



HEALTH & FITNESS ADVISORY COMMITTEE

Meeting Minutes

Dec. 9, 2024 from 4 – 5 p.m.

GYM 212

Present:

Michaela Jackson, LCC Director of New Programs

Elena Boyleyn-Ross, LCC Faculty

Elizabeth McMullen, LCC/YMCA

Michelle Mury, Kelso High School

Jeremy Andre, Parks and Rec

Scottie Kirkpatrick, Kirkpatrick Family Care

Jennie Bergman, Workforce Education Manager

Merry Bond, LCC Dean Nursing and Allied Health

Linda Krohn, YMCA

MaryAnn Collier, Urban Bungee

Jenny Smith, LCC Program Manager (Minutes)

I. INTRODUCTIONS/HOUSEKEEPING

- A. Welcome and overview of Advisory Committee purpose
- B. Spring meeting in May
- C. Jennie Bergman: Application, approval, and required training for membership in this advisory committee.
 - 1. 3-year term (unless we receive a request to do otherwise)
 - 2. Developing programs is a fun process
- D. We will elect a chair at the next advisory meeting. Elena will chair this meeting.

II. TOPICS FOR REVIEW AND INPUT FROM BUSINESS/INDUSTRY/LABOR

- A. Curriculum
 - 1. Course Changes
 - a) *PHED 128 - Weight Training has been taught by the same instructor since 2017*
 - b) *PHED 228- Advanced Weight Training is distinctively different (and more advanced). The outcomes are based on what is happening in the classroom.*
 - c) *PHED 295 - Personal Training (change from 3 to 5 credits) is offered in the spring only. Textbook is comprehensive through ACE. There is a lot if kinesiology for the exam. We will be able to do a deeper dive in preparation.*
 - (1) Assessments, planning, and mock clients are encouraged in order to practice experiential learning.
 - (2) One credit of lab work is equivalent to 22 hours.
 - d) *It is possible to take these courses as a standalone.*
 - e) *HLTH 265 Mind and Body Health (new course) explores the mental health/mindfulness practice including life balance and identifying stressors. It is an elective, but will be required for the health coaching certificate both in person and online.*
 - (1) Question: Addresses hormones? Not yet, but we love advisory for this type of input
 - 2. Move to accept changes as presented
 - a) *Moved: MaryAnn Collier*
 - b) *Seconded: Jeremy Andre*
 - c) *Motion carried*
 - 3. New Certificate Options were created 10 or more years ago. The demand wasn't significant, and other colleges found more success with certificate programs that combine into more comprehensive credentials.
 - a) *Continuing Ed every 2 years is required through ACE (American Council on Exercise)*

- b) *Personal Training Instruction Certificate includes Personal Training, Weight Training, Food and Fitness, First Aid and CPR, Fitness Marketing, and human biology and exercise (which includes metabolic heart rates). We may be able to design a practicum that includes these expectations. We also offer dual credit for high school students. Some of these courses could be offered to HS students as a pathway into this program. Every year, one or two students uses personal training as a supplemental income source. And this is a solid way to determine which pathway is ideal for high school students.*
- c) *Health Coach Certificate is also through ACE. It includes Health and Exercise Behavior Change, Food and Fitness, Health and Wellness, Mind and Body, Fitness Marketing, Cross Training or Weight training, Yoga Pilates, or Yoga AND Pilates and First Aid and CPR. This could result in 2 certificates without a significant addition of coursework. When students take General Education courses at the same time as these courses, they could also be eligible for Financial Aid.*
- d) *Group Fitness Instructor Certificate follows the ACE curriculum as well. Observation of other courses is required, as is instruction in the group instruction courses. Food and Fitness, Yoga/Pilates, Cross Training, First Aid/CPR*
- e) *Discussion: is it required to be certified in order to deliver coursework? It depends on the employer. Insurance is dependent on certification. Continuing Ed is also required for insurance*
- (1) Motion to approve: Michelle Mury
 - (2) Second: Maryann Collier
 - (3) Motion carried unanimously
- f) *We are working on an outdoor rec certificate that we would like to present and request feedback on in the spring. Mt St Helens indicated that they would be willing to hire employees with an outdoor rec certificate*

- B. Pathways & CTE are eligible for Perkins funding, and high schoolers may be invited to these meetings. Program changes will be shared through these meetings as well.
1. AA-DTA transfers to 4 - year universities
 2. Stackable Certificates - these are micro certs, but a one-year certificate is being investigated for financial aid eligibility and iBest support
 3. Opportunities for graduates-Higher Education & Career Advancement
 4. Alignment with K12 and CTE Dual Credit includes a free transcript from LCC. They transfer to other community colleges and some universities. We work to ensure that credits are aligned AND meet college standards

III. STUDENT SUCCESS, PERFORMANCE & EQUITY

LCC is an AA/EEO employer - lowercolumbia.edu/aa-eeo • LCC Clery Annual Security and Fire Safety Report available at lowercolumbia.edu/CleryASFR

- A. Student success data and additional discussion opportunities will be a larger part of future meetings

IV. BUSINESS/INDUSTRY/LABOR EMERGING TRENDS

- A. Is there an age-group target focus? Yes, and there will be demographics that will be drawn to this field. Volunteers are diverse and there are chapters on diverse populations like pregnant, diabetic, older, obese, and how to modify instruction responsibly.
- B. Marketing to the community is needed since covid. Social Media marketing is impacted by influencers. Fitness marketing is taught every fall. Older people are Facebook, younger are Tik Tok. On Jan. 19, Tik Tok may be going away.
- C. Weight training is popular in high school. Weight training is very popular and pickle ball is getting popular again as well. The PE requirement for graduation is 1.5 credits, but Kelso requires 2 credits. Most students select it as an elective.

- V. **DATE OF NEXT MEETING:** Tentative Date for spring meeting: Monday, May 12 from 4:30 - 6 p.m.

- VI. **ADJOURNED:** 5:03 p.m.