**Industry Partner Meeting: Fitness Specialist Certificate (FSC) Program**

October 2nd, 2:30-3:30pm

SV 228

**Minutes**

1. Welcome, introductions
   * In attendance: Erin Calderone (Faculty – Kinesiology GCC), Jesse Garcia (Faculty - Kinesiology, GCC), Emma Sanchez (CTE, GCC), Maclain Jewett (Lacrosse Coach, GHS), Christine Clark (Function & Fitness), Bente Smart (Crunch Fitness), Junko Nakayama (ATC/Sports Medicine, CV Highschool), Freddy Saucedo (Associate Dean – CTE, GCC) Yvette Ybarra (Faculty – Kinesiology, GCC), Jon Gold (Division Chair – Kinesiology, GCC) Tawna Hutchinson (PIT-Fit), Narineh Makijan (GUSD), Nathan Alas (Fitness Specialist Student), Grace Lee (Fit4Mom – La Crescenta), Jason Plourde (Faculty – Kinesiology, GCC), Teri DeSales (Club Director, Forza 1 Volleyball), Reba Wek-Lake (Kinetic Spark Fitness).
2. Overview of current program
   * Refer to associated googledocs file for FSC program outline effective Fall 2019.
     1. Nutrition and business electives: HLTH 128 is focused on nutrition for exercisers and preventing chronic disease – but not specific to sports nutrition per se; fueling for sports may need to also be covered in the new coaching theory course. Group recommended collaboration with Business department -sales, small business requirements, marketing, social media.
     2. Tawna: nutritional education across all populations is needed especially with weight loss, perimenopause and nutritional/hormonal considerations. Highest proportion of clientele are often middle-aged women with unique nutritional needs. Erin: this could be integrated into KIN 158 Fitness Training for Special Populations.
3. Industry trends: format, equipment
   * Tawna/Christine: small-group personal training is a popular format – 2-8 people. Trainers need skills implementing personalized programming in a group setting.
4. Desired skills/qualifications for employment
   * Grace: social media skills, familiarity with software tools and apps for nutrition and activity tracking.
   * Tawna/Christine/Bente/Reba: Soft skills are highly needed. The ability to create an experience, add personalized touch (i.e. sending handwritten birthday cards), asking open-ended questions, maintaining accountability, motivational interviewing (Reba recommended book: Motivational Interviewing in Nutrition and Fitness – Clifford/Curtis ISBN: 9781462524181) Knowing how to talk to people and ask the right questions.
   * Bente: Communication skills are often lacking. The ability to communicate knowledge of training and nutrition principles, and talk about their own passion is important for the interview. Having the certifications from Precision Nutrition or PTA Global is very helpful with coaching clients for behavioral change.
   * Teri DeSales: Mindfulness in coaching, sports psychology is so important for both coaching certificate and for fitness specialist.
   * From Notes: HIIT, TRX, HR monitoring systems, body composition tools such as InBody, behavioral coaching.
   * Erin: We are also looking into developing a Health/Wellness Coaching Certificate/AS degree and getting program approval from the NBHWC.
   * Discussion regarding nutritional guidance for personal trainers and scope of practice. General guidelines from NASM are that dietary programming (providing specific, individual diets or supplementation recommendations) is under the scope of the RD only. Fitness professionals/nutritionists can provide nutritional *education and coaching* for individuals and groups.
5. Fitness/Kinesiology Convention – planned May 16th 2020
   * Group expressed interest – more information will be sent out as planning continues.
6. New curriculum development:
   * Fitness Specialist AS degree
     1. Yes = 6
     2. No = 0
     3. Abstentions = 0
   * Sports Coaching Certificate/AS degree
     1. Yes = 5
     2. No = 0
     3. Abstentions = 1
     4. Comments: N/A to hiring at fitness facilities
   * Health-Wellness Coaching Certificate/AS degree (with program approval from NBHWC)
     1. Yes = 6
     2. No = 0
     3. Abstentions = 0
     4. Comments: Definitely needed.
7. Discussion and questions
8. Adjournment