

PILATES PROFESSIONAL TEACHER TRAINING CERTIFICATE
Advisory Committee
Meeting Minutes

May 8, 2019

Facilitator: Professor Karol Ritz

Members:

Amy Nakamura (Dance Dept. Chair, Pilates Certified)

Pat Lefler (Dance Professor, completed the Phase I Pilates Certificate)

Grace Hanson (Director, Disabled Student Programs & Services, Mt. SAC)

Carol Cugno (Local business owner & completed Mt. SAC Pilates certificates)

Michelle Shear (Dance Professor at Mt. SAC & Dance Director)

Karol Ritz (Dance Professor, Pilates Program Coordinator & double certified in Pilates)

Brenda Prokop (Local studio owner: Pilates 66 in Glendora)

Members Present for meeting: Carol Cugno, Brenda Prokop, Karol Ritz, Michelle Shear.

AGENDA ITEMS & DISCUSSION:

1. Committee Membership Changes: Karol went over membership updates. The following past members are no longer on the committee: Chris Baltes passed away from cancer last Fall 2018, John Vaughan is now Dean at Citrus College and asked to be removed because of time constraints, Stephanie Gasparo has not attended or responded to contacts for several years. New Member, Brenda Prokop has joined the committee. She has a diverse background in Pilates with multiple trainings including both of the Mt. SAC Pilates certificates and she is currently owner of Pilates 66 (a studio in Glendora).
2. Current Pilates Certificate student status: Karol discussed the current group going through the certificate in Mat & Reformer. The group is currently completing the last semester of the certificate. At the beginning of this three semester program, we started with 28 students (our largest group yet!), and since the maximum enrollment is 20, we started with a good buffer to offset attrition. It appears 20-21 will complete the certificate at the end of this semester.
3. Certificate Courses in Four Year Review cycle: Karol explained that six of the certificate courses are up for review as part of the normal curriculum process. Those courses are: DN-T 27, DN-T 28, DN-T 29, DN-T 30, DN-T 32, DN-T 34) Karol discussed that there were no major changes to the courses, only a little clean up in terms of integration of the course outline of record. Karol gave examples. The committee approved the four year process of checking integration for clarity.
4. **Status on State approval process:** Karol reported that she is continuing to work on the process and handed out hard copy documents that she has worked on: Program Narrative information and Labor Market Research

results. There were no concerns. Submission for regional and state approval will be completed by summer 2019.

5. Updates on Pilates brochure: Karol informed the members that she has updated the text portion of the brochure but is hoping to have new pictures taken to replace the old ones before having it printed. Michelle Shear has been helpful in suggesting the Mt. SAC photo department students. Karol sent an email to the teacher to request a collaboration, but hasn't heard back yet.
6. Promotional Activities for the Pilates Programs: Karol went over and the members discussed the following:
 - Use of Pilates promo tape: High School Dance Day, Yearly Dance Informal Performance in the theater, U tube, Facebook, Mt. SAC Dance website, and sent to dance instructors to show in their classes first week of semester.
 - Updating the Pilates Brochure format and pictures
 - New snapshots of the certificates, laminated (courtesy of Michelle Shear)
 - Update the glass case and bulletin boards outside the Pilates classroom
 - Suggestion from Brian in division marketing for a postcard version of the certificate information.
7. Current trends in Pilates: The members had a discussion about the trend in group Reformer classes and the specific philosophy of studios such as Club Pilates. The committee is concerned how this new focus may impact the Pilates industry both in terms of how it can provide more jobs for teachers and allow lower pay rates for clients (encouraging more people to try Pilates), while at the same time possibly de-value the importance of the emphasis on the Pilates concepts and principles and the importance of one-on-one private training.

General member suggestions: A lively discussion ensued with the following ideas: the use of Instagram to communicate with students on a regular basis for information about Pilates and communication with campus counselors to ask them to suggest Pilates as a way to reduce stress.

The meeting began at 1:15 pm and adjourned at 2:40 pm.