

Exercise Science Advisory Committee Meeting
Friday, December 14, 2018, 2:00 – 3:30pm
Highland Campus, Room 1306

Attendees: Pamela Soto, Ash Atwood, Paul Smith, Jennifer Wireman, Mendy Dimanoff, Carol Hirsh, Lauren Milius-Seeman, Jill Adams, Michele Melkerson-Granryd and Melissa Brown

Introductions - Pam Soto

Pam Soto(comment) – New Dean is very supportive of Exercise Science program.

Election of Chair and Vice-Chair (Pam Soto)– Chair and Vice-Chair may have additional obligations due to the accreditation process. Spring would be on-site visit. They will want to talk to advisory committee members, faculty, personnel and support staff. There may be more duties to the Chair position. Jennifer Wireman nominated herself as Chair. Unanimous vote in favor of Jennifer Wireman. Former Vice-Chair was Abraham who has left the college for a position in San Antonio. Jill Adams nominated herself for Vice-Chair. Unanimous vote in favor of Jill Adams.

Divisional Change Update – Pam Soto

Delayed meeting in July due to divisional changes. Personal Fitness Trainer used to be in the Health Sciences division. Exercise Science has now been under the Public and Social Services division for a full academic year. That change has caused a lot of confusion. 2015-2016 the department had 56 applicants; 16 completed entire process; 4 graduated. 2016-2017 the department had 51 applicants; 15 completed the process; 5 graduated. 2017-2018, 17 applicants the entire year; 7 completed the process and 5 graduated. Web based information was not updated. Summer 2018, zero applicants.

New Dean, Dr. Giao Phan (Pam Soto) – very supportive with the accreditation process; equipment purchases; MyZone equipment (Perkins Grant); calipers; blood pressure cuffs; storage unit. Exclusive to the faculty and students of the Exercise Science department.

New department web-site (Pam Soto) – Marketing took pictures exclusive to Exercise Science. Easier to navigate. Wants student gallery. Gallery of graduates. Wants to add videos. Need to contact someone at ACC for search engine optimization so that Exercise Science is easier to find. Touch base with Robert Ferguson. Designed via WordPress.

Name Change (Pam Soto) – Makes more sense. All about the study of exercise. Addition of Marketing class is a positive.

CAAHEP Update (Pam Soto) – All the Allied Health professions. Extensive process for accreditation. Everything for current Exercise Science department seems positive, only concern is retention and persistence. 70% is the standard/cut-off. There is a concern that current

statistics are less than that. If you fall under the standard, you have to address it or resolve it. Some students may start out wanting to pursue an Associate Degree and change their mind and decide to pursue a certificate, thus changing the stats some. Some students are part-time too, not pursuing their degree all at once. Students taking Exercise Science classes as electives, don't count in the 70% retention cut-off standard. Also, graduate placement rate has to be 80%. Not so fearful of that. Majority of those students are offered opportunities after graduation. Even self-employment is counted as job placement. If accreditation is achieved, an annual report is required that supports maintaining the standard. The Spring visit will be a two-day visit involving the faculty, staff and advisory committee members. Talk to students and graduates. Becoming accredited will be a positive when it comes to the website and search engine "hits". ACC would be only the 4th in the nation for accreditation status.

S.W.O.T.(Pam Soto) – strengths, weaknesses, opportunities, threats

Strengths – internships, curriculum strengths and competent faculty, new marketing poster, Marketing course, student/client working together, current students "shadowing" graduates, stackable certificates.

Weaknesses – limited class offerings, traveling, national accreditation, need to have central location, lack of website visibility; transition to PSS division has disrupted Exercise Science web presence.

Opportunities – 8-wk offerings, Hybrid/Distance Learning, increase web-based visibility and enhance search engine results. Encourage past graduates to link their websites to Exercise Science page. Social Media presence. Testimonies.

Threats – lack of program visibility; competition from online certifying avenues.

Paul Smith(comment) – Student health insurance seems to be spurring a lot of students to take classes. A student taking one class per semester qualifies for health insurance.

Michele Melkerson-Granryd(comment) – students want the program to give them their certification and not have to sit through an exam.

Jill Adams(comment) – not integrating the certification is better; not everyone may want it

Pam Soto(comment) – many students go for ACSM

Paul Smith(comment) – student exams are discounted as members

Michele Melkerson – Granryd(comment) – the consumer doesn't care if Personal Trainer is certified.

Jennifer Wireman – clients value education.

Pam Soto(comment) – encourages students to sit for national exam and explains why

FITT 1401 – Current NASM curriculum; Hispanic females are the most unsuccessful; highest “drop-out” rate; introductory course; The Essentials book; The Personal Trainer book; possibly too much information; essential physiology information; lab manual covers cardiovascular system; If there is a change with the book, students can be assigned readings from whichever book is not required. Possible 8-wk offering (?).

Miscellaneous: Paul Smith; FITT 2301 – Wellness Coaching; General Health education book; Students ask if the course will aid them in becoming a wellness coach. ACSM offers certification but it costs over \$1000. ACE offers Health Coach certification for only a couple hundred \$\$.

Teaching someone how to motivate someone else. Integrating the psychology portion of the course is definitely important. Keep stock course description but add addressing habits and other course objectives.