

PROGRAM ADVISORY COMMITTEE SELF EVALUATION

Program Committee Name: Fitness Training

Advisory Committee Members

Division Chair: Rodger Bates

Committee Chair: Marisa Hastie

Advisory Chair: Amy Freeman



Committee Review Date and Time: December 13th, 7:30am

Instructions: Please fill in your response to each question in the yellow section, which will expand to accommodate the data you type in with the Autofit feature. When the form is completed, please forward prior to the interview, to:

Phoebe Anderson at Cooperative Education LCC19 231 or andersonp@lanecc.edu.

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Committee Accomplishments

- 1 A. *Describe your advisory committee and what types of businesses or organizations*

are represented in your committee. How many in your Committee? How often do you meet?

The Professional Fitness Training Program advisory committee has expanded greatly this year. It was our goal to assemble a group that was representative of the fitness industry and the many diverse job opportunities in this field. Our committee consists of professionals from different educational institutions (high school, community college, and 4 year institution), research laboratories, corporate fitness programs, local fitness and health clubs, commercial fitness equipment sales, physical therapy centers, fitness and recreational management, small businesses, senior fitness programs, recreational and intramural sports programs, and outdoor pursuits programs. We have also included two student representative positions on our committee this year. One word to describe our committee would be "passionate". They are passionate about health and fitness, developing opportunities for young professionals, improving and contributing to our profession, and about the value of education. Our committee meets once each term, and as needed for sub-committee projects.

- 1 B. *What are 3-5 outcomes that have been accomplished by your committee?*

1.) Create an opportunity for students to learn skills in group exercise instruction. 2.) Review critical equipment needs to maintain state of industry standards 3.) Expand committee membership to include additional areas (e.g. rehabilitation, health services, equipment manufacturers, wider representation from corporate fitness, etc.)

- 1 C. *How did the advisory committee help with achieving those goals?*

1.) One area for improvement that was identified by our advisory committee was the need for learning opportunities in group exercise instruction. Last year we added a Special Topics course in group exercise instruction that was taught by one of our community advisory committee members. This class was very successful as an introduction to instructing large groups in a variety of fitness practices. We plan to offer this course again and possibly expand it in the future. 2.) Our advisory committee continues to give us feedback on new equipment that is being used in their businesses as well as in the industry. As faculty, we are then able to provide training for our students with this equipment. Our students are skilled in operating a variety of different types of equipment: strength and cardiovascular, rehabilitative, metabolic, nutritional software, gait analysis, etc. With the assistance of Carl Perkins funds, we have been able to purchase some of these pieces of equipment to stay current with industry standards. 3.) Committee members from last year assisted with recommendations for additional areas of representation. Some also assisted by making specific recommendati

- 1 D. *Describe your committee efforts in developing and generating community support.*

This year's effort in expanding our committee has raised awareness in the community about the quality of our program. One of the goals for this next year that our committee has developed is to increase student participation in regional and national industry conferences. This will also help to generate community awareness and support. In addition, many of our committee members support our program by being a cooperative education site for our students. This support is vital to our students' continued success.

- 1 E. *What do you think are the committee members' strengths and weaknesses?*

In the past, our advisory committee did not meet on a regular basis. However, the committee members still stayed directly involved with our program in a number of ways. Throughout the year, contact and communication was maintained through class field trips at local facilities, individual tours for students at local facilities, committee members serving as guest speakers for program orientation and core course presentation, committee members informally provided consultation regarding industry practices, students participated in Cooperative Education internships at local facilities, and on-campus visits. These examples all point to the level of commitment to our program on behalf of our committee members. While these informal contacts will continue, the committee has chosen to meet each term this year, with additional subcommittee meetings as needed.

Committee Involvement in Planning and Design

- 2 A. *What are the committee's strategies for keeping your program "state of the industry"?*

Our advisory committee provides input regarding current fitness industry practices and business trends. This information is collected in a variety of methods (e.g. formal meetings, on-site visits, phone conversations, e-mails, etc.) Our program faculty also have direct observation of various worksites through Cooperative Education site visits. This information is periodically analyzed by program faculty to assess the efficacy of our curriculum. The committee members also observe individual program students' performance, as many internship placements are at the committee members' worksites. This exchange of information is a vital part of the committee's role in determining program effectiveness. Our committee members also belong to a variety of professional organizations and attend regional and national conferences yearly. This provides an excellent opportunity for networking with colleagues that are not in our immediate area. It is also important to note that through the help of Carl Perkins funds, we have been able to purchase some state of the industry equipment. The skills our students learning by utilizing this equipment is one of the factors that makes them so

- 2 B. *What staff development does the committee suggest your staff needs to meet future program skill needs?*

The committee would like to see our faculty stay active in national and regional professional organizations. This will serve to keep faculty educated on current fitness trends and the knowledge, skills and abilities that employers are currently seeking.

- 2 C. *What are your committee's involvement in planning and design of the program?*

The committee is involved in numerous aspects. One of their primary contributions is through the suggestions for curriculum additions after observation of our students in cooperative education sites. As supervisors in the fitness industry our committee members are very in touch with the skills needed to be marketable and employable in this field. Committee members bring suggestions to the faculty who then discuss where to implement the changes. We have also had committee members teach these skills in courses here at Lane.

Gender, Disability Adaptation & Diversity

- 3 A. *How has your committee encouraged gender balance and diversity in your program student population?*

Our committee consists of 11 females and 10 males. I believe the gender balance in our committee represents our desire to maintain gender equity in our program and in the cooperative education sites. In the 2003-2004 academic year, the Fitness Specialist program was 51% female, 15% minority, and 77% were considered to be special population. The Division of Health, Physical Education, and Athletics provides adaptive exercise and assessment equipment in both the FEC and TERP to accommodate students of all physical abilities.

- 3 B. *How do you assist students with special needs to successfully reach program outcomes?*

The Instructional Assistants that we are able to hire with Carl Perkins Grant money are key in addressing special needs. We provide additional study sessions and tutoring through the assistance of these individuals. Our Instructors have also shown incredible willingness to be available early mornings, evenings, and weekend hours to meet the needs of all of our students. We take all steps necessary to meet any additional needs a student might have in order to help them to be successful in our program.

Program Demand/Enrollment

- 4 A. *What are the national projections and how are you dealing with this? What does your committee say about these and local needs?*

The Bureau of Labor Statistics' Occupational Outlook Handbook November 2004 Edition states that, "Overall employment of recreation and fitness workers is expected to grow faster than the average for all occupations through 2012, as an increasing number of people spend more time and money on recreation, fitness, and leisure services and as more businesses recognize the benefits of recreation and fitness programs and other services such as wellness programs." It is also noted that work-based learning as a component of postsecondary programs is the most significant source of education and training for fitness-related careers. Our committee agrees with these projections and sees the Northwest as an area that will exhibit this pronounced increase.

- 4 B. *Describe the enrollment trends and capacity in your program?*

Currently the enrollment capacity in our program is limited to 30 students per graduating class (i.e. 30 first year students, 30 second year students). Up until this year, we were yet to reach full capacity. This Fall we accepted 30 students for the first time. We anticipate applications to our program to increase consistently over the next few years. Student retention is also very important and our faculty strive to maintain the class of students we have throughout the two years. Awareness of our program is growing and we expect that as the profession grows, so will the desire to attend a nationally recognized program. We are expecting more applications than previous years for the Fall 2006 school year and hope this trend continues.



Placement/Employment

- 5 A. *How would your committee rate the exit math, writing, and interpersonal skills of students who complete your program?*

Our committee feels that overall our graduates are very knowledgeable and valuable in the workforce. Each year we see an increasing number of requests from local businesses for employee recommendations. One area that our committee has identified for improvement is our students' ability to market themselves and their skills in both written and verbal form. Our faculty is currently finding ways to improve this in our curriculum and will re-evaluate at the end of this year.

- 5 B. *How does your committee know that the students are graduating with the appropriate skills and level needed by the employers?*

As employers in our community, our committee members bring first hand knowledge of the needs they have for their businesses. Their requests and suggestions help our faculty to tailor our curriculum to meet the current needs of the industry. In addition, our program is the only college in the state of Oregon to be certified by the American College of Sports Medicine (the most prestigious and well respected exercise and health science organization in the U.S.). ACSM requires specific knowledge, skills and abilities be taught and assessed in programs that bear their endorsement. Our students undergo rigorous testing to assess these areas and upon graduation are able to demonstrate all of these desired skills.

- 5 C. *How does your committee follow-up with your graduates or transfers?*

This is an area that needs some improvement. Currently this is an informal process that needs to be developed. We do keep in touch with our graduates through the businesses they work at in the community. Many of our students find jobs in their cooperative education sites. Our committee will continue to work on developing this area.

- 5 D. *What are the outcomes (placement rate, transfer, etc.) of those students who participate in your program? How is your advisory committee involved?*

Many of our committee members also offer cooperative education sites in their businesses. This often becomes a permanent employment opportunity for many of our students after graduation. In addition, our faculty communicate regularly with area businesses about their employment needs. The faculty are then able to recommend our graduates for employment in the area. The majority of our students either gain employment in the fitness field locally or continue on with further schooling or training in the fitness field.



Secondary/Postsecondary Connections

- 6 A. *How does your program connect with high schools? Is your committee involved?*

One of our committee members is a physical education instructor at Churchill high school, which also serves as a cooperative education site for our students. In addition, we provide cooperative education opportunities at numerous other area high schools. Another way we connect with high schools is by attending career fairs for high school students and by providing guest speakers upon request for high school health and physical education classes.

Questions for Interview Committee

- 7 A. *What questions do you have for us? How could we support you?*