



**Fitness Trainer Advisory Committee**

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

**MEETING MINUTES**

Date: **Wednesday, October 30, 2013** Time: **Noon—2:00 p.m.** Location: **OSC 219**

- **Members Present:** David Hart, Touchmark; Adam Neiffer, Crossfit-Fort Vancouver; Bill Victor, Victor Fitness Systems, Deanna Turner
- **Members Absent:** Denise Croucher, Lacamas Swim and Sport; Trevor Thomas, Northwest Personal Training
- **Clark College Faculty & Staff Present:** Lisa Borho, Program Coordinator; Heidi Marshall; Garrett Hoyt; Bob Maves; Alan Wiest; Bridget Raach; Andreana DiGiorgio, Coordinator, Advisory Committees
- **Others Present:** Austin Karn, an intern working with Heidi Marshall.

Topic	Discussion	Action
Call the meeting to order and introductions	The meeting was called to order at 3:03 p.m. by Fitness Program Coordinator, Lisa Borho, who chaired the meeting for Denise Croucher, and Introductions were made.	
Approval of minutes	A motion was made to approve the August 14, 2013 meeting minutes. The motion was seconded and unanimously carried.	Minutes from August 14, 2013 were approved.
Program coordinator report	<p><b>Implementation of program changes for 2014-15.</b></p> <ul style="list-style-type: none"> <li>• Lisa reported that changes implemented last year are now being implemented, including requiring FT 150-Fundamentals of Fitness. That course was taught this summer, and is now a prerequisite for FT 152-Flexibility, Posture &amp; Core, FT 250-Structural Kinesiology, and PE 291-Care &amp; Prevention of Athletic Injuries. All of those classes have either been taught or are being taught now, and the prerequisite knowledge seems to be very beneficial. The other change effective this year was adding a specialty requirement and swimming requirement. We have added FT 156-Yoga Teaching as a specialty area and it was full this fall.</li> <li>• Lisa reported that all the program changes for next year (2014-15) have been approved or are about to be approved. She said that all students in the program will be required to take the FT 154-Power Development course starting July 1, 2014.</li> <li>• Lisa indicated that the 8-hours of service learning recommended by the FT Advisory Committee at the Summer2013 meeting were implemented for fall. Students have already been volunteering in various activities, including helping instructors when they teach PE lab classes. Lisa asked Alan Wiest to share a little bit about how students had helped with his PE 108 lab class, which he did. Heidi said she could use some of these students to help her in the first two weeks of her circuit classes.</li> </ul>	

	<p>She asked if these students could be volunteers. Lisa asked all to email her if anyone has student volunteer needs.</p> <ul style="list-style-type: none"> <li>• Lisa discussed implementation of new FT 156-Yoga Teaching class. She reported that things are going well, and that a new certificate program for Yoga teaching would likely pass at the next Instructional Planning Team (IPT) meeting.</li> <li>• <b>Triathlon.</b> The date for the 2014 Triathlon will be Sunday, June 15 at Kennedy Pool, followed by lunch. Lisa said they need volunteers for this event. It was noted that June 15 is Father’s Day and Lisa said she’ll look into alternative dates.</li> </ul>	<p>Lisa to find alternative date(s) for this event.</p>
<p>Work Plan</p>	<p><b>Curriculum Goals:</b></p> <ol style="list-style-type: none"> <li>1. <i>iPad integration.</i> Lisa reported that the iPads are up and running as of this summer. All is going well.</li> <li>2. <i>Certificate of Completion for Yoga.</i> Lisa said there’s a little hold up because she is trying to find out how small a certificate can be. This is a 5 credit certificate.</li> <li>3. <i>Integration of situational role playing.</i> David Hart said he thinks role playing is important. Heidi mentioned it would be good to have a “special populations” class for the fitness students to work with and do real role playing.</li> </ol> <p><b>Instructional &amp; Learning Experiences:</b></p> <ol style="list-style-type: none"> <li>1. <i>Professional Interview Boot Camp.</i> Lisa said students got four shots at interviews. She wants to make a decision on the date on the next boot camp at the spring advisory meeting.</li> <li>2. <i>Internships.</i> Lisa wants to hold off until spring 2014. Heidi said that last year some students were not taking their internship seriously. One member offered that they sign a contract. Bill Victor said his interns don’t ask very many questions. Mike Arnold said not asking questions indicates the student is not engaged. Lisa said she likes the journal idea for the interns. Mike told the committee that he asks the student intern four standard questions to get them engaged: What did we do the last time we were together? What are we going to do today? He then tells them to go do it, then asks, What did we just do? He says this keeps students thinking and involved in what they’re doing and learning in their internship.</li> </ol> <p><b>Marketing &amp; Public Relations:</b></p> <ol style="list-style-type: none"> <li>1. <i>Internship Fair.</i> Lisa announced that the Internship Fair will be an annual event. Next one: March 7, 2014 from 1—3 p.m.</li> </ol>	<p>Timeline: Dec 2013.</p> <p>Timeline: Dec 2013.</p> <p>Timeline: March 2014.</p> <p>Timeline: Spring 2014.</p> <p>Timeline: Spring 2014.</p> <p>Timeline: March 2014.</p> <p>Timeline: June 2014.</p>

	<p>2. <i>Triathlon</i>. Lisa announced the 2014 Triathlon will take place in June and will be an annual event. Some things needed tweaking such as better markings, making it look “prettier,” and maybe having a manual go out a month or so in advance to the participants. A discussion took place about funding, and Lisa said if there is a fee involved to participate, then insurance is needed. Someone suggested having a donation box or have t-shirts for purchase. She thought maybe they can have the fitness students go first and they can volunteer as the intramurals go after them. Lisa thanked everyone for their participation. She mentioned that they need a photographer and someone suggested they contact the digital photography instructor and see if this could be a project for one of the students.</p>	
New Business	<p><b>Election of vice chair.</b> No one wanted to volunteer.</p> <p><b>Coordinating GFI Certificate of Completion program group class assignment.</b> Lisa asked if she could get permission for students to attend classes at the members’ facilities. She was told that 24 Hour Fitness has a pass and Heidi said at Marshall Center students or the public can take one class free. Adam said at Crossfit the students can come in and join a beginning class anytime. David Hart said students can observe one of his chair classes he does for assisted living residents.</p> <p><b>Add Aquatic specialty area.</b> Lisa said this is an 8 hour course. She mentioned that our community needs aquatic exercise instructors.</p> <p><b>TRENDS:</b> Lisa asked if the committee has any trends they see. One in the top five is resistance training. Heidi said she thinks “special populations” is another trend that is becoming bigger because people can’t afford physical therapy so they attend fitness classes. Bob Maves spoke about “pre-hab.” He said that helping get clients strong before their surgery so that their recovery is faster is a growing trend. Lisa mentioned the need for a senior fitness program. Mike said he agrees that there is a growing need for more gerontology classes. Lisa asked if the Fitness program should be looking at adding a “senior populations” certificate. More discussion will take place at the next meeting.</p> <p>Garret said that there is an area that we can’t ignore and that is intense training. He said this is the other end of the fitness spectrum. He asked if there should be a weekend sports and performance coach certification. Lisa thought this could be a continuing education situation.</p> <p>Mike reported that he’s working on an agreement with Eastern Oregon for an AA-Option B for PE majors.</p>	
Next Meeting	<p>The next meeting date was scheduled for <b>Wednesday, April 16, 2014 at 3 p.m.</b></p>	<p>Andreana to send Save the Date to the committee.</p>
Adjournment	<p>Meeting was adjourned at 4:15 p.m.</p>	