



**Fitness Trainer Advisory Committee**

<http://www.clark.edu/advisory/ft/>

**MEETING MINUTES**

Date: **April 15, 2015** Time: **2:00 p.m.** Location: **OSC 210**

- **Members Present:** Yuliya Kovalenko, Parkview Christian Retirement Community; Nathan Simon, PSU transfer student; Denice Croucher, Lacamas Swim & Sport
- **Members Absent:** Deanna Turner, Vice Chair, 24 Hour Fitness; Bill Victor, Victor Fitness Systems; Marijka Margunov, Northwest Personal Training; Reynard Carrie, Smart Fitness Pros; Ashley Hummel, LA Fitness
- **Clark College Faculty & Staff Present:** Lisa Borho, Program Coordinator; Instructors Garrett Hoyt, Bob Maves, Steve DeMassa, Alan Wiest, and Mike Arnold; Cathy Sherick, Associate Dir. Instructional Planning & Innovation; Tasaday Turner, Advising; and Advisory Committee Coordinator, Andreana DiGiorgio

<b>Topic</b>	<b>Discussion</b>	<b>Action</b>
Call the meeting to order and introductions	The meeting was called to order by Lisa Borho at 2:37 p.m. The committee chair and vice chair were both absent.	
Approval of minutes	<i>A motion was made to approve the November 5, 2014 meeting minutes. The motion was seconded and unanimously carried.</i>	<i>11/5/14 minutes were approved.</i>
Office of Instruction update	<p>Lisa asked if any member was able to attend the Advisory Recognition Breakfast March 18<sup>th</sup>. No one from this committee did. She told them it's a nice event and hopefully they can attend in 2016 during spring term.</p> <p>Upcoming Advisory Training for advisory chairs and vice chairs on the Advisory Committees' responsibilities, processes and schedules. Slated for the week of September 14th, 2015, it will be on the Clark main campus. The inter-active event will be from 5:30 to 8:30 p.m. and will include dinner. Are there any items that committee members would like to see included in the training?</p>	
Program coordinator report	<p>Lisa made the following announcements:</p> <p><b>The fitness Program has been recommended for a Program Action Team.</b> Some improvement in the program needs to be done. The items did not look very significant so not sure yet what the plan of action is. Will keep the committee updated on this.</p> <p><b>College Open House</b> on April 21, 2015 from 4:30—7 pm in the Gaiser Student Center for new students. The Fitness Trainer Program will be there to market to new students coming in to Clark College. Mike Arnold will be one of the speakers there.</p> <p><b>New internship sites:</b> 9Round, a cardio-kick boxing studio; Gilday Sport Conditioning; Olson Chiropractic and Why Racing.</p> <p><b>Educational Partnership with FMS-\$200 discount on exam.</b> Over the winter Bob Maves contacted with FMS-Functional Movement Screening systems. They are one of the leading corrective exercise trainings and certification sites around. Bob has gone to several trainings and is certified by FMS. He asked if they would like to have an educational partnership with them. This is great because they offer a \$200 discount on exams.</p>	

	<p><b>Equipment.</b> A library of reference materials has been purchased for students to check out if desired. New kinesiology models arrived at end of fall 2015. Received a library of textbooks that students can't always afford. FMS testing kits were also purchased. This is good integration with the new corrective exercise certificate. Bob said that his students are really ready. Members should promote this new Corrective Exercise Certificate of Completion program in their businesses. Employees can take these courses and think about getting certifications.</p> <p><b>Program Articulations:</b> A meeting with Joel Schuldheiz from Concordia University needs to take place to re-affirm program transfer articulation agreement. Concordia program needs to be stabilized and we will reestablish an articulation agreement. PSU agreement has been going well.</p> <p><b>Continued partnership with Biology-Cadaver lab</b> for FT 250-Kinesiology class.</p> <p><b>Marketing Department is making a Fitness Trainer program video for YouTube.</b> Brochures and handouts will also be created. They waited until the new certificates were approved by Instructional Planning Team.</p>	
Work Plan	<p>Lisa led the committee through the work plan and had some updates which follow:</p> <p><b>Corrective Exercise Certificate of Completion</b> has been approved with the following classes: FT 150 Fundamentals, Kinesiology, FT 152-Flexibility, Posture &amp; Core I, FT 162-Flexibility, Posture &amp; Core II, and FT 250-Structural Kinesiology.</p> <p><b>Special Populations Specialty:</b> There was some talk about mature learners. Maybe students could pursue a specialty area with this, such as a geriatric certificate? Maybe give students an opportunity to go into a specialty. What does the committee think, should this be pursued now? The program is adding a lab to FT 261 - Exercise Prescription with special populations and includes mature learners. Need a fitness room, could be an issue. Committee to talk again about this at the summer meeting.</p> <p><b>Internship Fair</b> was held March 6, 2015. Garet coordinated the event. Nearly 15 organizations participated and had a good turnout.</p> <p><b>Professional Interview Boot Camp</b> will be Friday, June 12 from 11:45am-1:30pm. Lisa explained this is a series of short clinics where students bring their resumes and have mock interviews with committee members, who volunteer for this event, Fitness offers this every year and is very helpful to the students. Denise participates every year and enjoys helping the students learn how to interview. Garet will coordinate this again.</p> <p><b>Try-athlon.</b> The date is set for Sunday, June 7 at Kennedy Pool at the Washington School for the Blind. This is open to faculty, staff and students. Volunteers are graduates of the program and join the participants for lunch at noon on the day of the event. Currently working on a sponsor and may have t-shirts with the sponsor's logo on back.</p> <p><b>Ways to connect with industry partners</b> with a marketing open house with fitness professionals – Does the committee want to do this again? The goal is to attract businesses for future employment for graduates. Maybe have an internship fair? Committee will discuss further at summer meeting.</p> <p><b>Vision 20/20 - Facilities/Equipment</b> future needs. Lisa said the wish list is getting smaller as many needs have been met. What will the program look like in the year 2020? What equipment will the program need? The iPads have been a great asset and are well used. Possibly need to purchase new apps. Bob has an app</p>	

	<p>called Coach's Eye that allows him to work on corrective exercise with people all over the country and have group chats. How about adding some more "simple implements" such as medicine balls, etc.? Steve had a couple of students do a special project and the created a YouTube video. Cathy Sherick mentioned a newspaper article about fitness in hospitals. More conversation took place about special populations coming into gyms that need more therapy. Medical insurance cutting off physical therapy earlier so they're coming in to gyms looking for coaches. Lisa spoke about exercise as medicine.</p> <p><b>Future direction of Fitness Trainer Program.</b> Possible Certificate of Completion for entry level trainer and AAS for Advanced Fitness Professional. Committee to talk more about this 2015-16 year advisory meetings. Personal trainers don't need to be certified but would this be valuable in industry? In a previous discussion with Lisa, Dean Blake Bowers asked if the Fitness Trainer Program could be done in one year and have a certificate. for this as well. They could then come back for a more specialized area of education. What does the committee think? Administrators are looking at the numbers, i.e. jobs, salaries, etc.</p>	
New Business	None.	
Next Meeting	Doodle Poll will be sent out in June.	
Adjournment	Meeting was adjourned at 4:06 p.m.	

Prepared and submitted by Andreana DiGiorgio