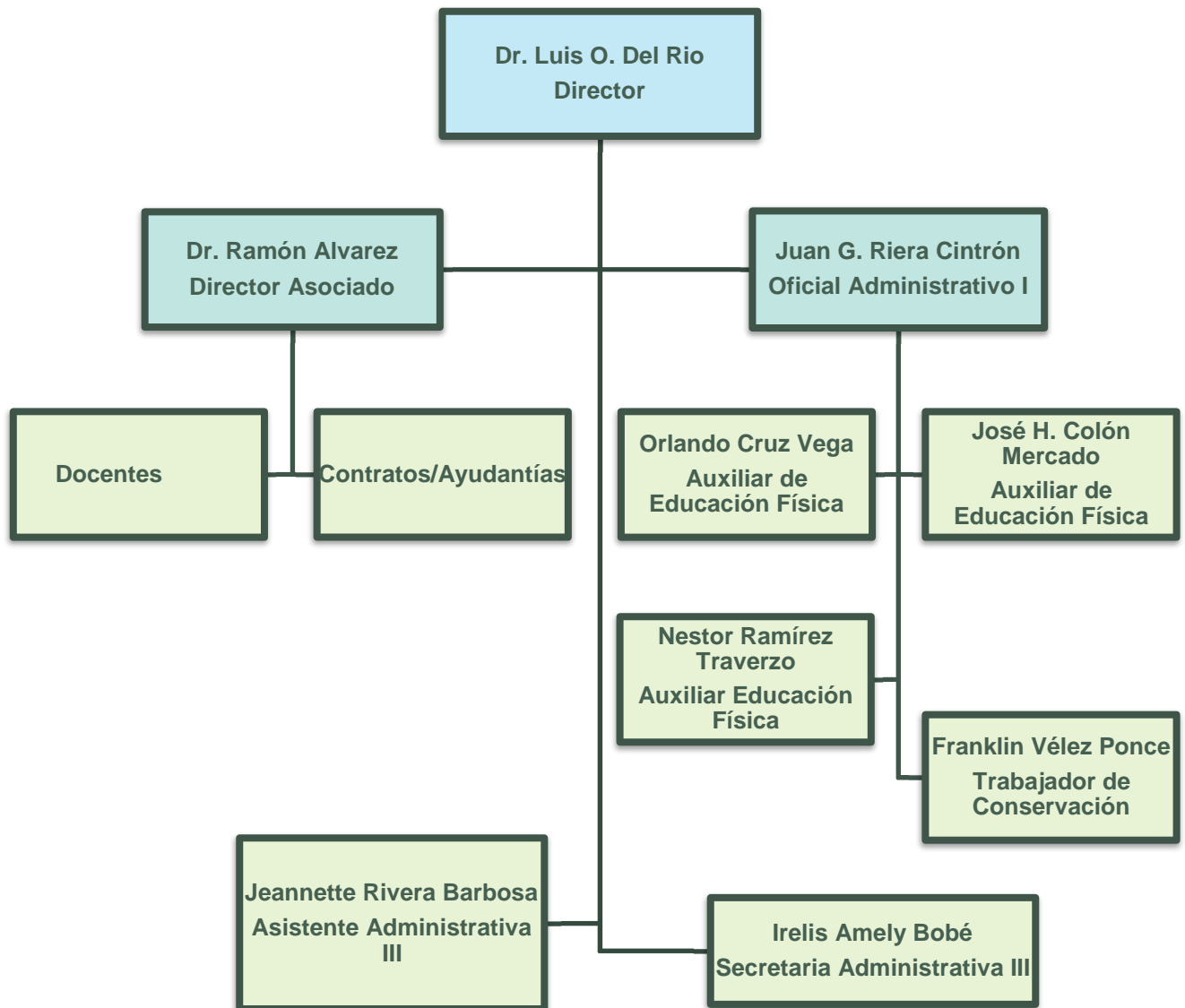
1351 (Master's Degree in Kinesiology). 20 students (9 females; 11 males).

**c. Degrees awarded by academic program**

**Graduate Students 2022-2023**

1302 (BA in Coaching and Refereeing) - 35 students. 1303 (BA in Teaching) - 8 students.

1351 (Master in Kinesiology) - 4 students.

**C. Organizational Structure****a. Department organization chart**

## **D. Department Profile**

### **TEACHERS WITH VACANCIES:**

RAMÓN L. ÁLVAREZ-FELICIANO, Assistant Professor, E.Ed. 2015, University of Puerto Rico-Rio Piedras.

IBRAHIM M. CORDERO-MORALES, Professor, Ph.D., 2002, Florida State University.

LUIS O. DEL RÍO-PÉREZ, Professor, Ph.D., 1989, University of Pittsburgh.

MARGARITA FERNÁNDEZ-VIVÓ, Professor, Ph.D., 2002, Florida State University.

IRIS A. FIGUEROA-ROBLES, Assistant Professor, Ph.D. 2010, Florida State University.

CARLOS TORRES RAMOS, Assistant Professor, Ph.D.; 2018, University of Georgia.

EFRANK MENDOZA-MARTÍNEZ, Professor, Ph.D., 1990, The University of New Mexico.

CARLOS QUIÑONES-PADOVANI, Associate Professor, Ph.D. 2009, Florida State University.

ENID RODRÍGUEZ-NOGUERAS, Professor, Ph.D., 2010, University of North Carolina.

MANUEL SILVA, Assistant Professor, Ph.D., 2014, Claremont Graduate University.

EDUARDO SOLTERO-FLORES, Professor, Ed.D., 1988, University of Houston.

### **TEMPORARY TEACHERS:**

JOSÉ RODRÍGUEZ BALAGUER, Instructor, MA, 2008, Metropolitan University of Puerto Rico.

MILTON COLÓN MORENO, Instructor, MA, 2011, Metropolitan University of Puerto Rico.

JOSUÉ MARTIR DÁVILA, Instructor, MA, 2018, Recinto Universitario de Mayagüez.

BRYAN RIVERA PÉREZ, Instructor, MA, 2017, Recinto Universitario de Mayagüez.

ÁNGEL RODRÍGUEZ BURGOS, Instructor, MS, 2016, East Stroudsburg University.

MELISSA BÁEZ FLORES, Instructor, MA, 2015, Recinto Universitario de Mayaguez.

MANUEL MORALES RODRÍGUEZ, Instructor, MA, 2002, Metropolitan University of Puerto Rico.

STEPHANIE GALARZA, Instructor, MA, 2020, Mayaguez University Campus.

### **Non-Teaching Staff**

1. Juan G. Riera Cintrón - Administrative Officer I
2. Jeannette Rivera Barbosa - Administrative Assistant III
3. Irelis Amely Bobé - Administrative Secretary III (Contract)
4. Orlando Cruz Vega - Physical Education Assistant
5. José H. Colón Mercado - Physical Education Assistant
6. Néstor Ramírez Traverso - Physical Education Assistant
7. Franklin Vélez Ponce - Conservation Worker (Contract)

## **E. Strengths, limitations, opportunities and threats.**

### **Strengths**

1. Unique positioning in Puerto Rico at the undergraduate level.
2. Faculty with Ph.
3. Inventory of facilities for learning and practicing sports.
4. Number of students applying to the program
5. Alliances with Universities in the United States for our students to pursue graduate studies: Ohio State University, University of Wisconsin; Life College of Chiropractic, Palmer College; University of Indiana at Pennsylvania.

6. Creation of the Olympic Academy
7. Creation of the Paralympic Academy
8. FIFA/CIES/UPRM Project

### **Limitations**

1. Variety of academic offerings (Sports) to develop students as specialists.
2. Quality and care of the facilities for learning and practicing sports.
3. Offering hours of practical experience in the training process.
4. Number of teachers with a seat.
5. Not having full control of the sports facilities at the Precinct.

### **Opportunities**

1. Alliances with various sports institutions to strengthen offerings.
2. Development of internships and programs to strengthen with practical experiences.
3. Number of students applying to the program.
4. To increase the specialties in the Master's Degree in Kinesiology.
5. Research alliances.

### **Threats**

1. Segmented governance that limits management and oversight, example Maintenance.
2. Development of the offer in other higher education institutions.
3. Climate of constant interruptions in the academic calendar.
4. Loss of teachers due to retirement and freezing of vacancies.

### **Areas to be addressed.**

1. Modernization of the Kinesiology Department facilities.
2. Replace the floor and bleachers of the Rafael Mangual Coliseum.
3. Increased incorporation of the use of technology and specialized computerized programs in sports and physical activity.
4. Convert all our classrooms into smart classrooms.
5. Updating of physical activity and training courses.
6. Integrate new faculty.
7. Inter-university and interdepartmental collaboration.
8. Marketing the discipline of physical education and adapted physical education.
9. Improve the quality of service to students.
10. Development of a Professional Improvement Program for all professionals related to physical activity and health.



**Report on initiatives, activities and achievements according to the Strategic Plan****A. Mission**

Kinesiology Department graduated 35 students in the Training Program and 8 students in the Teaching Program. An increase in the number of graduates compared to the previous year. The Master Program graduated 4 students. An impressive achievement, 64 students received recognition as part of the Campus Honor Roll. The highest number achieved at our Department.

In addition, 17 out of 19 of our professors are certified by DECEP as online instructors. Likewise, we have created our courses to be able to offer all our courses online or by technological assistance. An internship (or INTD program) created the opportunity for our students to work with the Albergue Olímpico de Puerto Rico and the Puerto Rico Basketball League. Likewise, links were established with the states of Florida, Pennsylvania and Washington for our students to work in different summer camps during the months of June and July.

The Department partnerships with Indiana University at Pennsylvania and East Stroudsburg University, allowing our students into the Masters Programs in Athletic Training. Also, we maintain the collaboration with Chiropractic Programs at Life University and Palmer University. We have more than 40 kinesiology alumni enrolling in these international programs.

The Department has continued a sponsored Certification Program in Sports Management by the International Soccer Federation (FIFA). The program is an interdisciplinary certification (Business Administration and Kinesiology). As a new program we did not get any revenues. In the first year (2022) started with 17 participants and in 2023 had 28 participants. The certification it is expected to increase financial income in 2023-24 for the Kinesiology Department.

**B. Institutionalize a culture of Strategic Planning and Assessment.**

Our Assessment Committee remains active and we have been able to use the results of our annual evaluations to implement new administrative and educational alternatives. Likewise, we have an expert adviser (Dr. Diana Rodriguez) helping with department assessment.

The Department of Kinesiology has conducted various evaluations in the administrative area and the student learning process in the past five years. The assessment of our students' learning resulted in changes in the several training courses (graduate and undergraduate courses). For example, the coaching program has improved its courses because of the new Law of the Department of Recreation and Sports of Puerto Rico, specifically for Personal Trainers and Sports Coaches.

**Changes made to address and improve the knowledge of our students in Training Planning concepts:**

- a. Increase the emphasis on Training Planning in the Coaching courses EDFI 3095 (Coaching Basketball); EDFI 3615 (Coaching Swimming); EDFI 4055 (Coaching Volleyball); EDFI 4065 (Coaching Soccer); EDFI 4075 (Coaching Baseball and Softball) and in EDFI 4177 (Exercise Physiology); EDFI 4190 (Exercise Prescription) and EDFI 4250 (Training Seminar).

- b. Currently, we are working in the development of a new Training Methods course.
- c. A new course to increase students' understanding of the different academic discipline related to kinesiology (Introduction to Kinesiology).
- d. Another new course, Anatomy and Applied Kinesiology in which the course strengthens our undergraduate programs.

**C. Lead higher education throughout Puerto Rico while guaranteeing the best education for our students**

Eighteen out of twenty of our faculty are certified by DECEP as online instructors. We have also revised our courses to be able to offer them all online and hybrid.

Prof. Josué Martir (2022) created the Module to certify cooperating teachers from school K to 12. This work was done in conjunction with the Teacher Preparation Program of the Campus. Likewise, Prof. Martir was in charged of training the Graduate Students with Assistantships so that they could better offer their courses.

The kinesiology internship (or INTD) programs has created great working experience and professional exposition for our students. The student Kenneth Mateo participated in CREPS internship in Guadalupe, Mexico and Marelisa Jimenez participated as part of the Youth Ambassadors at the International Olympic Academy in Greece. Dr. Alvarez promoted both internships.

Finally, we are working on a research and academic collaboration agreement with the University of Antioquia in Medellin, Colombia. In addition, we have served as advisors to the Departments of Education and Recreation and Sports of Puerto Rico for the past 5 years.

**D. Increase and Diversify the Institution's Sources of Revenue**

In the past few years, the Department of Kinesiology has improved the external funding from our faculty: Iris Figueroa, Ramón Luis Álvarez, Carlos Torres and Luis O. Del Río. The Department has developed a professional improvement, training and consulting program for Personal Trainers and Physical Educators in the Western Region. This program achieved \$11,000.00 in earnings.

In addition, we expect to improve the income from the International Football Federation FIFA by the Certification Program in Sports Management. This interdisciplinary program (business administration and kinesiology) will share the profit of the profit.

Finally, we lease our sports facilities to the university community and the Western Region. All these funds have helped us to employ non-teaching staff during the month of July, hire students, make improvements to the facilities, and purchase sports and office equipment.

**E. Implement efficient and expedient administrative procedures**

All employees were distributed in writing their duties and job descriptions for their positions.

Forum development Administrative appraisal

COVID 19

Protocol Earthquake

Protocol Eviction Plans

**F. Strengthen research and competitive creative endeavors.**

Dr. Luis O Del Río, The Puerto Rico Paralympic Committee and the Paralympic Academy awarded the Rafael Martínez Cayere Paralympic Order for his trajectory in the development of Paralympic sport and education. Ponce (2021). First to obtain this great honor.

Dr. Luis O Del Río, Puerto Rican Handball Federation, exalted as an athlete and promoter to the Handball Hall of Immortals. Sports Museum, Guaynabo (2022).

Dr. Luis O Del Río, The Puerto Rico Paralympic Committee and the Paralympic Academy awarded the recognition as an APAPUR Presidium for his outstanding participation and support to Paralympic Education. Ponce (2021).

Dr. Ramón L. Álvarez, The Puerto Rico Paralympic Committee and the Paralympic Academy awarded the recognition as an APAPUR Presidium for his outstanding participation and support to Paralympic Education. Ponce (2021).

Prof. Manuel Morales, The Puerto Rico Paralympic Committee and the Paralympic Academy awarded the recognition as an APAPUR Presidium for his outstanding participation and support to Paralympic Education. Ponce (2022).

Del Río, L.O.; Figueroa, I.A. and Quiñones, C. (2022). Conversatory on Prevention and Reduction of Childhood Obesity in Puerto Rico. School of Public Health, UPR Medical Sciences Campus.

Figueroa, I.A. (2021-present). Director & Supervisor of Prime-Time Games Puerto Rico Fall 2021 / Spring 2022.

Figueroa, I.A. (2022). Representative of UPRM-Department of Kinesiology of Research Retreat, Panama City, Panama.

Figueroa, I.A. (2022). NIH Research Proposal to submit, for submission form Transformative Research to Address Health Disparities and Advance Health Equity Institution. Research proposal jointly with CDC, Ohio State University, University of Wisconsin-Madison, Universidad de Caldas, Manizales and Universidad de Antioquia, Medellin, Colombia.

Figuerola, I.A. (2022). Lecturer at the 1st Symposium on Adapted Physical Activity, Universidad de Caldas, Colombia.

Figuerola, I.A. (2022). PTEENS (Focused on Obesity and Children in Mayagüez) intervention with CDC, Ohio State, University of Wisconsin and Coco Pediatrics.

Torres, C.X. (2022). Racial, ethnic, and nativity disparities in physical activity and sedentary time among Cancer Prevention Study-3 participants. Accepted for publication (January, 2022). Medicine and Science in sports and exercise. ACSM.

Morales, M.; Torres, C. and Del Río, L.O. (2022). Personal Training for people with disabilities. Workshop for members of the Puerto Rico Paralympic Committee. Catholic University of Puerto Rico. Ponce, October 22, 2022.

Del Rio, L.O. (2022). Physical activity during times of COVID-19. Annual Convention of Physical Education and Recreation of Puerto Rico. Salinas, PR.

Del Río, L.O. and Álvarez, R.L. (2022). Coordinators of the National Physical Education Convention, Aguadilla, PR.

R. Álvarez (2022). Research was conducted with seed funds entitled: Impact of the Ephibia Manual in Puerto Rico.

R. Alvarez (2022). Gold Program: Innovation Corps National Science Foundation.

Del Río, L.O. (2021-Present). Vice President of Universities of the Physical Education and Recreation Association of Puerto Rico.

Del Río, L.O. (2021-Present). Board of Directors of the Physical Education and Recreation Association of Puerto Rico.

Morales, M. (2021-Present). Board of Directors of the Physical Education and Recreation Association of Puerto Rico.

Del Río, L.O. (2022-Present). Advisor to the Puerto Rico Department of Recreation and Sports.

Del Rio, L.O. (2022). Review for the Fitness Trainer License Certification Examination. Department of Recreation and Sports. December 10, 11 and 12, 2022.

Del Rio, L.O. (2022). Review for the Fitness Trainer License Certification Examination. Department of Recreation and Sports. May, 12, 14 and 15, 2023.

Morales, M. (2023). In charge of the Gymnasium Safety and Fitness Commission. Department of Recreation and Sports.

Morales, M. (2023). Physical Fitness Instructor Education Program Director. FIDES Corp.

Morales, M.; Torres, C.; Rodríguez, E. and Del Río, L.O. (2023). Lecturers in the Physical Fitness Instructor Education Program. FIDES Corp.

Rodríguez, J.N. (2023). Development of the Beach Volleyball Technical Program in the western area.

Rodriguez, J.N. (2023). NFHS Coaching Adapted Sports. Research.

Rodriguez, J.N. (2023). NFHS ACL Injury Prevention. Research.

Rodriguez, A.L. (2022). Therapeutic Prevention Exercise Reduces the Risk of Overuse Injuries in Sports Players of 13-17 Years Old. Research.

Rodriguez, A.L. (2022). Impact of Low-Level Laser Therapy in Pain Rehabilitation. Research.

Torres, C.X. (2022). Creator of the Exercise is Medicine on Campus Program. Program in collaboration with the American College of Sports Medicine.

Morales, M. (2022). Collaborator in the Exercise is Medicine on Campus Program. Program in collaboration with the American College of Sports Medicine.

### **G. Impact our Puerto Rican society.**

Collaboration and counseling with the Police Athletic League, Mayagüez Region. Agent Miranda and Sergeant Arroyo. Mayagüez Command (August 2021-present). Dr. Luis O. Del Río.

Host of World Physical Activity Month. April (2023). Department of Kinesiology. Coordinators: Del Río, L.; Morales, M. and Álvarez, R.

Host of the Puerto Rico Weightlifting Federation's Weightlifting Tournament. Rafael Mangual Coliseum. May 10th and 20th (2023). Event dedicated to Prof. Edmundo Carrero. Kinesiology Department. Coordinators: Del Río, L. and Álvarez, R.

Development of a Laboratory to investigate the Sports performance of young soccer players in the Forward Project of the International Soccer Federation. Añasco, PR. (Dr. Luis O. Del Río)

FIFA-FOOTBALL FOR SCHOOLS Program, Sponsor of the Program at the national level for the third consecutive year. Luis Del Rio (January, 2023).

Intramural Ultimate Tournament. Invitational for students of the Campus. Prof. Josué Martir and Dr. Carlos Quiñones (April and May 2023).

National Classifier of the Puerto Rico Wheelchair Basketball Federation (2022, Dr. Iris Figueroa).

## **H. Strengthen school spirit, pride, and identity.**

Soltero, E.; Mendoza, E.; Del Río, L.O.; Silva, M.; Rivera, B.; García, José and Maisonave, W. (2022). Organization of the celebration of the 50th Anniversary of the Foundation of the Department of Physical Education/Kinesiology of the University of Mayagüez Campus.

Del Rio, L.O. (2020-Present). We are part of “Yo Soy Colegio”, an association of former collegiate athletes that seeks funds to help our athletes. Athletics, Basketball, Volleyball, and Softball have been impacted.

Torres, C. and Morales, M. (2022). New members of “Yo Soy Colegio”, an association of former collegiate athletes that seeks funds to help our athletes. Athletics, Basketball, Volleyball, and Softball have been impacted.

Álvarez, R. and Del Rio, L.O. (2023). Honor Roll Activity of the Department of Kinesiology.

## **I. International Activity**

1. Alvarez, R. (November, 2022) INSEP International Congress. Paris, France.
2. Alvarez, R. (July, 2022) International Olympic Academy. Olimpia, Grece.
3. Del Rio, L.O. (April, 2022) FIFA/CIES International Meetings. CIES/RUM. Lima, Peru.
4. Figueroa, I. (November, 2022) International Symposium on Physical Activity  
Adapted, Medellin Colombia