

**FITNESS TRAINER CERTIFICATE PROGRAM ADVISORY COMMITTEE
2021 ANNUAL MEETING MINUTES
Virtual, Wednesday, May 5th**

In Attendance:

Dr. LoShay Willis, Interim Dean/Asst. Dean of Career Programs, MVCC

Dr. Mike Espinoza, Dept. Chair, Public Service, MVCC

Dr. David Opon, Professor, Physical Education, MVCC and Joliet Junior College

Bill Barz, Retired, Dept. Chair, Public Service, MVCC

Mike Schneider, Director, MVCC FitRec

Shari Jurgens, Department Chair Recreation Department, Kinesiology and Exercise Science, Trinity Christian College

Jana Terborg, Assistant Director Fitness Programs, MVCC FitRec

Joshua Szopinski, Program Specialist, Personal Trainer, MVCC FitRec

Tracy Rosenstiehl, Personal Trainer BLINK Fitness, MVCC FitRec Facility Monitor & Entrance Attendant

Dr. Kim Golk, MVCC Academic Advisor

Julie Bearden, Director of Campus Recreation, Harper College

Delaney Harty, Recreation Supervisor, Oak Lawn Park District

Stacy Sheerin, Coordinator Recreation & Sport Management/Recreation Therapy, MVCC

Jennifer Williams, Fitness Manager, Tinley Park Fitness

- I. Welcome – Sue introduced herself, welcomed everyone to the virtual WebEx Advisory committee meeting and on behalf of the college, career programs and the fitness trainer program thanked them all for tuning in. She explained that the committee was formed to get input from outside facilities as to what were their needs in hiring of fitness trainers, new fitness trends, etc.

- II. Introduction of Members and New Members – Each member took a turn introducing themselves and informing the committee where they worked and their position at the facility. Sue also informed the attendees of the instructors of our program that could not be in attendance. Geoff Davis teaches Fundamentals of Human Movement. He is also the Athletic Trainer here at Moraine. Ellen Papan teaches Fitness Testing and Business Skills and Promotions. She is also the Fitness Floor Coordinator for FitRec. Diane Ciametti teaches Nutrition. Sue went over the updates that have occurred in the last two years since the last meeting. Donna McCauley retired this year from her position as the coordinator of Recreation & Sport Management and Recreation Therapy. Stacy Sheerin has been an adjunct in that department and is the new coordinator of those programs. The Fitness Trainer and Recreation Programs are working with Marketing to develop new strategies to increase enrollment. Female student enrollment in the Fitness Trainer program has risen. From 1 in 2019 to 3 in 2021. Not a lot but it is a start. There were 19 graduates of the program in the past 2 years. The program has also received a lot of new equipment due to the CARES Act and Perkins Grant. Prestan Adult and Infant Manikins with compression monitors. Stethoscopes and Blood Pressure/Sphygmomanometers. Human Anatomy models, Baseline body fat calipers, Blood Pressure simulator, First Aid Wound Simulation kit, Fingertip pulse oximeters, YBalance system and one item we're really excited about is the InBody Body Fat Composition Analyzer. All of these items are used to enhance the teaching and learning of our Fitness Trainer Program students.

- III. Discussion: Sue posed three questions and each member answered them in regards to their colleges/facilities.
 - What can we do to better prepare these students to work or attend your facility/university?**
 - How has Covid affected the personal training business of your facility?**
 - What do you forecast or foresee happening during the 2021-22 year in personal training regarding employment, clientele, etc.?**

Sue started off the discussion saying we are very excited to continue with the Fitness Trainer Certificate program. Many of our graduates are looking to be hired in the area as fitness trainers but there are also students looking to go on to receive their bachelor's degree. Our program is evolving so it helps to share ideas with the members of the committee.

Sue asked Dr. LoShay Willis, Interim Dean/Assistant Dean Career Programs MVCC, what she thought our biggest academic challenges are ahead. The biggest challenge for MVCC right now is enrollment. Enrollment across campus is down 18% this semester. There are so many people who are out of work and when able to work that comes first before going back to school. Students are wanting that face to face interaction with their instructors and other students. You also need to have that hands-on portion of career programs. And in this vein, instructors have been asked to offer a minimum

of two face to face classes in the fall since in Career Programs students need that hands-on instruction. But if the governor's orders and guidelines change we could see something different for fall. Possibly a complete opening.

Sue then opened it up to anyone who had thoughts on the subjects.

Mike Espinoza, Dept. Chair Public Service Dept., piggy backed on what was said and that yes, enrollment is 100% the biggest concern. The Criminal Justice program is primarily theory based so face to face/hands on isn't really needed. Although there are some students who want that interaction. Mike stated that as of this semester, the CRJ program has been through a class of high school graduates and into a second class that have never had face to face classes. What will they think of being in a classroom when they have had the ability to take their classes online. He would hope that online classes would not become the norm but it should be an option. But it will be a challenge to get students back on campus so word needs to get out that we are back as much as we can be and that the campus is open. Need to get back to some sense of normalcy.

Dave Opon, Professor Joliet Junior College, jumped to the second question and stated that when he started the Training Program at Joliet Junior College they pretty much stole the program from Moraine and modeled their program after what he learned by working with Sue Kempczynski and Bill Barz. He feels that Joliet Junior is starting from zero because they were about a semester behind Moraine when it comes to offering face to face or hybrid classes. They are offering hybrid courses this Fall one being Kinesiology and for the personal training courses it will be a mix of lecture and getting into the fitness center at least two days week which is very critical. But some courses have not been taught at all because of low enrollment. Dave pointed out that he feels that this pandemic is an opportunity for people in the field to tell others that being healthy, working out, any physical exercise can help you fight off an illness, such as Covid. ACE and other organizations need to make that push to people that this is the time to start thinking of your health. This is the opportunity for that.

Delaney Harty, Recreation Supervisor Oak Lawn Park District, has only been doing the fitness programming portion of her position for the past few weeks but she can inform the committee how they have been operating since the pandemic started. They have not offered any personal training until this past month with one patron and that was based on the patron's comfort level and the trainer's comfort level. They did have to make some adjustments. Their group fitness programs have been running all along following the guidelines and their outdoor programs were very well received and those are something that will be kept based on weather permitting. Definitely some people were upset with guidelines but they needed to be followed. Sue asked Delaney what her trainers were doing for the past year since they were not doing hands on training. Delaney stated they only have 1 personal trainer right now and it was a personal decision not to do any training during the past year. They do not have a big base for personal training. They have one couple who are training together with the personal trainer.

Sue thanked Delaney for her input and then called on Jennifer Williams from Tinley Park Fitness. Jennifer stated it has been a whirlwind and that their membership is down to 3000 from 5000. They have had quite a few members freeze their accounts due to the Covid. Offered 2 freezes; November to February and March to June. June will be the last time to put a freeze on an account in 2021. Jennifer told the committee they offered quite a few discounts to their members to get them back into the fitness center. They are offering new programs and revamping others. They also offered one on one aqua and fitness classes. Some members felt more comfortable doing a workout with just the instructor. To work at Tinley a trainer needs to be comfortable with technology and approaching members. She thinks a component in the curriculum on how to set up training or classes virtually would be a good addition. She feels that virtual training will be on the rise due to Covid and the comfort level of the members.

Sue thanked Jennifer for the idea of adding the virtual component. It would help all facilities if another pandemic hits. Also would help any house bound members keep up with their fitness routines. She will definitely bring this up to the instructors of our program. Sue asked Jennifer if any of their 10 personal trainers were full time. She replied that they have two who, with the group fitness classes they teach, pull in enough hours to be considered full time. One trainer has been there about 20 years who gets vacation benefits but not medical.

Sue then asked for input from Julie and Sherry about how their colleges are handling this.

Julie Bearden, Harper College, had a few notes to read off. Harper has been very conservative with regards to the reopening of their facility. The fitness center was the first building to reopen Aon a limited capacity. The pool reopened in February. And the fitness floor and track just reopened the week of May 3rd all with limited capacity and reservations required. They started personal training in 2018 when first opened and have been building their personal training staff slowly but surely. All of their trainers are part time. So personal training may not be a good career choice for someone with a family to support, etc. since it is such a challenging career. Regarding enrollment, last summer enrollment was really good as it was up 15% but dropped in the fall and this spring. She referred to what Dean Willis had said regarding most career programs need that hands-on method of teaching. They began offering a personal training program in 2019 and

have a partnership with their Kinesiology Department to offer a practicum for the students in the training program. It is during their last semester in the program and the student is partnered up with an employee and they work one on one for the whole semester. They have not offered it up to the community yet. This past semester the student did the practicum with the employee virtually through TechnoGym. The employees loved this. They do charge a small fee to the employees who sign up for it. Julie also mentioned that she has been speaking with the Kinesiology department about adding Open Schedule classes to the curriculum as we do here at Moraine. She directed them to contact Sue regarding how we run our classes.

Shari Jurgens, Trinity Christian College, spoke next telling the committee that Trinity was completely online during the Fall semester with no students on campus only faculty. For spring they offered hybrid classes and gave students the choice of face to face or just online. She felt some students did not make the correct choice but it was their choice and sometimes did not show up because work or other things were more important which was frustrating. Trinity's fitness center is open but with limited capacity. Each spring they run a Healthy Troll Challenge which the exercise science students lead. Works on a point system. The students work out and shows a screenshot of themselves doing that, or they log what food they are eating and get a point, etc. They rack up points and get prizes: t-shirts, water bottles, etc. This spring they went to social media and it went surprisingly well. Shari gave them a topic and the students had to do three videos for Monday, Wednesday and Friday. They would then post on the Facebook account or Instagram account. The student would edit the videos themselves and it was really great. As of right now she plans on all of the PE classes being face to face although there are some classes that could still be online due to adult studies students who work during the day and cannot be physically in class during that time. Sue asked Shari how she feels the students fared from going from face to face to online and then phasing back to face to face. How were they affected? What do you think the student lost with that? Shari feels the students rose to the occasion. Not a large gap but a gap none the less. By showing them videos and giving them a taste of what the lab would look like kept them in the loop. She won't say they're great but okay.

Sue thanked Julie, Sherry and Dave for their perspective on what's going on educationally.

Mike Schneider, MVCC FitRec, said that they also had about 5000 non-student members and are now down to 3000. He doesn't feel we will get those missing members back. FitRec did offer virtual training this past year and he definitely feels that a lot of people enjoyed that. Mike said, as others stated previously, that a virtual training component would be an asset to the program. It will be huge in how we get our students prepared. Virtual classes have been successful for FitRec. They had a huge sale in March which was very successful but Mike said he doesn't think their numbers will be through the roof since so many people now have home gyms. And as long as they use them great. Having all the equipment they need to work out will make it easier to do virtual personal training.

Jana Terborg, MVCC FitRec, touched on points that Mike made. A trend she is seeing is new clients who are seeing the benefits of personal training. Perhaps they had health issues over the past year and a half and realize the value of being healthy. Many of the old clients are not returning; perhaps they now have a home gym and decided they don't need to come back. Jana stated that many programs may need to be renewed and FitRec has added some new programs such as Nutrition Coaching. Rebranding personal training into Health and Fitness services. FitRec now offers personal training, fitness assessments, youth personal training and nutrition coaching. Jana then asked Mike or Josh to speak about the youth program. Mike told Josh to take the floor since he is leading the program.

Josh Szopinski, MVCC FitRec, told the committee that he and Viviana Gamboa, another personal trainer, finished a youth program which went way better than expected. The program consisted of showing different aspects of the fitness center. He, Mike and Jana sat down and mapped out how the program would be run. How to use the machines, different classes, different muscle groups, etc. so that way when they are actually able to use the fitness center they will know how to use the machines, which classes they like, things like that. As the class ended, they were asking when it would start again. Mike's daughter took the class and really enjoyed it. Josh said it was heartwarming to see the kids that the kids want to move and want to learn how to use the big kid toys. They are being supervised by personal trainers so they weren't able to do anything crazy on the machines. Mike told Josh it is good to hear him being so excited because they will need to have someone to lead the program. Josh is certified to teach personal training to children so it's perfect. Since Josh completed the Fitness Trainer program at Moraine, Sue asked him what did he feel we need to support the students going through our program. He feels just a continuation of what is currently being done. The hands-on portion of the program is what is important. Some new trainers that come to FitRec are not comfortable with the skin calipers, blood pressure cuffs, etc. that are used during a client's assessment which is learned through the Fitness Testing class offered. Also interaction with clients is something that is learned and is taught in the program and continuing what is being done is what he feels should be done. Mike told Josh it's good to hear Josh is excited about the program because they may need someone to lead it.

Tracy Rosenstiehl, BLINK Fitness and MVCC FitRec, added that creating a program that consists of training, fitness, wellness and health via social media could become the new norm. To be able to create a virtual training program is the way to go and adding it to our curriculum would help students out. Not only from a health aspect but from a business

aspect also. Sue said absolutely this is the way to go since we may be doing this for some time to come. Maybe this is going to be the way that clients want to continue. Not have to go to a building for training. They're very comfortable at home.

Kim Golk, MVCC Advisor, thanked Sue for inviting her and said that going online has been a blessing and a burden. For people who are working and can concentrate and do an online class it is a blessing. But for high school students it's rough. Just going from high school to college is a huge step. Once the campus opens up again, some people think it will be great but there will be a lag and a pause for our high school students who have been online or virtual this whole past year. Students come to our campus to be taught face to face. There are plenty of online college they could go to if they wanted. Kim said by coming to our meeting it will give her some insight on what the program offers and she will be able to give them same to her students.

Sue asked Stacy for her feedback.

Stacy Sheerin, MVCC Recreation Therapy/Sport Management Coordinator, agreed that getting students back on campus is going to be the key for enrollment and not sure if student is nervous or just complacent. She feels one way to get the students back is through marketing. Getting it out there that campus is open and we want you to come back. It will be fun to meet other students, your instructors, etc. Communication is key for her program and the Fitness Trainer program. If a student doesn't know how to have a conversation, it will be hard to do their job. So it is something that needs to be discussed so students can be successful.

Sue asked for Bill Barz' thoughts on the program.

Bill Barz, Retired MVCC PEH Professor and Department Chair, told the committee he heard lots of good suggestions. He asked if REC101 was still being offered and how the enrollment was? Is it still being populated? Both Sue and Stacy told him yes, the class is doing well. Stacy and Donna have had maximum capacity in the class. Bill asked if anyone talks to the students in the class to see if they look in the direction of the fitness trainer program. Sue answered yes, she was in contact with the students and there were 6 or 7 that were in our program. REC101 is a feeder to the program as well as PEH150 Intro to Physical Education. Those kind of feeder classes our critical. Bill asked what other methods are there for on campus recruitment. He stated Financial Aid kind of put a stop to students taking a Physical Education class if it wasn't in their program and that hurt a lot.

Sue replied that Athletic Department athletes are not able to take a lot of PEH classes. Bill Finn, MVCC Athletic Director, said they can only take 2 credits of PEH. So unfortunately not only for Fitness Trainer and Recreation programs, but also students who want to become PE teachers, we lost a large population of students taking classes to figure out what they wanted to do. Then also some programs dropped some of the PEH classes as electives. But we are finding other programs who NEED to have some of our classes. Sue said we are starting to reach out to not only these other departments and programs but also to Marketing to help with strategies not only with high school students but also students already on campus who are not going to be nurses or phlebotomists. We are looking for hands on students who are great with learning how to do something and very motivational and the athlete population who are perfect for going into our areas.

Bill responded that Sue has a good handle on the program and where it is going. Sue then asked the committee if there were any other thoughts and comments about all the wonderful suggestions about the program and things that are happening in either of their facilities. Any final thoughts? Sue then thanked all members on behalf of herself, Dean LoShay Willis and the college for their input and attendance at the meeting. Each provided quite a bit of information on what is happening in each of their facilities and that it is going to help strengthen the types of information that we provide to our students.

Meeting adjourned at 11:36 am.