

**FITNESS TRAINER ADVISORY COMMITTEE**

**MINUTES**

**Monday 3rd October, 2016 \* 2.30-4.30p.m.**

**O’Connell Sports Center, Room 204**

**Members Present:** Deanna Turner (Committee Chair), Group X Personal Training, Marijka Morgunov (Vice chair) Personal Trainer; Nathan Simon, Licensed Massage Therapist

**New Committee Members** (joined during meeting): Misty DeWitt, Pro Vitae Vibration Studio; Wes Edge, Edge Strength & Conditioning; Anna Nunn-Axlund, Flexibility, Posture & Core LLC; David Maes, Longview YMCA; Travis Konold, Foundation of Strength

**Members Absent:** Matt DelGarbino, Yuliya Kovalenko

**Clark College:** Alan Wiest, Dept. Head; Mike Arnold, FT Faculty; Steve DaMasssa, FT Faculty; Garret Hoyt, FT Faculty; Robert Maves, FT Faculty; Cathy Sherick, Associate Director - Instructional Programming & Innovation; Brenda Walstead, Interim Dean of Bus. & health Sci.; Shelly Ostermiller, HEOC Advising; Nichola Farron, Secretary Senior – Advisory Committees

Committee Chair Deanna Turner called the meeting to order at 2.33pm and introductions were made

Minutes of the previous meeting

*The motion to approve the minutes of October 8th 2015 and April 11th 2016 was made by Deanna and seconded by Wes. The motion was approved by majority with one abstention.*

Office of Instruction Updates

Cathy Sherick made the following announcements:

The theme “Transformation” is being used to describe two large intersecting initiatives. One is the Academic Plan, which will guide Clark’s programs and student services over the next five years. The first goal of the plan is to implement Guided Pathways, the second large initiative.

All Washington State community colleges will implement Guided Pathways. This is aligning schedules and building program *pathways* that have clearer more defined structures, saving students time and money getting to graduation. Training for advisory members on Guided Pathways will be on March 24.

Specific *transformations* that advisory members will see this year include a *r*edesign of the meeting agenda format. This provides faculty and committees with a connection to the academic plan and will streamline the meeting while including committee work plan activities. The committee composition will now include students and Clark Alumnae. Students will be able to earn a small stipend and a letter of recommendation for their attendance and participation. Piloted this year, we hope that students will be a regular and vital presence on every committee in the future.

Transforming the role of committee members, from just meeting attendees to being a part of our learning community. Not just trainings, the series of Business and Community Learning events on campus are set up to be quick and friendly ‘lunch and learn’ opportunities. FREE and open to the public, the workshops will be scheduled from 11:30 a.m. to 1:30 p.m., and held in the Gaiser Student Center, allowing people to attend on their lunch hour. Food is available in the carts on campus, and guest are welcome to bring their brown bag. Additional information to follow in emails.

* Friday December 9th Advocacy
* Friday February 24th Millennials in the Workforce
* Friday March 24th Pathways
* Friday May 19th The Power of Completion

An evening event will be planned in the Spring to thank our advisory committee members for their time and expertise. Look for information during winter term.

A complete computer systems upgrade to campus registration, human resources and finance systems. The ‘go-live’ date for will be January 30. It will not impact the advisory committees, but it will impact campus business so there will be a moratorium on advisory meetings from mid-January to mid-February.

The new Bachelor of Applied Science in Applied Management (BASAM) is accepting students beginning winter term 2017. For additional information go to: <http://www.clark.edu/academics/programs/bus/basam/index.php>

Director Division Chair Report

Program Director Alan Wiest thanked the committee members for attending and welcomed the new individuals who had joined. Bolstering the committee and expanding membership has been a priority and he will continue to make this effort.

Alan continued that there remains a strong motive to maintain attention and focus direction for the Fitness Trainer program as the teach out continues until June 2018. There are 40+ students in 2 cohorts, and they are demonstrating a lot of ambition and want to complete. This will be the last school year for the certifications in Corrective Exercise and Yoga: they will not be offered beyond summer 2017.

The priority remains ensuring that all students finish within the teach-out deadline, and Alan is working on reiterating the time limits to students so that they are all aware of the schedule (this information has also been added to the student handbook). In addition, he confirmed to the committee that the emphasis is still on achieving an acceptable, passing grade.

Alan shared with the committee that the department is excited to join other professionals at the Fall Fitness & Training Forum on November 6th, and he thanked Brenda for advocating for faculty participation and securing the funds for this involvement.

Deanna asked Alan if he had been able to connect with Ray from Bellevue College regarding the BAS program. On this point Alan outlined to the committee, that despite the elimination of the AAS, early discussions have started with both Ray and Lisa Borho about the potential for developing a four year program, and drawing on their experiences with this format.

The current proposed title for the program development is ‘BAS in Wellness and Health Coaching’. This would provide a broad umbrella for incorporating certificates of completion, and also for focusing on aspects such as the growing demand for Wellness practitioners and leadership skills.

Alan reported that he has had conversations with Prestige Care and Senior Living about the huge demand for wellness practitioners in the senior sector. With 600 facilities, they are looking to hire 20 to 30 wellness coaches per year. Alan hopes that something similar to the Clark automotive programs, where a corporate partner supports the program, can perhaps be developed.

The committee then discussed the potential for developing a four year program, including their agreement that Wellness is emerging as a dominant field for the discipline.

Cathy Sherick outlined that a timeline of at least 2 years of preparation would be needed: it is essential to have data to demonstrate the need for jobs to make the program appear economically viable. She encouraged Advisory Committee members to compile any articles or literature that outlines industry trends in this area.

Mike continued that the idea is to build a curriculum that allows work to continue whilst students are gathering certificates – this should assist with the key areas of retention and completion.

The proposal is for a four year degree with the opportunity for yearly milestones, so that even if a student was forced to finish at a mid-way point, they would still be awarded something substantial.

Alan continued that the proposed four year program might also be attractive to students who perhaps wanted to pursue health and wellness in other disciplines but were not able to do so because of competition, for example Nursing.

Anna agreed that the idea of ‘stair stepping’ through the program would prove positive as it would give a foundation of practical experience. Cathy continued that these practical elements will be the ‘applied’ component of the BAS.

As a graduate of the program, Nathan indicated that a four year program would have been welcome when he was studying as he was unable to find appropriate follow-on education after Clark. Brenda emphasized that comments from students and industry members before the Board of Trustees would be vital to proving the viability of a new program

Misty continued that the need is there; in VA studies of PTSD there has been integration of yoga, vibration and other efforts. She has connected with EmpRes who have 49 locations and are looking for people to teach health habits, as this is also beneficial from an economic perspective.

Work Plan

Alan outlined the work plan draft to the committee and highlighted that he is continuing to work on the try-Athlon experience. The closure of the local pool for renovation has led to some issues with FT 262, but he believes an agreement may have been reached with the YMCA facility that would allow students to meet this pre-requisite.

Internships and the Professional Interview Bootcamp will be taking place, and are coordinated by Garrett: the proposed date for the Bootcamp is March 3rd 2017, from 1 to 3pm. Alan encouraged new committee members to consider providing a site opportunity for student internship placement, or to participate in the interview practice.

In terms of the Marketing aspect, Alan noted that the FT webpage has been updated to instruct that new students can no longer be accepted, but a new statement has been added emphasizing that physical education/health courses continue to be offered.

*Deanna proposed a motion to accept the work plan as written, with one minor date correction, Travis seconded the motion – the motion was unanimously approved.*

New Business

An election for new officers was held. Anna volunteered for the role of Chair, and Deanna volunteered for the role of Vice Chair.

*Misty proposed a motion to accept these nominations, this was seconded by Marijka and unanimously approved.*

Next Meeting Date

The Committee agreed upon a shorter meeting in winter: February 23rd, 2017 at 2.30pm

Anna adjourned the meeting at 3.48pm

Prepared by Nichola Farron