

## Exercise Science Advisory Committee Meeting Minutes

Date: June 26, 2020

Time: 3:00 – 4:00 pm

Attendees: Pam Soto, Ken Bloomer, Jen Wireman, Jill Adams, Paul Smith, Joan Klausner, Brittany Mariscal, Kyle Yarkosky, David Schulze, Marybeth Idoux, Michele Melkerson-Granryd

Absent: Ash Atwood, Mendy Dimanoff

*Agenda: Introduction of new members*

*Presenter: Pam Soto*

*Discussion:*

NEW MEMBERS: Dave Schulze – owner, operator and trainer at Focus Fitness; former student of ACC Exercise Science program.

Kyle Yarkosky – parent company, Exos; currently working for Capital Metro (1.5 year) as a personal trainer keeping the bus drivers healthy and happy.

Marybeth Idoux – works for Townlake YMCA.

Ken Bloomer – graduated from Exercise Science program in Summer 2019. Currently works for Austin Parks and Recreation with senior citizens. Pursuing Master's degree at Texas State University.

Brittany Mariscal – former ACC student and former employee. Currently works as a Coordinator at Northwest Family YMCA.

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*Agenda: Election Chair/Vice-Chair*

*Presenter: Pam Soto*

*Discussion:*

Jen Wireman nominated Ken Bloomer for Chair. He declined. Jill Adams nominated Marybeth Idoux. Jill Adams nominated Marybeth and Vice-Chair. Pam Soto nominated Jill Adams as Chair. Jen Wireman seconded. All present members voted and agreed. Jill Adams will be the new Exercise Science Advisory Committee Chair and Marybeth Idoux will be the new Exercise Science Vice-Chair moving forward.

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*Agenda: Accreditation Report*

*Presenter: Pam Soto*

*Discussion:*

- Self – Study visit in Spring 2019: current students and program graduates were interviewed.
- Two years of reporting is still needed
- There were six areas questioned:
  1. Program Retention Rate: overall rate is 74%; standard is 70%
  2. Graduate Satisfaction Rate: from Summer 2019, overall rate is 97%; standard rate is 85%
  3. Positive Placement Rate: overall rate is 90%; standard is 80%
  4. Performance or Culminating Experience
  5. Employer Satisfaction
  6. National Credentialing Exam Rate: overall rate is 100%; 1 ACE, 3 ACSM and 1 NSCA

Action Items:

Jen Wiremen asked about the standard for NSCA exam.

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*Discussion:*

- Declared Majors (institutional document)
  1. 108 declared Exercise Science (Sept-June)
  2. Compared to 79 in 2018-2019
  3. Only 22 completed application process
  4. 20% Completion rate
- Completed Departmental (internal) Applications
  1. 29 Submitted applications
  2. 15 completed all steps (course worksheets)
  3. 5 did not start program or changed majors
  4. Loss of 40% of applicants (minimal email responses from students when asked why they didn't pursue Exercise Science major)

*Action Items:*

- Email blast students who have previously expressed interest in the Exercise Science program in the past.
  - Ensure advisors are providing accurate information to students. Refer to Pam beyond advising session. (Ken)
  - How do Exercise Science stats compare to other similarly sized programs college-wide? (Kyle)
  - Is social media helping? (Jen)
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*Discussion:*

- *FMS (Functional Movement Screening) – tests clients' mobility and stability*
- *Paul Smith wanting to teach FMS standards within FITT 2409*
- *\$150 fee for students*
- *Excellent student benefits of implementing course material into current curriculum (Kyle, Dave and Jen)*
- *NASM incorporates FMS standards*
- *FMS is an add-on (Marybeth)*
- *Some current concepts will need to be removed from FITT 2409 and added to other courses in order to accommodate FMS concepts (Paul)*
- *Allocate 8 labs for FMS concepts (Paul)*

*Action Items:*

- *Follow-up with Dean about the fee implementation for FMS*
  - *Need to discuss how to structure FITT 2409 curriculum to include FMS standards (Pam and Michele)*
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*Discussion:*

- Instagram @ ACCEXsci

1. 65 followers
  2. We can follow your facility
- Transfer to St. Edward's University (Fall 2019): very good transfer achieved
  - Texas State University: acceptable
  - Concordia University: in progress
  - Departmental website: wanting more robust content using pictures of Advisory Committee members. (All agreed.)
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*Agenda: Completions*

*Presenter: Pam Soto*

*Discussion:*

- Summer 2019: 1 AAS degree, 2 PFT Certificates and 1 FS Certificate
  - Fall 2019: 1 PFT and 6 FS Certificates
  - Spring 2020: No awards
  - 7 student interns slated for Summer
  - 3 students decided to go a different direction
  - Remaining students will not be able to complete program until Spring 2021
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*Agenda: Miscellaneous*

*Presenter: Pam Soto*

*Discussion:*

- Virtual training
  - Home object workouts – compensate and accommodate
  - The personal training industry is evolving for COVID19.
  - Comments: good idea to discuss virtual training
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Meeting adjourned at approximately 4:00pm