

**FITNESS TRAINER ADVISORY COMMITTEE - MINUTES**

**Thursday October 12, 2017 \* 2.30-4.00p.m.**

**O’Connell Sports Center, Room 204**

**Members Present:** Anna Nunn-Axlund (Committee Chair), Flexibility, Posture & Core LLC; Marijka Morgunov, Personal Trainer; Misty DeWitt; Kathy Partin, Parkview Christian retirement Community; Amanda Holmes, Physical Therapist;

**Members Absent:** Deanna Turner Group X Personal Training (vice Chair); Travis Konold, Foundation of Strength; Wesley Edge, Edge Strength & Conditioning LLC; Robbie Halterman, Movement Revolution; Nathan Simon, Elements Massage (Pearl);

**Clark College:** Alan Wiest, Dept. Head (FT); Veronica Brock, Dept. Head (HPE); Mike Arnold, Instructor; Scott Clemans, Career Services; Cathy Sherick, Associate Director - Instructional Programming & Innovation; Nichola Farron, Secretary Senior – Advisory Committees

Committee Chair Anna Nunn-Axlund called the meeting to order at 2.30pm and introductions were made.

Minutes of the Previous Meeting

*The minutes of April 20 2017 were presented: Misty made a motion to approve; this was seconded by Amanda and passed unanimously.*

Next Meeting Date

The committee will next meet on Thursday, April 26 2018 at 2.30pm

Office of Instruction Announcements

Cathy Sherick made the following announcements:

Welcome back to 2017-18 we are excited to be rolling up our sleeves and delving in to the second year of work of our **Academic plan.**

The new **“Areas of Study”** have been adopted and approved these will provide the framework for organizing the different degree paths for students. The link is [here](http://www.clark.edu/academics/programs/index.php)

Advisory Committees will begin to see how they fit in to the implementation work of **Pathways**. The goal is to improve rates of completion, transfer and attainment of jobs. The American Association of Community Colleges (ASCC) has developed a model that articulates the implementation process. Advisory members are encouraged to review the model for understanding.

Academic plan Goal 6: *Infuse the study of* ***Power, Privilege and Inequity*** *throughout the curriculum.* Last year advisory members asked why this was happening at Clark. To answer that question, we have been working with the Office of Diversity and Equity to put together some basic information that can help frame the issue for further discussion. Watch for it on meeting agendas.

The new **McClaskey Culinary Institute (MCI)** is open and teaching students this term! The link to information about the program is [here](http://www.clark.edu/academics/programs/culinary/). We are looking forward to being able to provide our advisory members with menu items from the cuisine and baking programs.

Clark continues to see enrollment declines, which may have budget impacts. We do not anticipate further program cuts at this time, but cannot rule out the possibility of changes in the future should this trend continue. Your help in letting community members know about the great programs at Clark is appreciated!

As programs are taught out, we have terrific Advisory volunteers we hate to lose. Often we need to infuse current committees with new members, and sometimes new programs are developed that will need new advisory committees. We are working this year on the development of a **Master Advisory Committee** that will help us with three tasks.

1. Visiting current committees to talk to members and get an idea of how things are working.
2. Planning and hosting annual Advisory event.
3. Reporting to the Board of Trustees every year on the great work of Advisory Committees.

Let us know if you are interested by contacting Nic. You can be on two committees, or if you want to step away from your current committee work that is fine too.

We also wanted to thank everyone who was able to attend the **annual recognition** event held on July 13 at the new STEM building. We had beautiful weather, many cold beverages and a great time. We look forward to planning the event next year with our new Master Advisory Committees.

We will be undertaking an updated Ethics training at the spring advisory meetings.

The annual Clark College Career fair will be held in April. Advisory Committee members will be provided additional information from the career center in upcoming meetings.

Department Updates and Discussion of Potential Wellness BAS

Alan reminded the committee that, in the previous year, five subject areas had been identified for potential expansion to a 4-year program: currently the Addiction Counselling (ACED) program is moving with the most momentum. He continued that the proposed ACED BAS would not use a cohort model and instead would allow more flexible entry points. He noted that this seems a positive idea that responds to the realities and obstacles students sometimes face in everyday life.

Cathy spoke about how the Fitness Trainer program was eliminated following identifying certain criteria in a rubric related to job availability and wages. The potential strength of a Wellness BAS would be that it represents an expanding and innovative industry. The challenge would be to gather the data needed for demonstrating the employment potential in the region.

Veronica also spoke about College efforts to restructure the Math Pathway so that students are not continually halted by Math classes they cannot pass.

In response to a question form Alan about measuring student success from the BAS degree in terms of continuing into Masters Programs, Cathy explained that this is a different success metric. The WA state board allows Community Colleges to offer the BAS, applied technical degrees with a focus on potential job placement and wages.

Alan noted that there are five students in the final year of the teach-out. Following the decision to eliminate the program, students were told to take FT150, Fundamentals of Fitness, at a prescribed time to fit with the teach-out calendar. This prescription concerning scheduling accounts for the small number of students remaining. Last year there were 18 graduates. Once the Fitness Trainer elements are completed, the Health and Phys Ed courses remain for the College as a whole.

The certificate programs– yoga teaching, corrective exercise specialist, group exercise – are now taught out. However, the department is investigating the possibility of re-activing the existing ‘PEXS’ course code to potentially bring back those certificates. The question would be that those certificates would not have an ‘umbrella degree’ to house them. However, the Pathways model could potentially facilitate this structure as part of directed electives with a resulting certificate. Alan has consulted Advising and will continue to investigate.

Cathy also spoke about wider workforce developments in the region: at a recent presentation from a health cooperative, healthcare navigators discussed wellness coaches and community health coaches. This linked to the need of insurance companies and medical groups for these kind of professionals. This is part of wider efforts, for example, addressing the need for paramedics with expanded skill sets in rural areas and expansion of training and positions. The issue is that all of these conversations are based on forecasting for jobs that do not yet exist, and which subsequently do not have supporting data.

Veronica continued that Kaiser hires Wellness Coaches with high pay, but normally require a Master’s degree in any field related to community health - health promotion, exercise science, physiology, public health etc. - but would also consider nursing or nutrition. Essentially, they are looking for exposure to a breadth of curriculum with Coaching and communication the key factors.

Kathy continued that her company has a certified wellness coach on staff and that is regarded as an important offering for residents.

The committee then discussed how various disciplines, such as nutrition or alternative therapies could be integrated into the potential Wellness degree. Amanda noted that there does need to be consideration of licensing requirements attached to certain areas, as they may be limits on what students are permitted to do.

The committee also discussed the benefit of collaborative partnerships with local industry, and the need for articulation agreements to make the BAS viable.

Alan spoke about the emerging need for Wellness professionals in the senior living sector: Misty continued that corporate America is placing a focus on providing Wellness for employees. These factors need to be translated into a Statement of Need to support the BAS.

Program Updates

With only five students, Alan indicated that the Department would not be hosting an internship fair: instead, students will have a list of companies interested in interns and will be encouraged and challenged to communicate directly. The interview boot camp will go ahead in spring.

The Try-Athlon will be open for students beyond the FT program, and will be spearheaded by intramurals department. It may be opened up to the College as a whole.

Graduates are anticipated to walk at commencement in June, and that will conclude the program.

Action Item: Alan challenged the committee members to bring one or two colleagues or industry associates to the April 26 2018 meeting to represent industry, along with any organization charts or company data that demonstrate Wellness opportunities.

In response, Misty also asked that the Department share the Statement of Need with the committee as it is developed.

Cathy also spoke about the survey components – at least 25 responses to a survey on the need for the program, as a complement to local employment gaps would be needed. She noted that there are approximately 134 BAS in the state and there are health-related degrees that may provide interesting comparative studies.

The committee also discussed local professional groups, such as the Senior Services Network Group, who may also be able to provide input to the process.

Anna adjourned the meeting at 4.08pm

Prepared by Nichola Farron