

ANNUAL REPORT 2024-2025

DEPARTMENT OF KINESIOLOGY

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I. General Information about the Department of Kinesiology

a. Mission:

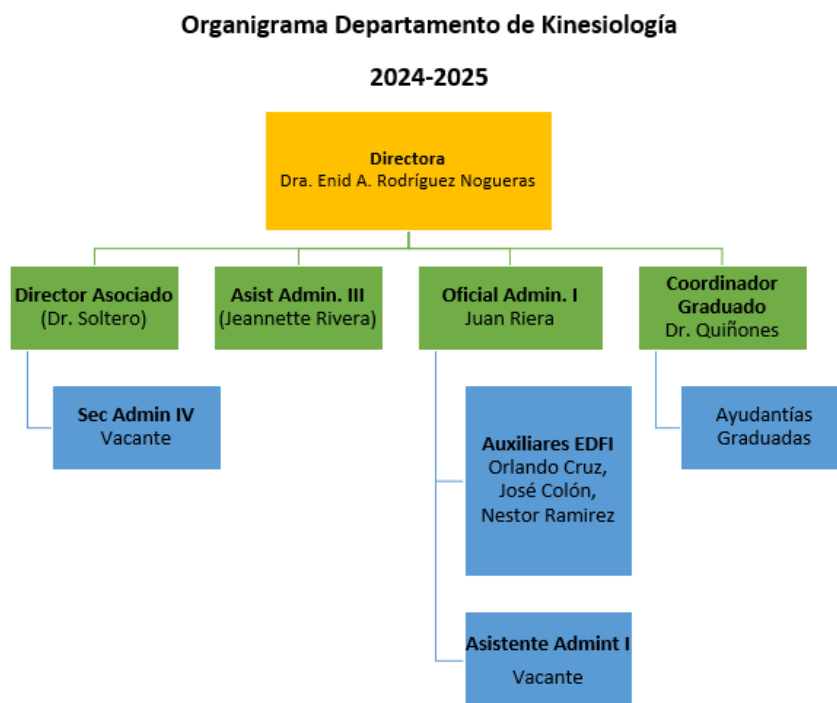
To serve our society by creating and investigating Kinesiology in order to develop educators and coaches that promotes learning and healthy lifestyles.

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

In 2015, Certification 15-56 approved the change of name to Department of Kinesiology. The department had 13 full time (10 males and 3 females) and 5 part time professors (3 males and 2 females). The 98% of the faculty has the online teaching certification providing the opportunity to offer distance, hybrid or presence courses. The Department of Kinesiology has 197 undergraduate students and 21 graduate students. The 2024-25 undergraduate students' demographic shows that 63% of students are male and 37% are female. Majority of our students (60%) comes from public schools, particularly from the west and southwest municipalities. Meanwhile, graduate students' demographics shows that 47.7% are males and 52.3% are females; 98% of students are from west municipalities.

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 Teacher Preparation Program (PPM), Department of Sport and Recreation of Puerto Rico and the Program in Sports Management Certified by the International Soccer Federation (FIFA). The program is an interdisciplinary certification (Business Administration and Kinesiology) in which students continue their professional career.

Academic Programs

Sport Training (1302). The program changed the name from Coaching and Officiating to Sport Training Program (Certification 2025-005). The program received 22 new students mainly from west municipalities. It is relevant to notice that 2 students from US enrolled. An overall of 181 students were enrolled in 1st semester and 127 in the 2nd semester. During 2024-2025, 31 degrees were conferred in this program (13 in December and 18 in May). The program is updating its educational curriculum to align with accreditation standards within the Kinesiology academic programs. The program provides the main courses to certify personal trainers, sports coaches (level 1), and trainers for older adults to work in Puerto Rico under Law 170 of the Department of Recreation and Sports.

Pedagogy in Physical Education (1303). The program changed the name from Teaching in Physical Education to Pedagogy in Physical Education (Certification 2025-006). The program received 8 new students mainly from west municipalities. An overall of 41 students enrolled in 1st semester and 37 in 2nd semester. During 2024-2025, 9 degrees were conferred in this program (5 in December and 4 in May). A curricular change in the 1303 program was approved effective for students starting in 2024 with an individual choice for change for students from the earlier program (Certification 188,

2023-24). The program is accredited by the Council for the Accreditation of Educator Preparation (CAEP) through the university's Teacher Preparation Program. It is relevant to mention that this program is under administrative revision to improve and strengthen new student enrollment in following years. Meanwhile, the Department has aligned new innovative strategies to improve the programs.

Minor Concentration in Adapted Physical Education (3208). Currently, the concentration has 9 students (8 from Kinesiology and 1 from Nursing). All students participate in social community activities that involved to integrate physical education for a special population.

Masters in Arts in Kinesiology (MAK, 1351). The graduate program has two areas: A) Pedagogy in Physical Education and B) Sport and Exercise. In 2024-25, 16 new students enrolled in our master program (9 in 1st semester and 7 in 2nd semester). It is important to mention that 1 is from US. The program has an overall of 21 graduate students. In 2023, 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), and 5 this year (2024-25). The program provides graduate assistantship in which 6 students received the grant in both semesters. It is important to mentioned, that application and acceptance rate has improved in the past 5 years. Six (6) new applications were processed for admission in the MAK program for August 2025.

The Department achievement are summarized as:

1. Curricular Improvement. The programs in Kinesiology received the approval for changes in programs name (Certification 2025-005 and 2025-006), new curriculum approval for 1303 (Certification 188-2023-24) and changes of name in the graduation diploma (Certification 22-95 E). Certification 2025-005 and 2025-006 certified from Bachelor degree in Arts in Physical Education to Bachelor degree in Arts in Kinesiology with concentration in Pedagogy in Physical Education or Sport Training respectively. Currently, the Curricular Committee began to strengthen and improved the academic programs as Program of Kinesiology.

2. Management of Extracurricular Activities: Kinesiology managed the main sport and recreational facilities at the university, improving the number of activities from student associations without interrupting daily classes. A total of 53 community activities used the kinesiology facilities such as different sport tournaments (ultimate frisbee, basketball 3x3, volleyball, softball, wheelchair basketball, boccia, pickleball), engineering fun day, 5K, Phi Eta Olimpiadas, indoor athletics, dance, Weather Fest, among others. Also, 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, or pickleball. Students' recreational participation increased from 20 students to 96 students at the end of 2025 semester. Also, the implementation of Certification 20-21-090 provides the external funding.

3. Laboratory Modernization.

a) *The Strength Lab* restructure the layout and physical appearance with an investment of \$589.99 managed by Dr. Del Río and Dr. Alvarez.

b) *Exercise Science Lab* is the main research area for graduate and undergraduate students. An investment of \$28,044 incorporated new advanced exercise physiology equipment managed by Dr. Torres.

c) *Lab for Physical Activity and Promotion of Health* is the new space in Kinesiology leading by Dr. Christian Martínez. An investment of \$26,597.45 of external funding.

4. Interdisciplinary Relationships. Faculty's motivation created opportunity to develop interdisciplinary research with Software Engineers (Dr. Alvarez), Computer Engineers (Dr. Torres), Ciencia y Tecnología de Alimento (Dr. Torres), Pediatricians (Dr. Figueroa & Dr. Martínez), Business Administration (Dr. Del Río), and Special Olympics (Prof. Angel Rodríguez). Kinesiology continues creating opportunity to improve students' experiences and social impact through internships (INTD 4995,6995) such as: 1) La Academia 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 (Proyecto Metas). 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.

The main challenge was to confront that the Pedagogy of Physical Education is under supervision because of the decreasing student's enrollment for the past 4 years, besides the curricular changes.

Presentations/Participation in Professional Conferences:

B. Rivera (Oct, 2024). Annual Convention of Physical Education. Presentation: *The Practice of Transformational Leadership among Coordinators and Directors of Physical Education Departments at the University of Puerto Rico.*

B. Rivera. (Oct 2024). Third Research, Higher Education, and Technology Conference, organized by the Center for Graduate Research UPR, Río Piedras. *The Practice of*

Transformational Leadership among Coordinators and Directors of Physical Education Departments at the University of Puerto Rico.

E. Rodríguez & Marynel Rodríguez (2024). Annual Convention of Physical Education. *La desigualdad recreodeportiva en la isla*. Guayanilla, PR.

S.Hodge, Ch. Martínez, L.Dillon, M. Clay, M. Almodovar, I. Figueroa & R. Bennett (7 Jan, 2025). NAKHE Annual Conference, San Juan, Puerto Rico. Presentation: *Puerto Rican Parents' Beliefs About Their Children's Physical Activity After They Participated in Physical Activity Workshop Interventions*.

M. Silva. (Nov 23, 2024). National Strength and Conditioning Association PR state clinic, San Juan, PR. Presentation: *Sports Readiness in Children and Youth/Transition from Youth to College S&C Programs*.

R. Alvarez (2024). Annual Convention of Physical Education. Presentation: *Metas Program*.

R. Álvarez Feliciano. (Sept 6-7, 2024). Annual Convention of the Department of Recreation and Sports, Minds and Bodies in Action, San Juan, PR. Presentation: *Youth Evolution System: A Software Certification Workshop*.

R. Álvarez Feliciano. (May 15, 2025). Convention/Workshop/Workshop: Twenty-sixth Congress of Research and Academic Creativity. Between Academia and Industry: Developing Puerto Rico's Human Capital. UPR, Ponce. Presentation: *Description of Digital Relationships in the College Scholarship Ecosystem in Puerto Rico*.

Participation in Professional Conferences

Octane's Medical Innovation Forum 2024, Irvin California. (Oct. 8 - 9, 2024). Participation 10th Cohort de UPRM NSF I-Corps Site. Participation: I. Figueroa.

The 24th Annual Florida State Sport Management Conference (31Oct - 1Nov. 2024). Participation: I. Figueroa.

II International Seminary of Adapted Physical Activity (7-8 Nov, 2024). Physical Activity and Research, meaningful experiences. University of Caldas, Manizales, Caldas, Colombia. Participation: I. Figueroa.

Annual Convention of American Kinesiology Association (January 2025), San Juan, PR. Participation: Dr. Christian Martínez, Dra. Iris Figueroa, & Dra. Enid Rodríguez.

Kinesiology impacting the community.

Physical activity World Day. (April, 2025). Coordinator: Dr. Luis O Del Río

2 x 2 basketball course tournament. (May, 2025). Coordinator: Brian Martínez, Graduate student.

Boccia tournament with special population. (Dec., 2024). Coordinator: Dra. Margarita Fernández.

Softball tournament. (Nov., 2024). Coordinator: Prof. Ángel Rodríguez.

Student travel (Nov., 2024). II International Seminary of Adapted Physical Activity Conference in Colombia.

Actívate en el Mangual (Aug, 2023– present). Open recreational activities in Mangual Building in 4 different sport: basketball, volleyball, pickellball and ultimate. Receives from 60 to 110 students two days at week for 2 hours.

Volleyball tournament with elderly population. (Dec., 2024). Coordinator: Prof. Milton Colón.

Wheelchair basketball tournament. (Aug., 2024). Coordinator: Dra. Iris Figueroa.

Intramural Tournament: pickellball, volleyball and basketball 2x2. (April, 2025). Coordinator: Dr. Mendoza and EDFI 4125 students.

Doubles Tennis Tournament. (May, 2025). Coordinator: Prof. Geena Dávila.

Softball Tournament between fundamental courses vs coaching course (April, 2025). Coordinator: Prof. Angel Rodríguez.

Kinesiology Honor Students Ceremony. (April, 2025). Coordinator: I. Figueroa & E. Soltero.

First Aid Workshop for Girl Scout Troop 461. (3 May, 2025). Coordinator: I. Figueroa.

Promoting Student Experiences

Open Conversatory with students from 1302, 1303, y MAK. (2025)

Kinesiology students visit Albergue Olímpico for wheelchair basketball team. (Feb., 2025).

Officiating school tournament by volleyball coaching course students. (Dec., 2024). Coordinator: Prof. Milton Colón.

Community work with Special Olympics.(Oct., 2024). Coordinator: Prof. Milton Colón.

Physical Evaluation of Paralympic Wheelchair Basketball Athletes from the PUR National Team, Salinas, PR. (13Sept.,2024).

1st Indoor Pickleball Tournament in the PR West Coast, UPRM. (Sept., 2024).
Coordinator: I. Figueroa.

Kinesiology Students International Educational Travel to Manizales Colombia. (1- 10, Nov., 2024).

Alliance with Walks Webs School for Teaching Experience for the course EDFI 4205. (April, 2025). Coordinator: I. Figueroa.

Certification of Physical Activity for the older adults. Students' requirement national certification by DRD. Coordinator: B. Rivera.

Community programs/community labor

Exercise is Medicine on Campus. 3rd place award (2025).

Exercise is Medicine on Campus. 1st place award in the "fan favorite" (2024).

The Academia Program (every Tuesday and Thursday from 5:00pm a 6:30pm).
Coordinator: Dr. Iris Figueroa

Physical Activity Program for the older adults. (every Tuesdays and Thursdays 10:00-12:00 m). Coordinator: Dr. Carlos Torres & Dr. Bryan Rivera.

Physical Activity and Health Promotion Program. (Jan. to May, 2025). Coordinator: Dr. Christian Martínez.

First Aid workshop for Girls Scout troupe. (May 2025). Coordinator: Dr. Iris Figueroa.

Special Olympics activity with Kinesiology students. (April, 2025). Coordinator: Prof. Ángel Rodríguez,

Health promotion activity with Agricultural Department, Aguadilla employees. (January, 2025). Coordinator: Dr. Carlos Quiñones and graduate students.

5K with Exercise is Medicine on Campus. (Dec., 2024). Coordinator: Dr. Carlos Torres.
Statistics in Kinesiology Workshop. (Aug., 2024). Orientation for girls in Mathematics proficient. Coordinator: Dr. Enid Rodríguez & Dr. Carlos Torres.

Kinesiology Student orientation. (Aug. 2024). Coordinator: Dr. Soltero & Irelis Amely.

Interdisciplinary Collaboration in Lab Research

Research collaboration with Computer Engineering and Kinesiology. Coordinator: Dr. Carlos Torres.

Collaboration with Food Technology and Kinesiology. Coordinator: Dr. Carlos Torres.

Research collaboration with Computer Engineering. Creation of electronic device for measuring strength and precision. (Aug to Dec, 2024). Capstone from Computer Engineering. Coordinator: Dr. Ramón Álvarez.

New Kinesiology Laboratory. Acquisition of new research and community area. Coordinator: Dr. Christian Martínez and the (Nat. 107).

Kinesiology Internships for graduate and undergraduate students. Coordinator: Dr. Iris Figueroa undergraduate students y Dr. Ramón Álvarez graduate students.

Kinesiology Workshops/Presentations

Physical activity workshop for older adults, DRD. Juan García (April 2025). Coordinator: Dr. Bryan Rivera.

Personal Trainer License Orientation with the DRD. (March 2025). Coordinator: Dr. Luis Del Río.

Workshop of requirements for personal trainers (Feb, 2025). Coordinator: Prof. Manuel Morales.

Sports nutrition workshop (Feb, 2025) Rocío Rivera. Coordinator: Kinesiology Association.

New 1303 curriculum orientation (Feb. 2025). Coordinator: Dr. Soltero.

First Aid workshop. Kinesiology employees in service training (professors and personnel), August 2024. Coordinator: Sr. Juan Riera.

b. Objective 1: Institutionalize a culture of strategic planning and assessment

The Department perform regular staff and faculty meeting allowing to refocus on the institutional strategic plan every month. At the beginning of the academic year the Department administrative staff target a main goal called KINE 2030 promoting an assessment plan through the year. The strategies and indicators used were:

- ***Metrics analysis.*** In the departmental meeting provided metric analysis regarding students' active participation in community programs, freshmen student retention plan, graduation rate, students' recruitment strategies, faculty/student achievement, and budget analysis (income, outcome and savings). Every month, the Department meeting presented updates among our students, maintaining the institutional strategic plan and the assessment evaluation plan.

- **Publish updates and metrics.** 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.

- **Update departmental strategic plan.** The department developed a variety of modification in order to collect data and implement an efficient assessment plan such as exit survey for graduating students, open conversations with students (conversatorios) and meeting with freshmen students. Some of the student's insides provides information for new courses, academic curricular changes, reprogramming courses hours (from morning to evening) and internships.

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

In order to lead the academic field in sport, exercise and physical education in Puerto Rico, the Department achieved the following strategies:

Fosters and motivates learning atmosphere. Students increased the amount of active participation in professional conferences such as Association of Physical Education and Recreation, ACSM, Annual Conference of Sport and Recreation, Paralympic Annual conference, Research Conference in Adapted Physical Education in Colombia and student visit to the biomechanics laboratory in San Juan.

Curricular update. Currently, the Department of Kinesiology is updating and modernizing the curriculum by decreasing the number of credits, new courses (pickleball and first aid in sport settings, anatomy and kinesiology).

Qualified and committed faculty. All faculty are active leaders in their academic specialization. For example, some created new courses (C.Torres, E.Mendoza, E.Soltero), offered new courses (I.Cordero, B.Rivera, C.Quiñones), implemented innovative teaching strategies (I.Figueroa, R. Alvarez, M.Silva, M. Colón, A. Rodríguez, E. Rodríguez, Morales), and research projects or community programs (I. Figueroa, R. Álvarez, L. Del Río, M. Fernández, C. Torres, E. Rodríguez & Ch. Martínez).

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 research (Mangual B-7) and study room.

Support services. The implementation of in-service training for all employees (faculty and non-faculty) has improved knowledge and emergency responses. Some of this year

training were Implementation of Title IX (Dr. Carolyn Mercado) and certification of First Aid. The Department has a safety manual (Dr. Mendoza).

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

The Department implemented some strategies to increase external funding in order to modernized lab equipment.

Rent space for sport or special activities. Certification 20-21-090 provides guideline to loan/rent facilities for external services. The department processed \$7,743.08.

Donation for Kinesiology. Motivated faculty search for special donations such as \$800 for student conference travel (Dr. I. Figueroa), safety equipment for lab (Dr. Alvarez), and \$20,800 for equipment in the new Kinesiology Lab (Dr. Martinez), and \$300 for the Mascot Challenge award by the Program Exercise is Medicine on Campus (Dr. Torres).

Research Proposal Funding. New faculty members has led the research funding opportunities and interdisciplinary connections. Dr. Martinez achieved \$4,952 in grant and Dr. Torres obtained a new equipment (stair master) from a interdisciplinary proposal.

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

The department initiated the automatization of some administrative process in order to maintained data analysis and further administrative assessment. 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, 6) faculty and administrative staff share electronic calendar for activities and academic calendars, and 7) digital attendance report for departmental meetings.

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

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 appropriate research atmosphere.

Research Proposals.

Dr. Christian Martinez Rivera (PI), Coralys Flores Rivera, Karol Herrera & Mathew Almodovar (UPR, Mayaguez), Dr. Samuel Hodge (The Ohio State University) & Dr. Luis Columna (University of Madison, Wisconsin) (2024). *Community-Based Physical Activity Intervention for Autistic Children to promote healthy living in Puerto Rico*. Funded by NAKHE - National Association for Kinesiology in Higher Education through Hellison Interdisciplinary Research. Grant \$5,000.

Dr. Carlos X Torres Ramos. EIM-OC Franklin Microgrant, Physical Activity Assessment and Referral Grant. \$1,500. Submitted to American College of Sports Medicine. October 2024.

Dr. Juan Patarroyo & Dr. Carlos X. Torres Ramos (CO PI). Equipment: MRI: Track 1 Acquisition of 3D Motion Capture Equipment to support research on wearable technologies and edge AI computing at UPRM. Submitted to National Science Foundation. November, 2024.

Dr. Christian Martínez Rivera. Physical Activity and Nutrition Intervention for Hispanic Children and Families to Promote Healthy Living. Submitted to National Research Center on Hispanic Children & Families, April 17, 2025.

Dr. Bryan Rivera. Functional Training Center for Older Adults (CEFAM). Submitted to AARP Community Challenge Grant Program, February 19, 2025.

Research.

Carlos X. Torres Ramos (2025). *The impact of physical activity levels and physical fitness on the functional capacity of university faculty employees*. *Unpublished*.

Christian Martinez & Carlos X. Torres Ramos (2025) Community Based Physical Activity Intervention for Autistic Children to promote Healthy Living. *Unpublished*.

Rivera, B. (2025). *Impact of Sustainability Practices in Sports Facilities: A Case Study of the Mangual Coliseum at the University of Puerto Rico at Mayagüez*. *Unpublished*.

Thesis/Research Projects

Andrés Solivan (May, 2025). *Nivel de Actividad Física y Percepción de la Salud de Empleados de UPR, Mayaguez*. Thesis Director: E. Rodríguez.

Luis Juarbe (May, 2025). *Análisis de Viabilidad del Programa de Monitoreo Especializada para el Talento Atlético y su Salud*. Project Director: R. Álvarez.

Alvarez Feliciano, R. (2025). *Description of Digital Relationships in the College Scholarship Ecosystem in Puerto Rico*. Project, Sports Technology Master Degree. University of Barcelona.

Leshlie Ramírez Pantoja (Jun 2025). Monitoreo de carga, fatiga neuromuscular y bienestar general de un equipo de volibol femenino universitario luego de entrenamiento técnico-táctico y partidas durante la temporada regular. Thesis Director: Carlos Torres.

g. Objective 6: To impact our Puerto Rican society

The Department of Kinesiology has more than 8 different specialists that work within the community such as 1) sport and exercise psychology specialist (E. Rodríguez) provided formal and informal mentoring to student-athletes, 2) departments developed weekly recreational activity program for collegiate students, and 3) the program Exercise is Medicine” promotes physical activity on campus.

Community Programs

- 1) La Academia de Actividad Física (Dr. I Figueroa) is a physical activity program that impact youth population with varied types of disabilities. Students can participate once a week during the year.
- 2) Wellness Pediatric Program (Dr. Figueroa and Dr. Martínez) impact obesity within youth population and their families. Students can participate twice a week during the year.
- 3) Physical activity with older adults Program (B. Rivera & C. Torres) impacts older adults in two nursing homes in Mayaguez twice a week during the year.
- 4) Programa Metas (Dr. Alvarez) provides physical evaluation to elite athletes. Students can participate in summer internship.
- 5) Students Associations. Active leadership among students has increased participation within the community. In addition, students actively participated in departamental activities such as 5K, Día Mundial de la Salud, students conferences, triathlon, among others.
- 6) Many 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/practicum in physical education, and adapted courses provide experience to impact special population (EDFI 3098, EDFI 3380, EDFI3395, EDFI4016, EDFI4017).

In all Kinesiology community programs students are actively involved creating exercise activities and collecting data.

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 on Campus (mentor C. Torres), Surfing Association (mentor I.

Cordero), Officiating Association (mentor, M. Colón), Ultimate Association (mentor, C. Quiñones), Volleyball Association (mentor, C. Quiñones), Pickellball (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 April 2025 this effective initiative multiplies the number of students participation using recreational physical activities (approximately 60-90 students).

Students' services. Our department maintained healthy relations with students. In the Department, we provided an office for student associations and study room.