

**Fitness Professional Meeting Minutes**  
**4/18/12 Wednesday**  
**at 1:30-3:00pm, building 1, room 101**

1. Introduction

Luis Torres – owner of Fithab, Personal Trainer, Masters of Kinesiology – exercise physiology

Matthew Lew – professor at SFSU (exercise physiology)

Graham Betchart – Fitness Manager, 24 hour fitness in Millbrae, MA in Kinesiology

Cindy Jimenez – Athletic Trainer

Ana Miladinova

Linda Hayes – Dean of Business Workforce Development and Athletics

2. Updates of the Fitness Professional Degree and Certificate

Fitness Professional Degree and Certificate updates: We have removed Vocabulary of Exercise Physiology but increased the units from two to three units in KINE 245 to add more practical application. We have also added Introduction to Kinesiology and Business classes as part of the selectives for the fitness professional. We have changed the content and name of KINE 308 to serve the fitness professional students.

A new degree and clear transfer degree in Kinesiology was also created at Canada College which brings diverse students to the college

a. Courses Improvement Suggestions

Suggestions:

- Remove CPR but put a disclaimer that CPR is required to graduate and it can be taken any place that offers CPR education.
- Add Computer Application Part II as a substitute so students can chose between the two courses: Computer Application Part I OR Part II since we might have students with more advance skills who are able to take Computer application Part II
- Get a guest lecturer in KINE 251 and add more practice in interviewing, establishing good communication and motivation with the client, developing real world skills.

- b. New Courses Suggestions
  - i. Add a Sports Psychology or Peak Performance Improvement
    - Besides the Fitness Professional Students, the student athletes can also take the course.
  - ii. Perhaps add one more unit of internship (total of two units) in the Fitness Professional Degree
- c. Other recommendations
  - i. Ask students for feedback (whether the course was applicable in the fitness industry) on the following courses: COMM 130, BUS 395, 396, 397 and 150
    - Maybe do a survey and email previous students asking them for evaluation of the courses above.

### 3. Internship Process Suggestions:

- Allow student to take and complete COOP 672 at any time during the semester.
- Ana Miladinova will take the load and become the instructor for COOP 672 so that we can make some changes and create a clear pathway and guidelines so student are clear on what they need to do during the internship.
- An internship booklet was presented and the committee liked the idea and added some suggestion in the booklet.
  - The idea is that students are exposed to many types of training and shadow/observe/critique various trainers during their internship. By critiquing and observing, the trainers one to one and group exercise classes, the student learns from the trainer/instructor and tries to apply skills when they have actual one to one session.
  - It is up to the internship site to decide whether the interns can work directly with the client and offer personal training introduction session.
  - Canada College has a certificate of liability insurance so students are insured through Canada College.
  - One unit of internship is 60-72 hours of work for the student. Within the internship the student and supervisor work closely together to establish five objective that need to be met when internship class is completed.
- Prerequisites such as KINE 250, 251, 245, 308 are necessary to start the internship. The student needs to complete at least two courses mentioned above in order to start and internship class.