

[kahssoyu@gmail.com](mailto:kahssoyu@gmail.com)  
[kahsso.club.yorku.ca/](http://kahsso.club.yorku.ca/)  
[www.facebook.com/kahsso/](https://www.facebook.com/kahsso/)  
[www.instagram.com/kahssoyu/](https://www.instagram.com/kahssoyu/)



## **Kinesiology and Health Science Student Organization Report on Kinesiology Students' Online Learning Experience**

### Authors:

Amin Hatamnejad, President, BSc Spec. Hons. Kinesiology and Health Science Candidate 2022  
Saba Dokouhaki, VP of Communications, BSc Spec. Hons. Kinesiology and Health Science Candidate 2022  
KAHSSO Executive Council and KAHSSO Peer Leaders

January 22, 2021



## Table of Contents

	Page Number
Introduction and Background -----	3
Methods -----	3
Results -----	3
Demographic -----	3
Part 1: KAHSSO Mission, Vision and services -----	4
Part 2: Student Wellness, Student Community and Academic Involvement -----	7
Recommendations -----	10
Conclusion -----	10



## **Introduction and Background**

The COVID-19 pandemic has been a challenging time for staff and faculty members and students. Online learning and content delivering models of education present novel challenges. The Kinesiology and Health Science Student Organization (KAHSSO) is a student-led organization representing the entirety of roughly 3,000 Kinesiology and Health Science Undergraduate students. KAHSSO works collaboratively with Stong College, the School of Kinesiology and Health Science, and Stong College Student Government (SCSG) to bring the best service to the Kinesiology and Health Science student body. We are committed to helping students enhance their university experience by targeting their learning's social and academic aspects. It is KAHSSO's mandate that the student voices relayed to us are valuable for faculty members, staff, and Peer Leaders. The purpose of this report is to communicate the experiences of KINE students participating in online learning throughout the fall term. The report highlights their unique challenges and suggestions for learning enhancements.

## **Methods**

A Google survey was sent out to our study body via the Peer Mentors (email), E-class discussion boards of Fall 2020 KINE core courses, social media platforms such as Facebook and Instagram starting on November 27, 2020, and was closed on December 23, 2020. This time-frame was chosen to allow more students to participate in the survey. Weekly reminders were sent on a weekly basis via the aforementioned social media platforms. The survey was done anonymously to encourage students' participation, and 20 dollars York University and Amazon gift cards were awarded to 3 students at random. The survey was adapted from a list of suggestions from students, faculty, the School of Kinesiology and Health Science and, Calumet and Stong Colleges. The survey involved 2 parts of questions. The first part consisted of statements on KAHSSO's Mission, Vision, Goals and Services such as Peer Mentoring, Peer Tutoring. Students rated their agreement about each statement by selecting "strongly agree", "agree", "neutral", "disagree", or "strongly disagree". This part also included long answer questions where students elaborated on their experiences with KAHSSO. The second part included statements on student wellness, student community and academic involvement. Students selected a rating ranging from "strongly agree", "agree", "neutral", "disagree", and "strongly disagree. This part also included long answer questions where students elaborated on their experiences.

## **Results**

### **Demographic**

Over the course of 26 days, 277 responses out of 3,000 Kinesiology and Health Science undergraduate students were collected, which accounted for approximately 9% of our undergrad student population. Of the responses, the four classes were fairly equally represented: 21.3% first years, 28.9% second years, 27.2% third years, 16.6% fourth years, and 6% of fifth year or above. 80.5% of respondents were not affiliated with KAHSSO, meaning that they did not hold Peer Leadership positions at the time of the survey.

## Part 1 a) Agreement About the Statements: KAHSSO Mission, Vision and Services (n=274)

**KAHSSO Vision:** A connective community that fosters student success and leadership

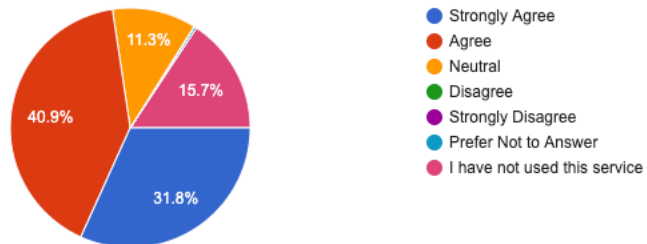
**KAHSSO Mission:** KAHSSO is a student-led organization that represents and supports the KINE community and provides students with empowering and engaging opportunities to integrate into the York community and help them achieve both professional and academic fulfillment through student success programs and activities.

### KAHSSO Goals

- Respectful Community
- Empowering Opportunities
- Teamwork
- Passion and Resilience

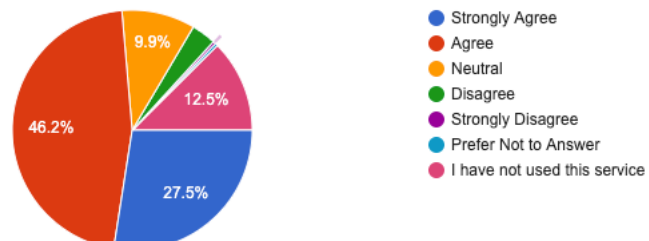
### Peer Mentoring program is effective, relevant to student needs and met the KAHSSO Mission Vision and Goals

Strongly Agree: 31.8%  
 Agree: 40.9%  
 Neutral: 11.3%  
 Disagree: 0.3%  
 Strongly Disagree: 0%  
 I have not used this service: 15.7%



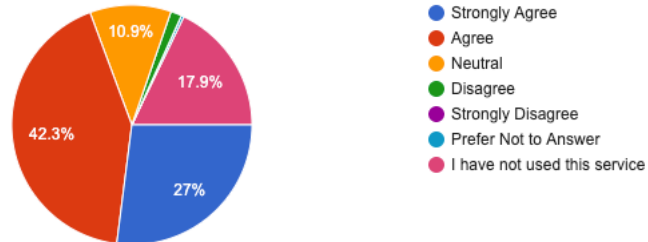
### Social Media Engagement initiative is effective, relevant to student needs and met the KAHSSO Mission Vision and Goals. (Social Media Engagement occurs via: Email, Facebook, Instagram, YU Connect, etc.)

Strongly Agree: 27.5%  
 Agree: 46.2%  
 Neutral: 9.9%  
 Disagree: 3.3%  
 Strongly Disagree: 0%  
 I have not used this service: 12.5%



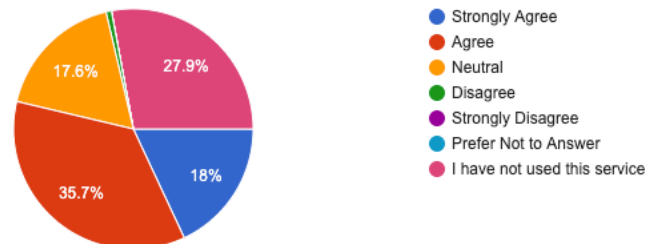
**Peer Tutoring program is effective, relevant to student needs and met the KAHSSO Mission Vision and Goals.**

Strongly Agree: 27%  
 Agree: 42.3%  
 Neutral: 10.9%  
 Disagree: 1.5%  
 Strongly Disagree: 0%  
 I have not used this service: 17.9%



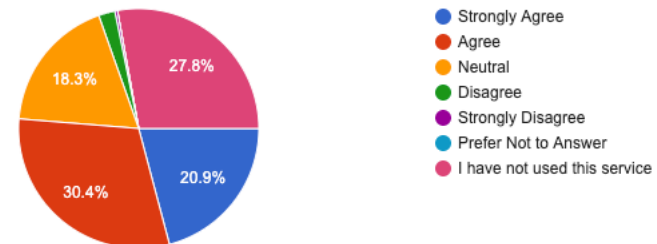
**Ambassadorship program is effective, relevant to student needs and met the KAHSSO Mission Vision and Goals. (Established in 2019, Ambassadorship program holds Academic and social workshops for the university population. Some past events included: General Interview Workshop, Mental Health Retreat, etc.)**

Strongly Agree: 18%  
 Agree: 35.7%  
 Neutral: 17.6%  
 Disagree: 0.7%  
 Strongly Disagree: 0%  
 I have not used this service: 27.9%



**Discover You program is effective, relevant to student needs and met the KAHSSO Mission Vision and Goals. (Established in 2020, Discover You program assists in the professional development of High school and Junior university students.)**

Strongly Agree: 20.9%  
 Agree: 30.4%  
 Neutral: 18.3%  
 Disagree: 2.2%  
 Strongly Disagree: 0.4%  
 I have not used this service: 27.8%



**Alumni Engagement program is effective, relevant to student needs and met the KAHSSO Mission Vision and Goals. (Established in 2020, Alumni Network assists in the connecting university students with successful KINE alumni through events and social media)**

Strongly Agree: 16.8%

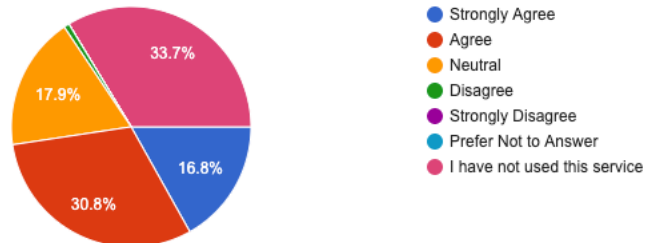
Agree: 30.8%

Neutral: 17.9%

Disagree: 0.7%

Strongly Disagree: 0%

I have not used this service: 33.7%



## **Part 1 b) long answer questions: KAHSSO Mission, Vision and Services**

### **1) How can KAHSSO help you overcome some of the challenges that you are facing? (n=267)**

Respondents suggested the following:

- 40.4% suggested “Host more online social events”  
(n=108)
- 41.9% suggested “Match you up with another student to hold each other accountable”  
(n=112)
- 47.6% suggested “Share more mental health resources and study tips”  
(n=127)
- 59.9% suggested “Post more content from professors”  
(n=160)

### **2) Comments/ Suggestions for improvements on KAHSSO Programming**

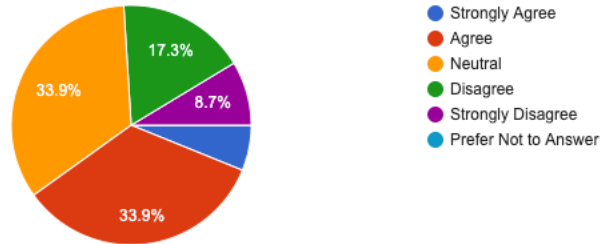
- “The alumni engagement program is a very good program in connecting students and spreading awareness across social media platforms to ensure everyone is aware of the opportunities.”
- “KAHSSO's social media are user friendly and easy to work with. Some suggestions to further enhance engagement include increased use of polls/questionnaires, promotion of events more ahead of time and the use of Instagram reels.”
- “KAHSSO has helped me ease the transition to university by making me feel welcome and supported by other students.”
- “Wish the organization focused more on career attainment and paths after graduation and actually connecting students with employers.”

## Part 2 a) Agreement About the Statements: Student Wellness, Student Community and Academic Involvement

(n=277)

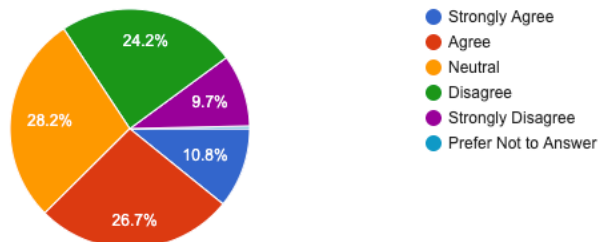
**I am in a good state of mental health.**

Strongly Agree: 6.1%  
 Agree: 33.9%  
 Neutral: 33.9%  
 Disagree: 17.3%  
 Strongly Disagree: 8.7%



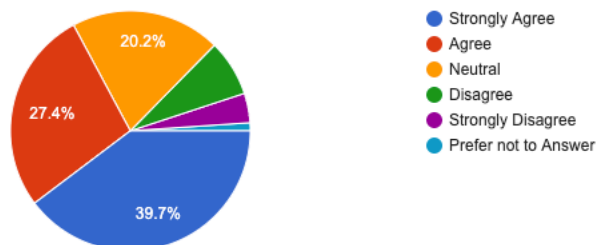
**I am motivated to attend lecture and submit assignments compared to when classes were in-person.**

Strongly Agree: 10.8%  
 Agree: 26.7%  
 Neutral: 28.2%  
 Disagree: 24.2%  
 Strongly Disagree: 9.7%  
 Prefer Not to Answer: 0.4%



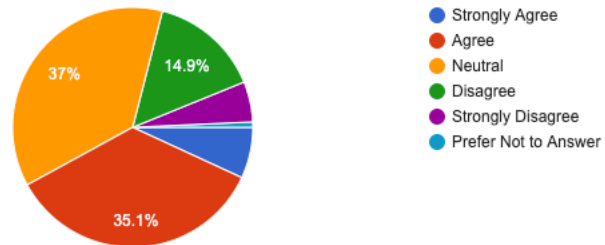
**I am finding the course load to be heavier than it was when classes were in-person.**

Strongly Agree: 39.7%  
 Agree: 27.4%  
 Neutral: 20.2%  
 Disagree: 7.6%  
 Strongly Disagree: 4%  
 Prefer Not to Answer: 1.1%



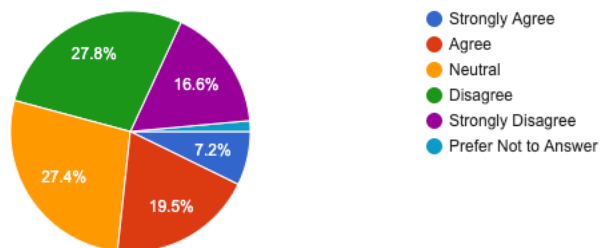
**I feel that I am well supported in my academic journey and will succeed in my education.**

Strongly Agree: 6.9%  
 Agree: 35.1%  
 Neutral: 37%  
 Disagree: 14.9%  
 Strongly Disagree: 5.4%  
 Prefer Not to Answer: 0.7%



**I am able to get involved and give back to the community through volunteer and extra-curricular initiatives.**

Strongly Agree: 7.2%  
 Agree: 19.5%  
 Neutral: 27.4%  
 Disagree: 27.8%  
 Strongly Disagree: 16.6%  
 Prefer Not to Answer: 1.4%





## **Part 2 b) long answer questions: Student Wellness, Student Community and Academic Involvement**

### **1) What are some things that you are struggling with during online education? (n=277)**

Respondents stated the following:

- 65.7% stated “Lack of motivation and self-discipline”  
(n=185)
- 60.6% stated “Overwhelmed by course load”  
(n=168)
- 48% stated “Getting daily exercise”  
(n=133)
- 38.3% stated “Difficulty connecting with professors and other students”  
(n=106)
- 37.5% stated “Compromised mental health”  
(n=104)
- 35.7% stated “Feeling isolated”  
(n=99)
- 23.8% stated “Maintaining a healthy diet”  
(n=66)
- 20.9% stated “Lack of extra help in courses”  
(n=58)

### **2) General Comments/ Suggestions**

- “I wish there were more synchronized classes with recorded lectures for those who are unable to attend.”
- “Please provide new students with more details about GPA, how university works, professors/TAs etc. - things we are not familiar with.”
- “For a first-year student, when joining a zoom with lots of older students it can be slightly intimidating.”
- “I am a full-time virtual school teacher trying to finish my last two courses, therefore my answers are not really relevant to a full time Kine student. I am loving the online courses because I am able to fit them into my workload but like everyone I am feeling the mental strain from the pandemic.”
- “I would greatly appreciate if there could be more feedback opportunities to the professors so course loads, testing formats, etc. can be appropriately adjusted for the students on an ongoing basis through the semester.”

## **Recommendations**

Our analysis of the data above inspired the following recommendations to enhance the student experience.

- I. Host more social events where students can increase their network connections in a stress-free environment.
- II. Engage faculty members, the Colleges, the Kinesiology undergraduate office, staff and Peer Leaders to enhance online support for professional development of students across all undergraduate years of education.
- III. Partner with the Colleges as well as other organizations to continue to provide mental health support for students.
- IV. Connect students to potential employers and experiential education opportunities through the alumni networks, Kinesiology and Health Science department and Faculty of Health Experiential Education efforts.
- V. Provide students with more informational support on university policies and procedures as well as degree progression.
- VI. Enhance the sense of connectedness through discussion forums and feedback opportunities for the students.

## **Conclusion**

This report aimed to provide comprehensive feedback from the students to the faculty, staff, and Peer Leaders regarding crucial aspects of online learning. The response rate and descriptive comments reflected that students have lots to say on how the Fall 2020 semester went. Given that more than 250 students responded to the survey, KAHSSO is confident that the report captures vital aspects of online learning and is a valuable source of student input.

Lots of feedback was captured and recommendations have been made in this report. KAHSSO welcomes further conversation on taking the next action steps and enhancing online learning experiences for the Kinesiology and Health Science Student body. This report also emphasizes that faculty members, staff and Peer Leaders have done an excellent job in different areas of online learning experiences, as evident from students' positive comments in these areas.

In conclusion, we would like to thank the active participation of the Kinesiology and Health Science Undergraduate students, Calumet and Stong Colleges staff, Colleges Heads, the Kinesiology and Health Science Administrative staff, UPD, Chair and Faculty members. This collaboration and support are a testament to the inseparable community filled with professionalism, respect and scholarship. We look forward to continuing our efforts in student success, adopting the recommendations made in this report, and an enhanced student experience in the following semesters.