



Fitness Trainer Advisory Committee

MEETING MINUTES <https://www.clark.edu/advisory/ft/>

Wednesday, November 7, 2012 Time: 2:00-4:00 PM Location: OSC 204

- ***Members Present:*** Denise Croucher, Lacamas Swim and Sport; David Hart, Touchmark; Steven Phillips, West Coast Fitness; Adam Neiffer, Crossfit-Fort Vancouver.
- ***Members Absent:*** Trevor Thomas, Northwest Personal Training; Tiffany Bunn, Bold Training; Kalani Pa, LA Fitness; Nick Jackson, 24-Hour Fitness
- ***Program Faculty Present:*** Lisa Borho, Program Coordinator; Alan Wiest, Professor; Mike Arnold, Professor, Heidi Marshall, Group Fitness Certificate; Bridget Raach, Bob Maves, Garrett Hoyt, Steve DaMassa.
- ***Others Present:*** Dedra Daehn, Office of Instruction; Ardith Feroglia, Advising

Topic	Discussion	Action
Called the meeting to order and introduction of members	The meeting was called to order at 2:05 p.m. by Professor Lisa Borho. Introductions were made, including new tenure-track faculty member Alan Wiest, who formerly taught at <i>National Personal Training Institute</i> . The committee had several new members based on rotations off of the committee. The committee welcomed new member Adam Neiffer, the owner of Crossfit-Fort Vancouver. Other new members who were unable to make it were Kalani Pa, a manager with LA Fitness; Trevor Thomas, a trainer from Northwest Personal Training who is a graduate of the program; and Tiffany Bunn, a trainer at Bold Training who graduated from both the Clark program and Concordia Universities Exercise and Sport Science transfer degree program.	N/A
Approval of minutes	The committee chair Denise Croucher arrived soon after and began conducting committee business. A motion was made to approve the minutes as written for both the spring (due to lack of quorum at the summer meeting) and fall meetings.	Minutes were approved for both the 5/5/12 meeting and the 8/8/12 meeting.
Office of Instruction Updates-Advisory Committee Business	<p>Dedra Daehn reported that the advisory committee agenda format has been changed. The main format change reflects a time column, which places an amount of time to be used for each agenda item with the majority of the meeting focused on the committee's work plan. Clark College acknowledges and appreciates the time the industry members take out of their schedules and the change in the agenda format is one way to more effectively use the members' time.</p> <p>All of the committee rosters are updated at each meeting to help us ensure that the employer/employee ratio is 50% for each group. The State of Washington requires that this information is tracked. The state defines an employer as someone with hiring and firing power.</p> <p>Ms. Daehn also spoke briefly about Perkins funding. Last spring the college was awarded \$575,808 in Perkins funding. It is federal finding that comes through the state and supports Clark's career and technical programs. The primary focus of using these funds is to prepare students for the workplace, help them improve their technical skills as well as their academic skills.</p>	

	<p>Another source of funding available to Clark College is the Worker Retraining funds received from the state. The amount of money awarded for 2012-13 was over \$1,000,000. This funding is used to support and provide education, training, and career services for dislocated and unemployed workers. Students coming in to Clark who have been laid off or dislocated may be eligible for financial aid and other monetary support because of the Worker Retraining program. These moneys can also support some of Clark's adjunct faculty and equipment needs.</p>	
Election of Officers	<p>Ms. Daehn reminded the committee that elected chair and vice chair positions run for two years and that it was time to vote for new officers. A motion was made to have Denise Croucher continue as committee chair and Steven Phillips serve as Vice Chair.</p>	<p>The motion to re-elect Denise Croucher as Chair and elect Steven Phillips as vice-chair was seconded and unanimously carried.</p>
FT Program Coordinator report	<p>Lisa Borho reported that the changes voted on in the Summer meeting were going through the approval process for Instructional Planning Team (IPT) and the Curriculum Committee, and had not received any objections at the first reading and were likely to be approved. Those changes most notably include adding FT 150-Fundamentals of Fitness-3 credits, a swimming course and additional activity credits to the degree.</p> <p>Ms. Borho also reported that the Portland State University program articulation agreement was in its final stages of negotiation and approval.</p> <p>Ms. Borho also reported on the progress of partnering with National Academy of Sports Medicine (NASM). She indicated that an Educational Partnership Agreement was approved and implementation began 9/24/12. It included educational support materials, as well as discounted certification exams for Certified Personal Trainer (NASM-CPT), Corrective Exercise Specialist (CEC), Fitness Nutrition Specialist (FNS), and Performance Enhancement Specialist (PES). She also indicated that we still had an educational partnership with ACE for the Group Fitness Certification, and that the NSCA Educational Recognition Program would expire in June 2013.</p> <p>Ms. Borho indicated that she had applied and been approved for a Perkins Professional Development Grant to work on integrating the new NASM materials into the Clark College Fitness Trainer Program Curriculum.</p>	
"Vision 20/20"	<p>A discussion about "20/20 Vision" regarding the future of Fitness Training was discussed, with the idea of having the Clark College program continue to be innovative and ahead of the fitness trends curve. The general ideas discussed included tablet technology, yoga teaching, child obesity, senior fitness and small group fitness training.</p> <p>A discussion about I-pads and their future in this industry was discussed. Ms. Croucher indicated that her initial reticence about using the I-Pads or tablets in this field was being replaced by support, based on the exponential growth of apps appropriate to our field and the direction of technology.</p>	
Develop 2013 Work Plan	<p>Based on discussions throughout the meeting, a work plan was formulated. The results of those discussions are summarized in the attached work plan.</p>	<p>There was a motion to approve and second each item on the attached work plan. Each was approved unanimously for 2012-13.</p>
Discuss 2013 Triathlon	<p>Professor Mike Arnold gave a presentation on the 2013 Annual Triathlon. It was proposed that it be held Sunday, May 19, 2013, be offered to present fitness trainer students and active Clark College Alumni. Activities will include a 500-yard swim at</p>	<p>A motion was made to give the committee permission to move forward with their plan of action regarding the triathlon. Motion was seconded, voted upon and</p>

	<p>Marshall Center, a 12-mile bike beginning at Lower River Road; and a 3.1-mile run near Hudson's Bay High School and Clark College.</p> <p>Mr. Arnold said that it was decided by the subcommittee to simplify the event into a template that can easily be used for further graduating classes, so this year it will be kept small and manageable. This event will provide a learning experience for all fitness majors as a capstone experience to their training here at Clark College, while also providing the Fitness Advisory Committee an opportunity to meet all present fitness majors face to face. This yearly event will also allow alumni and business affiliates an opportunity to renew old contacts and improve networking opportunities.</p>	unanimously approved. It was also approved as a Work Plan item.
Discuss adding Yoga teaching as an option for activity based classes.	<p>When discussing "20/20 Vision" for fitness training, the list of top trends included Yoga. To help graduates be more marketable for employment, it was proposed to include a professional activity class option to prepare students to teach Yoga. Ms. Borho presented a proposal to add the following class to the Fitness Trainer curriculum: FT 156-Yoga Teaching (see attachment). The yoga teaching course would provide certification in the following areas: YogaFit level I, Yoga for Seniors, Yoga for Pre/Post Natal, and YogaBack classes. It is recommended that students take FT 150-Fundamentals of Fitness to meet the Anatomy and Alignment portion of the YogaFit curriculum. These classes (FT 156-Yoga Teaching and FT 150-Fundamentals of Fitness) would provide about 1/3 of the curriculum needed to achieve the YogaFit 200-hour certificate.</p> <p>Further discussion took place regarding making a Yoga Teacher Certificate of Completion program at Clark.</p>	<p>A motion and second were made to add FT 156-Yoga Teaching to the curriculum and was unanimously approved.</p> <p>A motion and second were made to add the investigation of adding a Clark College Yoga Teaching Certificate of Completion to the Fitness Trainer Work Plan. The motion was unanimously approved.</p>
Next Meeting	<p>The committee also voted to change the meeting time from 2:00 to 2:30 p.m. from this meeting forward.</p> <p>The next meeting date was scheduled for Wednesday, February 6, 2013, 2:30-4:30 p.m.</p> <p>Lisa Borho announced that she will need to be Skyped into the next advisory meeting, as she will be out of town.</p>	The motion was seconded and unanimously carried to change meeting time to 2:30-4:30 in the future.
Adjourn	Meeting was adjourned at 3:53pm	
Email Vote	<p>Lisa Borho sent out an email proposal to approve a new course called FT 162-Flexibility, Posture & Core II. This is a course that would be combined (clustered) with FT 152-Flexibility, Posture & Core (a course taken by first year students in the program). Based on student feedback, additional time to learn about this area was desirable and could lead to the possibility of specializing in this area and pursuing NASM's <i>Corrective Exercise Specialist</i> credential. Students could either take the class while in the program or after they graduate to receive CEU's.</p>	Seven out of eight member's votes were received, all in the affirmative. The proposal to add FT 162-Flexibility, Posture & Core II to the curriculum was passed.

Attachments:

- 2012-13 Fitness Trainer Advisory Committee Work Plan
- FT 156-Yoga Teaching Syllabus and Course Action Request
- FT 162-Flexibility, Posture & Core II-Syllabus and Course Action Request
- PSU-Clark College Fitness Trainer Articulation Agreement
- NASM Educational Partnership Agreement
- Triathlon Planning proposal
- Addendum; electronic vote on new course FT 162-Flexibility Posture & Core II



Fitness Trainer Advisor Committee Meeting Addendum to the November 17, 2012 Minutes

At the November 17, 2012 Fitness Advisory Committee meeting, the committee agreed to hold an election for a new course to the Fitness Trainer curriculum via electronic vote. The following reflects the outline of the new course voted upon:

Approval of a new course: FT 162-Flexibility Posture & Core II

Course description: Builds on skills developed in FT 152-Flexibility, Posture & Core, with an emphasis on preparing students to specialize in the area of corrective exercise.

Justification: We would like to offer this class as an option within the newly approved activity based class requirements within the degree requirements for the FT AAS degree. Through several program evaluation tools, students have expressed a desire to retake FT 152-Flexibility, Posture & Core to further enhance their skills. Instead of retaking the same class, we are proposing a class that is clustered with FT 152 (i.e. there will be two levels of students in the same class), but allows students to enhance their skills at the next level by leading fellow students in class activities and assessments. Taking the second level would also help prepare students to take the *Corrective Exercise Specialist* (CES) credential offered by the National Academy of Sports Medicine (NASM), further enhancing students specialty skills and employability.

This addendum is attached to the November 17, 2012 Fitness Advisory Committee meeting minutes.

The vote was sent electronically on December 10, 2012 and the votes were processed as follows:

Approval was secured with 7 of the 8 advisory members voting in favor of the change. One member did not vote.

Prepared and submitted by Andreana DiGiorgio