**Victor Valley College Advisory Committee Minutes**

Fitness Specialist - Personal Trainer Certificate

School Year: 2022-2023

Meeting Date/Time:

February 7, 2023, 7:00 PM

Meeting Location: Zoom

Meeting Facilitator: Debby Blanchard, VVC Kinesiology Department Chair, Originator of the Certificate, Professor

**Attendees**

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| George Mangum  Director of Clinical Fitness-Heritage Victor Valley Medical Group  gmangum@hvvmg.com  760-403-3449 | Alicia Monge  Founder and Personal Trainer- Monge Fitness  aliciamonge02@yahoo.com  760-927-0085 | Randy Sausser  Fitness Trainer-Heritage Victor Valley Medical Group  Rasausser@gmail.com  760-508-6067 |

1. Greetings and introductions
2. Reviewed narrative.
   * Review of Program Goals and Objectives.
     1. The Fitness Specialist/Personal Trainer Certificate Program is designed to prepare students for employment as fitness instructors and a career in the rapidly expanding health and fitness industry. The curriculum has been designed to equip the student with the scientific background, both theoretical and practical, to successfully customize a comprehensive fitness program that include education and guidance on nutrition, weight control, exercise physiology, flexibility, core strength, cardiovascular exercise, and resistance training.
     2. There is not current required certification to become a fitness specialist or personal trainer however this certificate provides a foundation that will give students a leg up in the hiring process. In addition, this coursework will prepare students for industry driven standards and future exam certifications in personal training and take exams offered by the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM), the National Academy of Sports Medicine and an exam certification in Group Fitness with Athletics and Fitness Association of America and other nationally recognized organizations.  Finally, this program will prepare students for transfer to a university to pursue a higher degree in various areas of study.
   * Reviewed Catalog Description.
     1. The Fitness Specialist/Personal Trainer Certificate is designed to prepare students for employment as fitness instructors and a career in the rapidly expanding health and fitness industry. Students will gain academic knowledge and fitness skills through the required coursework, as well as develop the skills necessary to apply this knowledge in a vocational setting. The curriculum has been designed to equip the student with a scientific background, both theoretical and practical, to successfully customize fitness programs that include education and guidance on nutrition, weight control, exercise physiology, flexibility, core strength, cardiovascular exercise, and resistance training. Students will be prepared to pass national certification exams in health, fitness, strength, and conditioning, and the program will prepare students for transfer to a university to pursue a higher degree in various areas of study.  It is primarily geared toward preparing students to successfully obtain certifications from NASM, NSCA (for personal training), or ACE (for group fitness instruction), and to develop a comprehensive knowledge of scientific evidence, tools, and protocols specific to the fitness industry.
     2. Discussed purpose of the certificate.
   * Discussed the benefits to the students which will benefit the community.
   * Reviewed the courses required for the certificate.
     1. 10 Required Courses (23 units total)
     2. Discussed “suggested courses” on the certificate.
     3. Discussed Biology 107 and what it covers.
     4. Discussed the nutrition requirement and how it was a good requirement.
     5. Discussed athletic training courses and the athletic training lab.
   * Discussed how many students would complete the certificate.
3. Reviewed Enrollment and Completer Projections
   * Discussed how many and which students would be completers. It was identified that a diverse group of students would be served by this certificate. It was also discussed that athletes, nursing students, and Kinesiology majors would be good candidates.
4. Reviewed place of program in Curriculum/Similar Program
   * Identified how no other program is offered that is similar.
5. Reviewed similar programs at other colleges in service area.
   * It was noted that Victor Valley College is the first to offer this certificate in the high desert.
6. Vote to approve the Fitness Specialist: Personal Trainer Certificate
   * The vote was unanimous in favor of approving the certificate (3-0)

Debra Blanchard 2-7-23