# BF logo letterhead

# Fitness Trainer Advisory Committee

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

Wednesday, February 6, 2013 Time: 2:30-4:30 PM Location: OSC 219

* ***Members Present:*** Denise Croucher, Lacamas Swim and Sport; David Hart, Touchmark; Steven Phillips, West Coast Fitness; Adam Neiffer, Crossfit-Fort Vancouver, Trevor Thomas, Northwest Personal Training,
* ***Members Absent:*** Tiffany Bunn, Bold Training; Kalani Pa, LA Fitness; Nick Jackson, 24-Hour Fitness
* ***Program Faculty Present:*** Lisa Borho, Program Coordinator; Heidi Marshall, Alan Wiest, Mike Arnold, Bridget Raach, Bob Maves, Garrett Hoyt, Steve DaMassa
* ***Others Present:***  Blake Bowers, Dean, Business & Health Science; Kira Freed, Advising; Andreana DiGiorgio, Coordinator, Advisory Committees.

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| **Topic** | **Discussion** | **Action** |
| Called the meeting to order and introduction of members | The meeting was called to order at 2:42 p.m. by Committee Chair Denise Croucher. | N/A |
| Approval of minutes | A motion was made to approve the minutes with one correction. The motion was seconded and unanimously approved by the committee. | Minutes were approved for the November 7, 2013 meeting.  |
| “Vision 20/20” and other items | Dean of Business & Health Sciences Blake Bowers discussed the importance of having a work plan for the Fitness Advisory Committee. He would like to see items to discuss on an ongoing basis for 1-2 academic years. This will allow the college to be responsive to the needs of the program. “Vision 20/20.” Blake asked the committee to think about what they think the Fitness program at Clark should look like in the year 2020. Fitness Training was discussed, with the idea of having the Clark College program continue to be innovative and ahead of the fitness trends curve. Blake recommended Vision 2020 be put on the work plan. A question and answer segment followed. Bridget asked what the plan was with facilities, specifically a possible field house across the street, which would offer a large indoor training facility. Dean Bowers said this is only in the concept design planning stages. The O’Connell Sports Center is full. The college has only one gym and Dean Bowers believes that for a college of this size, there should be more than one gym. Other campus-wide needs are on the list. The Executive Cabinet will be looking at a prioritized list of facility upgrades, including OSC. Dean Bowers reported that Clark College is going after three bachelor’s degrees; Bachelor degree in applied science, management, is the first on the agenda. He mentioned that a lot of Clark’s 2-year career and technical education programs can benefit from this degree, including Fitness Trainer, if the 2-year student wants to manage or own their own shop in their particular industry.  |  |
| Program coordinator report | Professor Lisa Borho asked if the new classes, FT 156 Yoga and FT 162 Flex, Posture & Core were approved by the Curriculum Committee and Dean Bowers announced they are good to go. Ms. Borho announced that Portland State University and Clark College have an articulation agreement for 2-year transfer students. Dean Bowers added that he’d like to know if there are any equipment needs for the Fitness Program that the committee can think of as the deadline for funding is drawing near. He reported that the department was funded 8 iPads, anatomical models, and updated equipment for the fitness center. There is an opportunity for funding and he would like to see a list complete with price quotes and committee approval. Requests are due by the end of February. Steve DaMassa is the point-man for requests. Ms. Croucher asked the staff to give Steve a list of 5 pieces of equipment that needs replacing. She also asked the industry members to think about up and coming equipment or equipment that is heavily used at their facilities that they think the program should look into purchasing. All lists should be sent in to Steve.  |  |
| Work Plan | ***Yoga Class***. When is the best time to teach the Yoga class? The committee agreed that between 2- 4 pm, 3 days per week would be best. ***Internship Fair***. Garret Hoyt reported that the fair is March 8, 2013. Announcements were sent to the participants. Students got their resumes in and it’s looking like it will be a very positive event.***Triathlon***. Dave Hart reported that it is scheduled for May 19, 2013, 8 am start time. The pool being used is 8 lanes, and the pool area goes out to an alley where participants can continue on. Mike has scheduled 12 volunteers so far. The circuit part of the triathlon is great for non-cardio participants. ***Secret Shopper***. Garrett Reported that they are not “shopping” yet. When secret shopping begins they will report on first impressions of parking area, condition of the gym, equipment, and staff. The shoppers will report on 3 kinds of facilities: Family-type community centers, and both a high-intensity and a 24-hour facility.***Student Professional Interviewing***. Garrett reported on this. Students will have the opportunity to practice interviewing with community partners. Garrett mentioned that the students need to be made aware of this via Career Services.  |  |
| Summary of meeting |  Ms. Croucher summarized the meeting and asked if there was anything else to discuss.  |  |
| Next Meeting | The next meeting date was scheduled for **Wednesday, May 8, 2013, 2:30-4:30 p.m.** Advisory Coordinator Andreana DiGiorgio will check the calendar and email the committee if this date will work. |  |
| Adjourn | Meeting was adjourned at 4:25 p.m. |  |
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