

**FITNESS TRAINER ADVISORY COMMITTEE**

**MINUTES**

**Thursday April 20, 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; Nathan Simon, Elements Massage (Pearl); Kathy Partin, Parkview Christian retirement Community; Amanda Holmes, Physical Therapist; Dan Kim., Prestige Care

**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

**Clark College:** Alan Wiest, Dept. Head (FT); Veronica Brock, Dept. Head (HPE); Heidi Marshall, Mike Arnold, Garret Hoyt, Robert Maves - FT Faculty; Cathy Sherick, Associate Director - Instructional Programming & Innovation; Nichola Farron, Secretary Senior – Advisory Committees

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

Minutes of the Previous Meeting

*The minutes of February 23 2017 were presented: Kathy made a motion to approve as written; this was seconded by Nathan and passed unanimously.*

Next Meeting Date

The Committee will next meet on Thursday October 12 2017 at 2.30pm

Office of Instruction Announcements

Cathy Sherick made the following announcements:

Clark is completing the series of Business and Community Learning events on campus this spring. The quick and friendly ‘lunch and learn’ opportunities. FREE and open to the public, the workshops will be scheduled from 11:30 a.m. to 1:30 p.m., and held in the Gaiser Student Center, allowing people to attend on their lunch hour.

* Friday May 19th The Power of Completion

Join us here on campus Saturday June 3 10:00 a.m. registration opens for the FREE Healthy Penguin Walkabout. There are several stations set up across campus, with health activities and information about one quarter mile apart. A great way to get some exercise, some health information and have fun.

In keeping with the college campus theme, TRANSFORMATION work on the committee composition continues! We are seeking nontraditional members, those folks who are not typically associated with the field (like women in welding). Your assistance is appreciated, if you know of someone who might be interested in joining a committee, let us know.

We are also going to be making a big push to engage students and Clark Alumnae in the work of the committees. Students will be able to earn a small stipend and a letter of recommendation for their attendance and participation. Piloted this year, have not had students waiting in line – but we want to have them be a regular and vital presence on every committee in the future.

July 13, 2017 – Evening event to recognize our committees and the terrific volunteers that come to meetings two times a year to support students. Watch for additional details to arrive via email.

Clark College will hold graduation at the Sunlight Supply Amphitheater on Thursday June 22 at 7:00 p.m. It is a great way to celebrate the work of the committees. There is always a need for volunteers at the event, if you are interested please let us know.

Healthy Penguin Walkabout

Alan spoke more about the Healthy Penguin Walkabout: this year’s theme will also include a focus on the mental effects of sugar, in addition to the physical.

The Fitness trainer students will be hosting a station with body composition and balance activities. Last year there were 300 participants, with the unexpected outcome that those who attended were given exposure to the campus and programs. All of the health occupations will be involved, with students highlighting their skills; it is an opportunity to display collaborative learning and promotes inter-disciplinary learning.

Proposed BAS (Bachelor of Applied Science) Program

Alan outlined the processes at Clark College needed for approval to develop the BAS before it can be presented to the State. He reviewed that, following a SWOT analysis, five programs were identified with the potential to develop a BAS: cyber security, Early Childhood Education, Addiction Counselling, Nursing and Wellness. This was under the remit of the IPT (Instructional Planning Team), who would oversee and make decisions on whether programs were viable in terms of development needs etc. He continued that this would result in an expansion in the work of the Advisory Committee: whilst the committee would still be involved in supporting the 2-year program, there would also be a need to contribute to some of the discussion and planning for the proposed BAS.

He explained that the Fitness Trainer program is reaching the end of the first year of a two year teach out plan, and he was pleased to note that the cohort is very strong this year

Alan went on to outline that he is hearing excitement from community partners at the possibility for the BAS degree in Health and Wellness. Cathy further explained that having the diverse stakeholder group represented would be crucial as the Department attempts to gather data to support this degree. As this is a new and emerging field, there will need to be evidence to support feasibility to the Board of Trustees etc.

Alan explained the approximate timeline for the process. The IPT deadline for initial materials is May 5, with a State board deadline in July. The earliest possibility for a successful degree would be the 2018 school year, but more likely would be 2020-2021.

He also spoke about comparable degrees elsewhere: Bellevue College has a Health Promotion and management degree: whilst they had originally planned to integrate ‘Wellness’ in to the name, obstacles came up due to the lack of associated job codes. Alan hoped that the statement of need would be able to indicate that these jobs are required, despite their newness meaning codes have not been developed, but that industry partners can vouch and account for a job demand. The proposed BAS would differ in focus to the Bellevue program in that it would be passed on the promotion of health and fitness, for example the management of city programs, and a concentration on public health and associated managerial elements.

Dan asked if there would be a benefit to using more general SOC codes in the data analysis. Alan’s response was that there could be, but it might also lead to identifying an over-saturation of graduates in certain areas.

Alan continued that the Division has had a number of conversations on BAS structures and contents, but welcomes the feedback of the committee in terms of areas of potential service areas and placements for possible graduates of the BAS.

Kathy spoke to the fact that, as healthcare requirements change, there will increasingly be a role for Wellness as medical practitioners seek to complement more traditional medicine with holistic approaches, for example in the treatment of addiction.

Anna continued that the Wellness element would also be appealing to the mental health community. Heidi continued that this replicates the efforts of the City of Vancouver who have connected with the VA and Lifeline to provide services.

Bob spoke to the need to recognize the opportunities for people to use the degree as a basis for setting up their own business and the importance of entrepreneurship.

Alan reiterated that, as the proposed program would be a Bachelor of Applied Science, there needs to be a focus on the vocational element with supporting statistics on jobs, wages etc.: this would be the kind of data needed to support the need for the degree,

Cathy stated that it needs to be demonstrated that the BAS can build upon the foundation of an existing AAT or AAS, and can be a viable point for transferring to a Masters if desired.

In addition, Alan stressed the desire to collaborate with local companies to prepare the educational pathways that ready students for work, and makes graduates desirable employees.

Kathy cautioned that, unlike the technology sector, for example, there might only be a need for one graduate as opposed to many. However, with the growing senior population and the associated senior living facilities, there will be an increasing demand for Wellness professionals. The committee spoke to the fact that there will be 52 million people over 65 by 2020, and 70 million by 2030 in the United States.

Dan continued that one of his main criteria in hiring Wellness professionals is their ability and comfort in working with older groups as candidates often do not have a true idea of what that actually entails: they need to be able to market to a community of 55-75 year olds.

Alan asked committee to communicate any industry specific conferences or events that are coming up that the Department could attend in order to gather more data to support the Statement of   
Need that will be prepared for IPT to evaluate.

Dan spoke about the ICAA conference in September, whilst Kathy mentioned that Leading Age Oregon might also be a connection.

The hope is that the BAS would be developed on a cohort model with 20 to 30 graduates.

Anna adjourned the meeting at 3.59pm

Prepared by Nichola Farron