



Fitness Trainer Advisory Committee

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

MEETING MINUTES

Date: **August 4, 2015** Time: **2:30 p.m.** Location: **OSC 204**

- **Members Present:** Deanna Turner, Committee Chair, Turner Personal Training; Marijka Margunov, Vice Chair, Northwest Personal Training; Matt DelGarbino, Victor Fitness Systems; Sharon Prestel for Ashley Hummel, LA Fitness
- **Members Absent:** Yuliya Kovalenko, Parkview Christian Retirement Community; Nathan Simon, PSU transfer student
- **Clark College Faculty & Staff Present:** Lisa Borho, Program Coordinator; Instructors Heidi Marshall, Garrett Hoyt, Bob Maves, Alan Wiest; Brenda Walstead, Interim Dean, Business & Health Sciences; Cathy Sherick, Associate Dir. Instructional Planning & Innovation; Emma Britton, Advising; Brianna Lisenbee, Career Services; and Advisory Committee Coordinator, Andreama DiGiorgio

Topic	Discussion	Action
Call the meeting to order and introductions	The meeting was called to order by Committee Chair Deanna Turner at 2:36 p.m. Introductions were made including Brenda Walstead, the new Interim Dean of Business & Health Sciences.	
Approval of minutes	<i>A motion was made to approve the April 15, 2015 meeting minute as written. The motion was seconded and unanimously carried.</i>	<i>4-15-15 minutes were approved.</i>
Office of Instruction update	<p>Chairperson Training. Cathy Sherick reminded the members of the upcoming Advisory Training for advisory chairs and vice chairs. On the agenda are the Advisory Committees' responsibilities, processes and schedules. Scheduled for September 15th; it will be on the Clark main campus. Please RSVP if you can attend.</p> <p>Ethics training. Cathy led the members through an ethics informational training, now required by the State of Washington for all advisory volunteers. Members who completed the training were: Marijka, Sharon, Matt, and Deanna.</p>	
Program coordinator report	<p>Marketing: New brochures & YouTube video out. Lisa showed the new website and YouTube video for the Fitness program. They have new brochures, flyers and posters. Fall classes are full.</p> <p>Professional Interview Boot camp-report. This is interview practice for students. Students get a variety of feedback and experience different styles of interviews. After this process, students feel better about going out on interviews.</p> <p>Try-athlon-report. The Try-athlon took place Sunday, June 8. There were 34 participants, including 14 Clark students. It included a 500m swim, 9 mile bike ride and 2 mile run. A luncheon was served for all Fitness Trainer students and volunteers afterwards.</p> <p>New NASM Certificate of Academic Distinction Credential. Starting August 1, 2015, if a student makes it through the program they will also earn a <i>Certificate of Academic Distinction</i> credential from the National Academy of Sports Medicine when they pass their NASM- Certified Personal Trainer credentialing exam. Clark's program is not offered online which makes it unique.</p>	
Work Plan	1-year Certificate of Proficiency. The committee spoke about this at the last meeting. Garret, Alan and Lisa have been working on the logistics of	<i>1-year CP was approved</i>

<p>Create 2015-16 Work Plan- DRAFT provided.</p>	<p>the Certificate. The certificate has been repackaged with what they already offer but with an infusion of what the industry has requested, such as more business courses. Lisa handed out outlines for the changes in the AAS Fitness Trainer degree and gave information such as downgrading the math requirement. Most students come in to the program at a Math 030 level. This plan will be more specialized for students. Eight - 20 credit specialties and also possible transfer to PSU, with whom we have an articulation agreement. Lisa said she added two credits to the special aspects class. Feedback? Sharon asked about electives. She likes to hire people with specialties. Deanna also likes the specialization. They reviewed first year Certificate of Proficiency. There are three or four term options. Three terms will require more credits per term. To implement these certs ad degree by 2016, the committee needs to review and vote by fall for presentation to curriculum committee at Clark. Lisa said that having the certificate at the end of the first year gives students an incentive to complete the certificate and move forward with a two year degree if they want. <i>A motion was made to move forward with the Fitness Trainer certificate of proficiency. The motion was seconded and approved unanimously by the committee.</i></p> <p>Triathlon- This is a culminating experience based on being in the performance training class. Garret was teaching cycling and running and Lisa taught swimming and then hopefully they can finish the triathlon. Alan likes having all the students do the triathlon. If we don't require this course of all graduates a lot of students will get out of school with only pumping iron experience. This will be tabled till next meeting to discuss classes.</p> <p>Internships. Keep on work plan as a standard item.</p> <p>Special Populations lab class. Fitness has a special populations class and Lisa spoke with the Director of Mature Learning/Community Education Director, Tracy Reilly-Kelly and she thought it would be great to have a partnership between Mature Learning and a lab at Clark. This would also include people with special issues. Need to move forward this year if we want to change one credit of this class to lab rather than lecture.</p> <p>Fall Open House planning. Last year was a great event. One suggestion was to have a job fair at the same time of the Open House. Lisa suggested moving forward and the date of Friday October 16 from 2—4 pm was scheduled. The committee thought the Open House can be the first 60-90 minutes and then the Job Fair afterwards.</p>	<p><i>unanimously with changes to curriculum presented at meeting.</i></p> <p><i>Roll-over discussion of changes to AAS Degree requirements</i></p>
<p>New Business</p>	<p>None.</p>	
<p>Old Business</p>	<p>Next meeting discuss and vote on the AAS degree changes. Discuss changes to the Internship check list next meeting.</p>	
<p>Next Meeting</p>	<p>The committee agreed to meet again October 8, 2015 at 2:00 pm.</p>	
<p>Adjournment</p>	<p>Meeting was adjourned at 4:06 p.m.</p>	