

Fitness Advisory Board Meeting
October 25, 2018
11 a.m. – 12:30 p.m.
DACC, Mary Miller Room 133

Attendees:

Dave Kietzmann, DACC
Kathy Sturgeon, DACC
Marcie Wright, DACC
Missy Simpson
Kasey Moore, Sculpt Fitness
Rachel Fenner
Nancy Allen, DACC
Dawn Nasser, DACC
Stephanie Potts, DACC
Cristin Prince, DACC
Laura Williams, DACC
Sarah Jones, YMCA
Virginia Pruitt, YMCA
Holly LeMier, DHS
Erin Griffin, DHS
Paula Cruppenink, DACC

Welcome – Kathy Sturgeon

- Networking important for students in the fitness program to secure positions in the field.

Introduction of members.

- Dual Enrollment and Community Education Opportunities
 - High school student can earn high school and college credit simultaneously. The state has removed requirement for fitness component at college level; because high school students are required to take fitness courses, a good fit for the dual enrollment component.
 - DACC making connections with business members. (See attachment) possibility of increasing enrollment numbers as well as a recruiting tool for gyms. DACC willing to waive tuition and course fees; only pay \$20 processing fee. DACC also receives state apportionment. Courses have requirements. Coordination between gym and DACC. Orientation needed. Kyle instructor of record. Learning outcomes in Blackboard shell. All course requirements done at gym rather than DACC facilities. Seeking potential interest. Serving as a pilot; if successful, yoga, pilates, etc. could be possibilities. Offerings could be expanded. YMCA and Casey Moore in Hoopston.

ACE Personal training Exam Requirements

- ACE Requirements to sit for Exam:
 - Students must be at least 18 years of age.
 - Students must hold a current adult cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) certificate including live skills check.
 - Students must have completed high school (or the equivalent).

Curriculum Guide

- One year Program
- Personal Training I: Client Centered Exercise Prescription
- Personal Training II: Exercise Science for the Fitness Professionals (Basic Anatomy
 - Getting students to think outside of testing and into real life; the exam is more simulated; open for suggestions; students not understanding the question base; suggestion made to use more visual aids; doing more role playing geared towards the questions; get more hands on with the students; inquiry made about tests given in the class; tests in class are modeled closely to the exam. Take them to the fitness center and have them discuss with those working out issues, creating more of a clinical environment for the students' learning.
- Personal Training III: ACE Personal Training Capstone

Textbooks Used for classes

- *Client-Centered Exercise Prescription*, Third Edition, John C. Griffin
- *ACE Essentials of Exercise Science for Fitness*
- *Barron's E-Z Anatomy and Physiology*
- *American Council on Exercise Personal Trainer Manual*, Fifth Edition
- *ACE Personal Trainer Manual Study Companion*, Fifth Edition

ACE Testing Domains

- Domain I: Client Interviews and Assessments(31% of old exam; 23% of new exam)
 - Students learn to create a credible and trusting relationship with clients to obtain relevant health and lifestyle information necessary for successful program design and outcomes.
 - Labs: Client interviews, obtaining questionnaires, and determining risk stratification as well as identifying the need for medical clearance and referrals. This domain also includes client behaviors, exercise preferences, and goals.
- Domain II Program Design and Implementation (33% of old exam; 31% of new exam) covers how to create client programs that focus on healthy lifestyles through the development of individualized physical activity, nutrition, and education necessary to improve and maintain health, fitness, weight, body composition, and metabolism.
 - Labs include: Interpreting the results of the client interview, and assessment of data, defining program goals and design safe and effective exercise and lifestyle

programs. As well as apply appropriate exercise parameters such as frequency, intensity, duration and type.

- Domain III Program Progression and Modification (19% of old exam; 26% of new exam): This section covers how to monitor and modify programs designed to improve health, weight, body composition, and metabolism, and maintain client adherence.
 - Labs: Recognition and respond to lapses in program adherence by identifying barriers and help establish and implement support systems and/or solutions. We also discuss routinely evaluating client exercise program through using assessment data, observations, client feedback to progress and modify programs as needed.
- Domain IV: Professional Conduct, Safety and Risk Management (17% of old exam; 20% of new exam) covers how to fulfill responsibilities through continued education, collaboration and awareness of professional standards and practices necessary to protect clients, stakeholders, and the personal trainer.
 - Labs: Apply risk management strategies in accordance with recognized standards, guidelines, laws and regulations to protect the client, personal trainer and other relevant parties in order to reduce risk of injury and liability.
- Inquiry made about purpose of the course; purpose clarification made that there is a dual purpose: 1. Ability to pass the fitness training exam 2. To become a viable personal trainer
- Assessments gaining client trust
- Importance of confidentiality, verifying correct program and knowing when to have a doctor's waiver; learning client behavior, focusing on healthy lifestyles, educating clients (e.g. diabetes, etc.), maintaining healthy body composition, identifying red flags, applying appropriate exercise programs
- Assist clients to maintain healthy body metabolisms, forming support systems for client, increase the statistics of clients quitting the gym after 3 months, talk to the client and establish relationship
- Laws – Negligence, liability, CEU's
- Must have 500 points or more to pass; results not shown to students; each question has different point amounts; 150 questions multiple choice; 3 hours to take the test; tough exam

ACE personal Trainer Pass Rates

- Spring 2017: 12 took the class 4 took the exam 2 passed (ACE Course only)
- 2017-2018: 4 took the classes 3 took the exam 2 passed
- 2018-2019: 4 students currently enrolled

- Practice exams online an effective tool; the fee for them is minimal and they are very good tools for success

- Exam can be taken again if failed; fee must be paid; no set time for re-takes; Kylie recommends a month
- Exam fee paid the first time for the exam
- Inquiry made as to why students are not taking the exam but are taking the class. Not known. Possibility of their not being prepared. Students realized how difficult personal training is along with the exam and certification. Online options with open book are available; competition for our program. Our program is quality.

Break-out Sessions (Questions below)

- How do you suggest that we market this program to boost enrollment?
- Based on your experience, what do you suggest that our program should focus on to assist more students in passing their personal training exam?
- We are having issues getting test results as far as how well students do in certain domains of the exam, what strategies would you suggest for gathering information of student strengths or weaknesses with the exam? Kylie has already asked ACE to consider a record keeping that breaks down performance by domains to assist instructors.
- Is there a class, lab, or skill set that you are looking for when you are hiring personal trainers that would assist students to be better prepared when they enter the field other than what is being offered?

Closing Remarks – Kylie Dryer

Meeting was adjourned