Health & Fitness Advisory Committee Minutes

October 19, 2026 | 4:15 pm | HSB 235 and Zoom

Present:

Industry

Linda Krohn, Yoga Instructor, YMCA
Mary Stratton, Yoga Instructor, YMCA
Jenny Powell-Grosvenor, National Board-Certified Health & Wellness Coach
Chris Chou, Guided Programs Manager, Mt. St. Helens Institute

Education

Elena Boleyn-Ross, Faculty, Lower Columbia College
Merry Bond, Dean for Nursing, Allied Health, and Wellness, Lower Columbia College
Elizabeth McMullan, Faculty, Lower Columbia College

Recorder: Nicole Buffham, Staff, Lower Columbia College

I. Call To Order

Elena Boleyn-Ross called the meeting to order at 4:18 pm.

II. Introductions and Activity

Introductions were made, and participants shared a few facts about themselves.

III. Approval Of Minutes

The committee did not review minutes. Spring minutes were approved previously by 2 of 3 voting members.

IV. Industry Updates - An opportunity for group members to share

a. Facility Trends & Demographic Shifts (YMCA & Local Studios)

i. **Older Demographics vs. Younger Engagement:** The YMCA continues to see strong attendance among active older adults/baby boomers, but leadership is working to attract younger participants through new program formats and modified schedules (e.g., post-work evening classes, cycling/riding programs).

ii. **MOSSA Fitness Programs:** The YMCA trialed pre-choreographed MOSSA group fitness programs (30-40 min, high-tempo, weightlifting-to-music). While designed to offer efficient full-body workouts for younger demographics, instructors noted limitations including strict, non-modifiable choreography, a lack of tempo time for form/alignment corrections, and financial/certification investment costs.

iii. **Boutique Studios & Community Accountability:** Boutique fitness concepts (e.g., Urban Bungee, spin/cycle studios like Ride and Shine,

local barre studios) are thriving locally by fostering a strong sense of community, social media branding, and personal accountability.

b. Instructional Design & Visual Learning
    i. **Visual Aids & Tech Integration:** Elizabeth shared feedback from a student audit suggesting the integration of visual aids, infographics, and Pinterest-style visual workouts to engage younger college-age students (under 25) accustomed to visual digital media while catering to diverse learning styles (visual, kinesthetic).

c. Outdoor Recreation & Guide Services (Mt. St. Helens Institute)
    i. **Surge in Outdoor Demand:** Mount St. Helens Institute experienced unprecedented demand, selling out all June–September summit climbing passes by May. Continued interest in mountaineering and outdoor recreation remains high post-COVID.
    ii. **Demographic & Financial Barriers:** Guided summit participants tend to be older due to the high cost of specialized gear and guide fees. As a non-profit, MSHI aims to keep pricing accessible while maintaining safe staff-to-client ratios (typically 2 professional guides + 1-2 volunteer stewards per 10-12 clients).
    iii. **Lower-Intensity Field Seminars:** Growing popularity in lower-intensity educational field seminars, photo hikes, and day hikes led by subject matter experts.
    iv. **2030 Eruption 50th Anniversary:** MSHI is strategically building capacity toward 2030, anticipating massive regional and national public interest around the 50th anniversary of the 1980 eruption.

d. Health & Wellness Coaching & Insurance Reimbursement
    i. **CMS CPT Code Proposals (2027 Fee Schedule):** Jenny highlighted a major industry milestone: the Centers for Medicare & Medicaid Services (CMS) proposed CPT code pathways for health and wellness coaching in the 2027 fee schedule (final decision expected late November). If approved, this will enable coaching billing under licensed providers (as auxiliary personnel) and significantly expand client access and commercial insurance adoption.

e. Personal Training & Functional Alignment
    i. **Consultative Personal Training:** Increasing demand for short-term or consultative personal training, where clients seek initial assessment and customized exercise prescription to execute independently, rather than ongoing weekly hand-holding.

ii. **Functional Alignment Integration:** Emphasis on teaching fundamental movement patterns, postural alignment, and breathwork in group/private settings so clients can safely apply principles across all fitness modalities and daily life.

V. Education Updates

a. Curriculum (fall)

A detailed review of LCC's three current focused certificate programs (launched last fall to replace the previous general fitness certificate) and the proposed outdoor recreation certificate was given.

i. **Health Coach Program** - HC Program Link
Covers general health/food/fitness, online health & wellness, fitness marketing, cross-training or weight training, Pilates or yoga, First Aid/CPR, mind/body health, and culminating health & exercise behavior change. Focuses heavily on mental wellness, nutrition, and exercise. 'Mind and Body Health' currently has strong enrollment (~12 students). 3 strong students are on track to graduate with their certificate this year alongside their AA-DTA degree.
    1. **Action item:** Formally add NUTR& 101, Nutrition, as an approved course substitution for Food & Fitness to eliminate manual substitution waivers.

ii. **Group Fitness Program** - GF Program Link
The shortest certificate pathway. Shares foundational courses (fitness marketing, food & fitness, First Aid/CPR, cross-training, yoga/Pilates) and concludes with a practical group fitness teaching instruction course. The same 3 core students are currently on track to earn this certificate.

iii. **Personal Trainer Program** - PT Program Link
Includes a 5-credit Human Biology & Exercise anatomy foundation (offered in Winter) prior to Elizabeth's Personal Training Instruction course (offered in Spring). Note: The Survey of Anatomy & Physiology for Non-Nursing / Allied Health can serve as an approved course substitution. The same 3 core students are on track to complete this certificate.

iv. **Outdoor Recreation Program** - on hold - Outdoor Program Proposal Link. Current offerings include Winter Outdoor Skills (snowshoeing/skiing/snowboarding at White Pass with 4 lecture days covering avalanche/survival skills) and Summer Outdoor Skills (kayaking/paddleboarding/hiking). The proposed curriculum includes Food & Fitness, Wilderness First Aid (NOLS WFA certification), and a flagship 5–6-credit Outdoor Leadership, Team Building & Safety course. Chris Chou (MSHI) confirmed that students completing this certificate would be well qualified to serve as Assistant Guides. Key recommendations discussed:

1. Hospitality & Food Handler's Permit: Integrate hospitality/client care concepts and a Washington Food Handler's Permit into Food & Fitness / Outdoor Leadership, as hospitality is central to guiding.
2. Medical Certification & Progression: Note that Lead Guides require Wilderness First Responder (WFR - 80-hour course). NOLS WFA provides a strong competitive edge for applicants.
3. Equipment & Rental Logistics: LCC owns snowshoes and partners with Longview Pro Shop for rental discounts, but lacks a full gear rental program. Chris noted that MSHI is launching Winter Mountaineering 101 seminars, which could open opportunities for future collaboration.
4. Administrative & Living Wage Requirements: Program approval requires proving sustainable regional job demand and living wages. Regional gap: No community college between Portland and Evergreen offers an outdoor certificate.
5. The committee supported the further development and implementation of the new Outdoor Recreation Leadership Certificate.

v. **Student-Athlete & High School CTE Pipeline:** Discussed presenting certificate pathways at student-athlete orientations and coaches' division meetings (via Kirk) to capture student-athletes (e.g., baseball feeder teams) who take PE courses but leave without finishing credentials. Proposed attending high school CTE career days to promote certificates.

b. Facilities, Equipment, Technology (fall)

i. **LCC Facilities & Equipment:** LCC fitness center, equipment, and classrooms are currently in excellent shape for existing programs.

c. Student Success/Performance (spring)

i. **Advising & Enrollment Metrics:** LCC health & fitness program advisees increased from ~60 last year to 80 students this year. Fall PE enrollment is slightly down (typical seasonal trend), but Winter/Spring courses show strong interest.

d. K12 Updates

There were no K-12 attendees.

e. LCC Updates

i. **Course Offerings & Afternoon Pilot:** Winter Quarter features the Outdoor Snowshoe/Ski class and a newly revived Circuit Training class (first time offered in over 10 years). Spring Quarter will pilot a Yoga/Pilates combo class. To accommodate students taking core

morning classes (Math/English), Elizabeth is piloting afternoon activity classes to expand access beyond traditional morning slots.

ii. **Evening & Lunch Class Scheduling Strategy:** Ideal evening start times for working professionals and community members were discussed. While LCC offers Rock Climbing at 5:00 PM and Substance Use Disorder Studies classes at 5:30 PM, committee members noted 5:00 PM is often too early for working adults traveling from work/handling childcare, whereas 5:30 PM or 6:00 PM provides a better window. Exploring lunch-hour and post-work options at both LCC and YMCA.

iii. **High School Recruitment:** Plans are underway to market certificate options directly to local high school students during career day events.

VI. Old Business

The committee had no old business.

VII. New Business

The committee had no new business.

VIII. Upcoming Program Or Community Events

a. **YMCA Community Fundraiser** - Sound Bath Meditation: Efforts are underway to organize a 60–90-minute Sound Bath meditation event (using crystal/Tibetan sound bowls) at the YMCA as a community fundraiser, potentially paired with a gentle yoga or restorative session.

b. **Volcano Views & Brews:** In the Range of Fire and Ice with David B. Williams. Pub Lecture Series: Upcoming special event on Sunday, November 10th at Von Ebert Brewing, 825 N Cook St, Portland, OR, 97227. Featuring author David B. Williams discussing his new book, *In the Range of Fire and Ice: A Human and Natural History of Washington's Cascades*.

c. **MSHI Guided Programs & Winter Mountaineering:** Culminating guided climb season, launching Winter Mountaineering 101 instructional seminars, and expanding field seminars leading toward the 2030 50th Eruption Anniversary.

IX. Next Meeting: Monday, April 26, 2027 | 4:30 pm | HSB 235 and Zoom

Meeting end: 5:35 pm.

X. Resources

a. Advisory Committee Handbook
b. LCC: Professional-Technical Advisory Committees Meeting Minutes
c. The Carl D. Perkins Vocational and Technical Education Act, Public Law 105-332

d. College Advisory Committee Procedures
e. K12 CTE Advisory Committee Procedures
f. Terms:
    i. V-Code: Vocational (V) Code. This is tied to the certification code and dictates the K12 courses that a teacher is certified to teach. The teachers' education or industry experience is reviewed to determine the V-codes for certification.

    ii. CIP Code: Classification of Instructional Programs (CIP) Code. A federally accepted course and program code that identifies courses taught throughout the United States, this includes CTE courses. CIP codes are aligned to V-codes that clarify which courses the teacher has been certified to teach in K12. CIP codes are also used for reporting purposes from the district to OSPI and college to the SBCTC.