

**FITNESS TRAINER ADVISORY COMMITTEE**

**MINUTES**

**Thursday 23rd February 2017 \* 2.30-4.00p.m.**

**O’Connell Sports Center, Room 219**

**Members Present:** Anna Nunn-Axlund (Committee Chair), Flexibility, Posture & Core LLC; Travis Konold, Foundation of Strength; Misty DeWitt; Wesley Edge, Edge Strength & Conditioning LLC; Kathy Partin, Parkview Christian retirement Community; Amanda Holmes, Physical Therapist; Robby Halterman, Movement Revolution

**Members Absent:** Deanna Turner Group X Personal Training, Marijka Morgunov (Vice chair) Personal Trainer; Nathan Simon, Licensed Massage Therapist; David Maes, Longview YMCA;

**Guests**: Trisha Mattson, Student in the program and co-owner of Movement Revolution

**Clark College:** Alan Wiest, Dept. Head; Heidi Marshall, Mike Arnold, Garret Hoyt, Robert Maves - FT Faculty; Brenda Walstead, Interim Dean of BHS; Cathy Sherick, Associate Director - Instructional Programming & Innovation; Nichola Farron, Secretary Senior – Advisory Committees

Committee Chair Anna Axlund called the meeting to order at 2.31pm and introductions were made, including the welcome of new committee members.

Minutes of the Previous Meeting

*The minutes of October 3rd 2016 were reviewed, Anna made a motion to approve; this was seconded by Wes and unanimously passed.*

Office of Instruction Announcements

Cathy Sherick made the following announcements:

Transformation in 2017: Remember the series of Business and Community Learns 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 February 24th Millennials in the Workforce

• Friday March 24th Pathways

• Friday May 19th The Power of Completion

The new Bachelor of Applied Management in Applied Science (BASAM) is up and running. The first cohort of sixteen students has started the program this term. Please continue to share this opportunity with community members and potential students, your outreach is powerful!

The Culinary program facility is now under construction and work is moving at a fast pace to open the program in the fall of 2017. Again, share this opportunity with community members and potential students, your outreach is powerful!

The Growing Our Future 2017 Food Summit was held on Friday, February 10, 2017, at the Clark College Columbia Tech Center. This was an opportunity for the community and business to join the college community in a discussion about the opportunity for an Agronomy/Ecology program at Clark College.

Brenda also took the opportunity to introduce the Second Healthy Penguin Walkabout, scheduled for June 3rd 2017. This year’s theme will again focus on Sugar but with a new perspective on Wellness. Visitors will have a chance to visit stations to learn about different aspects as the Health and Business departments work collaboratively for the cross-disciplinary event. In addition, this year’s event will also offer visitors the opportunity to find about more about the programs if they have an interest in enrolling.

Event Updates

Triathlon - Alan updated the committee on the various events planned for the FT program. The triathlon is scheduled for Sunday, June 11th; this was partly due to pool availability. The department will be using the Kennedy pool at the School for the Blind, but this will require an early start time of 8am as the heats must be finished by 11am. The triathlon will be the final capstone physical requirement for students to graduate.

Internship fair – The fair is scheduled for March 3rd in OSC 219. Alan invited committee members who represented an internship site or prospective employer to attend. Students have been coached on interacting professionally, and are working on portfolios and job-hunting and interviewing skills. Garett explained that businesses are invited to list their preference as to the students who they would like. Students also list their desired internship site, and he then works on matching up the preferences. He continued that the aim is for students to get exposure to a facility that offers group and personal training, but that also provides an orientation with introductions to marketing, sales etc. where possible. It is desirable for students to experience Zumba and aerobics classes, as well as shadowing personal trainers and to have a broad experience whilst receiving feedback from someone other than their Instructors.

Alan continued that committee members not currently attending were welcome to connect with Garrett to participate. In the past the internship fair has consistently proved a good first step for employers looking for new employees.

Teach Out Update

Alan provided the Committee with a look at the updated teach out itinerary: students had to acknowledge the schedule and declare that they would complete with satisfactory grades by June 2018. There has had to be consistent communication with students to relay information about the final timings for courses and when to register. By June 2018 all students that have declared should be graduated: the cohort structure means that they are providing support and motivation for each other. All the certificate programs also have to be taught out, e.g. yoga and group exercise, as well as corrective exercise. Alan continued that he has had some discussions with Brenda about potentially bringing back some of the eliminated FT certificate contents under the PEEXS (PE Exercise) umbrella. This would need to be approved by the committee, but could be an option for ensuring that classes can still be offered in corrective exercise, and also to support Yoga certifications.

Mike continued that there are a number of national certifications, for example in weightlifting or track, that Clark College could host.

Kathy agreed that to her as an employer, certificates are sometimes more highly regarded than a degree as they require the upkeep and demonstration of skills to remain current.

Alan asked the committee their opinions as to whether it would be worthwhile for the wider community to offer a group exercise certificate after the teach out. If the fitness industry in the Vancouver area has the need and demand for education, he outlined that the Health and PE divisions has the potential to offer certification.

Heidi outlined that the demand is certainly there. Amanda continued that as physical therapist, she sees corrective trainers being utilized as part of the holistic approach to rehabilitation in outpatient and orthopedic settings. Travis continued that a new facility in Portland (Evolution Fitness) is based on a combined approach of clinicians and fitness trainers representing a growing model based on combined approaches.

Healthy Penguin Walkabout

Following Brenda’s introduction of the next Walkabout event earlier in the meeting, Alan continued that students have volunteered to assist with the planning of the event.

In addition, following faculty attendance at the ‘Workplace Wellness’ event in Vancouver, students are currently working on various walking tracks inspired by an indoor track at the event. Students are divided up and assigned a building on campus; they are then working on a pre-determined walking route with caloric expenditures calculated. This will be based on a 10-12 minute route that will work with Classified staff break allowances, and will hopefully be amalgamated into the College wellness program.

Potential BAS in Wellness and Health Coaching

Alan outlined that IPT (Instructional Planning Team) has been assigned the task of evaluating the SWOT (Strengths, Weaknesses, Opportunities, Threats) report created by the College to determine if there are opportunities for developing programs for the community where there’s a shortfall of qualified individuals to fill jobs. IPT acts as a recommending body and identified 5 potential programs that could be developed into a BAS (Bachelor of Applied Science), including Wellness and Health coaching.

At this stage, the Faculty need to create a statement of need and a feasibility study for the program: this is not a guarantee that the program is approved, but represents the first step in a long process. Alan also explained that Faculty are not necessarily given release time to work on this documentation.

Cathy further explained that the feasibility study would benefit from the input of external stakeholders, such as committee members, who represent industry and potential employers. A key point of the study is data analysis. However, as the field of Wellness is new and emerging, there is not sufficient data in terms of specific job code projections to provide the statistical support that other programs, such as Cyber Security, may be able to call upon. Cathy also pointed to the broader possibilities for employment across a spectrum of fields, for example in the insurance field, or in the area of industrial wellness for local manufacturing companies.

Kathy reiterated her struggles to find sufficient employees in the face of expanding need. The committee also discussed how jobs in this area are often given to un-qualified applicants because of the lack of focused qualifications and experience.

There was agreement amongst committee members that the field of Wellness and Health coaching is growing exponentially. Alan continued that the umbrella of a BAS program would also allow for the integration of the fitness program curriculum.

Alan outlined to the Committee that this early investigation was an opportunity for them to participate in the process, for example when the department issue surveys or if they want to write a letter in support. With the lack of specific data coding for associated jobs, any input would be appreciated.

In addition, Alan continued that he hoped there would be the opportunity for the Advisory Committee to transition following the completion of the FT teach-out into the committee for the potential BAS program if it proceeds. At present, the deadline for the feasibility study and statement of need are May 5th for the current round of consideration. However, if this deadline is missed, there is still the possibility for future application.

The committee continued to discussed the need for a program in this area as a response to the growth in this field, and the continued practices of hiring those not necessarily qualified to perform the roles. Anna asked the committee to be on the lookout for any pertinent information or data they may encounter that could support the statement of need.

Alan also highlighted the potential for cross-curriculum collaboration as part of the BAS, for example with nutrition or addiction counselling.

Next Meeting Date

The committee agreed to meet on Thursday 20th April 2017 to discuss developments with the feasibility study and statement of need for the BAS.

Anna adjourned the meeting at 4.04pm

Prepared by Nichola Farron