



**Fitness Trainer Advisory Committee**

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

**MEETING MINUTES**

**Date: Wednesday, August 14, 2013 Time: Noon—2:00 pm Location: OSC 219**

- **Members Present:** Denise Croucher, Lacamas Swim and Sport; David Hart, Touchmark; Adam Neiffer, Crossfit-Fort Vancouver; Bill Victor, Victor Fitness Systems; Deanna Turner, 24 Hour Fitness
- **Members Absent:** Steven Phillips, West Coast Fitness; Nick Jackson, 24-Hour Fitness; Tiffany Bunn, Bold Training; Trevor Thomas, Northwest Personal Training; Nate Hansen, LA Fitness
- **Clark College Faculty & Staff Present:** Lisa Borho, Program Coordinator; Heidi Marshall; Garrett Hoyt; Bob Maves; Steve DaMassa; Alan Wiest; Garett Studer; Bridget Raach; Dedra Daehn, Director of Academic Services; Andreana DiGiorgio, Coordinator, Advisory Committees
- **Others Present:** Lacy Aregger, NW Personal Training (sat in for Trevor Thomas)

Topic	Discussion	Action
Called the meeting to order and introduction of members	<p>The meeting was called to order at 12:09 p.m. by Committee Chair Denise Croucher.</p> <p>New members Deanna Turner, a personal trainer at 24 Hour Fitness and Bill Victor, owner of Victor Fitness Systems were introduced as well as Lacy Aregger who sat in for Trevor Thomas.</p>	
Approval of minutes	A blanket motion was made to approve both the February 6, 2013 and May 8, 2013 meeting minutes. The motion was seconded and unanimously carried.	Minutes from February 6 & May 8, 2013 were approved.
Office of Instruction Update	<p>Director of Academic Services Dedra Daehn announced that the fall Advisory Committee Chairperson Training will take place Tuesday, October 21, 2013, from 6 – 8 p.m. She said an invitation with all the details will be sent in late September. Committee Chair Denise Croucher told the committee that this training last year was very practical and informative. Denise also mentioned that this committee needs to elect a vice chair and should be an item on the next meeting's agenda.</p> <p>Dedra also spoke about the 2013-14 Perkins Grant funding. She said the college has been awarded \$648K in Perkins funding. She explained this is federal finding that comes through the state and supports Clark's career and technical programs. The primary focus of using these funds is to prepare students for the workplace, help them improve their technical skills as well as their academic skills. Dedra said there is about \$27K available for professional, career and curriculum development and other projects and to let her know if these funds are needed.</p> <p>Dedra then told the committee about another source of funding available to Clark College, the Worker Retraining funds received from the state. The amount of money awarded for 2013-14 was over \$1,000,000. This funding is used to support and provide education, training, and career services for dislocated and unemployed workers. Dedra said students coming in to Clark who have been laid off or dislocated may be eligible for financial aid and other monetary support because of the Worker Retraining program. These monies can also support some of Clark's adjunct faculty salaries and equipment needs.</p>	Election of vice chair to be put on the fall meeting agenda.

	<p>Dedra then reported that Clark college is implementing a new “credit for prior learning” program. This past spring a policy was adopted for this program. Student who have had previous experience may be able to revert that experience into credits towards their degree. There will be 4 assessment methods offered and will be coordinated by the American Counsel of Education (ACE). Another program coming out is a crosswalk for certifications and training. She said if a student brings forth their certifications in various outside employment and industry, these certifications can be investigated, outcomes and skills can be demonstrated and credit will be awarded. Dedra mentioned that these programs are slated to begin in late spring or summer 2014 and are targeted towards the 25-49 age group.</p>	
Program coordinator report	<p><b>Professional Interview Boot Camp.</b> Professor Lisa Borho reported that the camp was a success. The students gave it rave reviews. She said students were able to go through different interview formats and some got job leads. Lisa thanked those who took time out of their schedules to participate including Denise and Bill.</p> <p>NASM was transitioning this past year and hopes it will be implemented this year. The materials have been integrated into FT 150 – Fitness Fundamentals, FT 151– Fitness Center Skills and FT 152 – Flexibility, Posture &amp; Core. Instructor Bob Maves has already integrated this into his class, which he says make this class like FT 152 on steroids! He said overall, this is a positive addition to the class. The first batch of NASM students reported that the test was easy and all passed the exam.</p> <p>Lisa reported that the student surveys feedback was very positive. Students rated faculty and program exceptional. Areas to improve included the following:</p> <ul style="list-style-type: none"> <li>• Business, Marketing and sales: Plan to integrate some more sales into FT 260 – Exercise Prescription with a “resale” at the end of the lab class.</li> <li>• Some suggested lessons on how to get a business license and more information on insurance. They also wanted information on CEUs and how that works.</li> <li>• Students said they would also like more practice on initial consultations.</li> </ul> <p><b>Triathlon.</b> The triathlon was held May 19, 2013 and started at Kennedy Pool. Lisa thought the event was too early in the year and participants didn’t have enough time to get ready for it. She said the new distances worked out well and the lunch afterwards was a good bonding experience for the participants. She thanked Dave Hart and Mike Arnold for organizing this event.</p> <p><b>iPads.</b> They are up and running and going very well.</p>	
Work Plan	<p>After some discussion about power development and posture correction, a motion was made to approve FT 154 – Power Development as a requirement of the FITNESS TRAINER AAS Degree program. The motion was seconded, a vote was held and the motion passed unanimously.</p> <p>Lisa mentioned that they want to offer a certificate of completion in yoga. After some discussion, a motion was made to have Clark College offer a yoga certificate of completion. The motion was seconded and after a vote, was approved unanimously. Next, a motion to approve FT 156 Yoga Teaching and FT 150 – Fundamentals of Fitness, to equal the yoga certificate. The motion was seconded, voted</p>	<p>Committed voted to approve addition of FT 154-Power Development as a stand-alone requirement within the Fitness Trainer AAS degree.</p> <p>Committee voted to approve the addition of a Yoga Teacher Certificate of Completion was approved. Courses within the CC to include FT 156-Yoga Teaching and FT 150-Fundamentals of Fitness.</p>

	<p>on and it passed unanimously.</p> <p>The next discussion was whether to require the student to take a yoga class in order to be qualified to teach yoga. The committee agreed that a yoga class should be recommended. The committee also discussed the same issue with FT 155-Group Fitness Instructor Certificate of Completion. Heidi Marshall, Group Fitness Instructor lead, indicated that she would like a similar recommendation that students in her program have experience taking group fitness classes before trying to teach it. The committee agreed that a statement should be added to the FT 155-Group Fitness Instructor and FT 156-Yoga Teaching classes indicating that students should have adequate experience taking classes in the area they will be learning to teach.</p> <p>A discussion took place about service learning and volunteering. Lisa said that if the student volunteers at the triathlon that would take care of 3 hours of service learning. A motion to add 8 hours of service learning to the 2 year administrative program. The motion was seconded and unanimously passed.</p> <p>Secret Shopper was taken off the work plan because it is already being implemented. Fitness Trainer instructor, Garrett Hoyt, shared some of the ways that he is implementing it in his classes.</p> <p>Garrett Hoyt offered to work on a check-list of requirements for students at their internship sites.</p> <p>Triathlon, Internship fair and professional interview boot camp will stay on the work plan and will be ongoing every year.</p>	<p>Committee agreed that a statement should be added to FT 155 &amp; 156 about having prior experience with area they will be learning to teach.</p> <p>Addition of 8 hours of required Service Learning in the Fitness Trainer AAS degree was approved (hours to be submitted in FT 299-Final Skills Assessment class).</p> <p>Garrett Hoyt will work on an internship site check-list.</p>
New Business	<p>Denise asked the committee what work they wanted to do in 2013-14 academic year.</p> <p>Keeping an eye on fitness trends was recommended for all the members to do and report at each advisory meeting.</p>	<p>Add “Discuss fitness trends” to all future FT Advisory Committee agendas</p>
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 <b>Wednesday, October 30, 2013 at 3—4:30 pm.</b>	Andreana to send Save the Date to the committee.
Adjournment	Meeting was adjourned at 4:15 p.m.	

Minutes prepared and submitted by Andreana DiGiorgio