**SAN DIEGO CITY COLLEGE**

**Fitness Specialist Certificate Program**

**Advisory Board Meeting**

**Conference Call**

**March 30th, 2020 2:00pm**

**Meeting Minutes**

**PRESENT:**

**INDUSTRY SPECIALISTS**

**Elizabeth Marino – Fitness Manager, 24 Hour Fitness Horton Plaza**

**Denver Warth – General Manager, 24 Hour Fitness Point Loma**

**Karen O’Lone – Owner, Intentional Movement San Diego (Graduate of FS Program)**

**Audrey Hillman – Health and Wellness Director, Peninsula YMCA**

**Piikea Fischer – Personal Trainer and Internship Mentor, Hillcrest Athletic Club**

**Michelle Chicarelli – Manager City of San Diego Parks and Recreation (Student in FS program)**

**Kalina Cardoso – Personal Trainer, Life Coach**

**Dinorah Cely-Hinds – Personal Trainer, Mission Valley YMCA (Graduate and Tutor of FS Program)**

**SD CITY COLLEGE FACULTY**

**Ellen Turkel – Pro-rata Instructor**

**Allan Rivera – Professor**

**Gabi Hogan - Professor**

**Andi Milburn – Professor, FS Program Director**

1. **CALL TO ORDER.** The meeting was called to order at 2:00pm. Andi Milburn welcomed everyone and thanked them for attending with such short notice and during this challenging time (due to the coronavirus). She informed everyone that the reason for this spring meeting was to discuss some emergent information relative to possible curriculum changes that needed to be made in a timely manner.
2. **APPROVAL OF MINUTES.** The minutes from the December 2019 meeting were reviewed and approved.
3. **AGENDA ITEMS.**

**A. Possible change of program name** – Program Director Andi Milburn shared that City College was considering a program name change from the “Fitness Specialist” Program to the “Personal Trainer” Program. She indicated that it would be in an effort to bring the program into alignment with the other programs in the district at Mesa and Miramar but wanted to hear what the board felt the pro’s and con’s of such a name change would be.

* 1. Members discussed several potential positives and negatives
     1. Pro: Increase Enrollment – “Personal Trainer” is a more widely used term, everyone knows what a personal trainer is, but few are familiar with the term “Fitness Specialist”. This change may help when potential students are searching the internet for programs.
     2. Con: All Encompassing – The term “Fitness Specialist” is an umbrella term that encompasses positions such as personal trainers, group fitness instructors, wellness coaches, strength coaches, etc. Students that don’t want to go specifically into personal training might be turned away.
     3. Pro: Consistency/ Alignment – Since Mesa and Miramar call their programs “Personal Trainer” there would be less confusion for students that are taking classes for the program at different campuses within the district.
     4. Pro: Resume Builder – This would make the curriculum of the program clearer to those that are screening job applications or resumes and are not familiar with the term “Fitness Specialist”.
     5. Con: Program reputation/background – The Fitness Specialist Program at SD City has always been a very respected program within the San Diego Fitness Community. It would take a little work to educate every one of the changes, so they know it is still the same program, not a new one.

b. Kalina Cordoso motioned to change the program name to “Personal Trainer” Program.

Karen O’Lone 2nd

Vote: (Passed) Unanimous

**B. Change of Nutrition course requirement** – Nutrition Program Coordinator Gabi Hogan proposed a change be made to the nutrition course required for completion of the Certificate of Achievement. A few years ago City started offering a 3 unit transferrable Nutrition and Fitness course (Nutrition 170) which covers in more depth all the course content included in our current 2-unit requirement, EXSC 284: Fitness and Sports Nutrition. So many students have elected to take this course and petition for course equivalency that enrollment in the 284 course has dropped so drastically it has been cut due to low enrollment several semesters.

* + 1. Discussion- Members asked if there were any drawbacks to students taking the Nutrition 170 vs. the traditional 284 and none were given aside from the course being an additional unit (which means more time in class, more course requirements and the cost of an additional unit of enrollment). Everyone agreed that this course offers students more flexibility moving forward if they transfer to a 4 year University and the potential to have a better understanding of nutrition which will be useful as they begin to work in the industry.
    2. Piikea Fischer – Motioned to change the nutrition requirement to Nutrition 170

Karen O’Lone 2nd

Vote: (Passed) Unanimous

**5. NEXT MEETING.** Andi Milburn thanked the committee members for attending this emergency meeting. She

shared that the next meeting will be held in early October of 2020.

 **6. ADJOURN.** The meeting was adjourned at 2:37 pm.