

**San Bernardino Valley College Kinesiology
Personal Training/Fitness Specialist Certificate**

Advisory Committee

Zoom Meeting

April 2nd, 2021

Mark Trenkle	Steven Ramos
Gym Owner	Fitness Manager
The Foundation Fitness	24 Hour Fitness San Bernardino
Jiny Hwang	Gino Garcia
General Manager	Gym Owner
LA Fitness	Vibe Fitness Performance & Lifestyle
Jake Tomilloso	Antonio Ramirez
Personal trainer manager	Manager
24 Hour Fitness Rialto	Chuz Fitness
Titus Berry	Vin Duong
Fitness Manager	Fitness Manager
Esporta Fitness San Bernardino	24 Hour Fitness Redlands
Terrell Hudson	Kevin Karphofer
Owner	Personal Trainer Manager
Anytime Fitness	Fitness 19 Redlands
Tim Gunter	
Fitness Manager	
Fitness 19 Rialto	

1. Introductions
2. Roll call was made and all members of the advisory committee were in attendance.
3. Personal Trainer/Fitness Specialist Certificate discussion
 - a. Tricia Holder from SBVC went over the current planned personal trainer certificate requirements and program-learning outcomes for the personal trainer certificate.
 - i. Tricia shared her screen and showed the committee the Program Learning outcomes and course outline for each course in the personal trainer certificate.

- ii. Examples of the course curriculum and program learning outcomes were emailed to each advisory committee member prior to the meeting.
- 4. Tricia Holder called for discussion on personal training certificate course work.
 - i. Mark Trenkle expressed his excitement for this course being offered and interest in hiring our trainers after their completion of this certificate. He is very excited to work with us to hire qualified personal trainers in the future.
 - ii. Gino Garcia also expressed how great this program is, that most trainers do not have education and hands on training so this program will train highly qualified personal trainers which will help his gym. He is very excited for our program and working with us to create professional personal trainers and help them work in the field.
 - iii. Jiny Hwang expressed a great deal of excitement for this program and working with our students. She was very excited that we are going to train highly qualified personal trainers and looking forward to working with us to hire these students when they complete the program.
 - iv. Terrell Hudson showed his interest and expressed how important it is for these students to be empowered as their own boss, to find the best club that fits them.
- 5. Gino stated we should implement educational piece on client demographic and the psychological impact exercise has on each specific demographic would be helpful in the student's understanding of clients. He stated; Example.....An elite level athlete will have different barriers than an entry level individual just beginning an exercise and nutrition regimen.
 - a. Mark agreed that this topic is important and will help assist the trainers to be able to touch each client personally.
 - b. Tricia Holder replied: This is taught in the Techniques of weight training course. All students will learn to instruct all different levels of fitness, age, gender, etc.
- 6. Vinh Doung stated an interest in suggesting having the business administration class catalog available as well? I think a course in managing a business or sales would be a great add as it is highly relevant to the nature of the career.
 - a. Jiny expressed this was a great idea but not necessary to becoming a personal trainer. This could be an advanced AA degree option for any personal training students wanting to open their own gym, but I would love to hire students with what you have.
- 7. Jake Tomilloso stated he has hired our students to be personal trainers in the past and is thrilled about this program and the opportunity it will bring to his gym to bring in qualified personal trainers. He is huge support of this program and working with us to hire our students in the future.
 - a. Steven Ramos agreed with what Jake stated and added he was really excited to be able to hire qualified personal trainers from our school.

8. Gino stated he is looking to grow his training facility and is interested in working with us to employ our students. He also asked if I have any connections now for a possible candidate to hire, I forwarded his information to a couple of future personal trainers in my Intro to Kinesiology class and they could already have a job offer with him.
 - a. Mark offered to hire 1-2 of our students now, I have given his information to my Intro to Kinesiology students and hopefully one of them will earn the job.
9. Tricia Holder called for any suggestions for changes or additions to the learning outcomes, all agreed that the outcomes were sufficient.
10. Lastly, a vote was taken, and all were in favor of adding the personal trainer/fitness specialist certificate to our curriculum at San Bernardino Valley College. They expressed a great interest in hiring our future personal trainers.
11. Tricia Holder called for any other comments, none were made.
12. Meeting adjourned.

Prior to the meeting, each member of the committee was provided with the proposed certificate courses and student learning outcomes. Beyond general discussion, each member was asked to consider the following questions.

These are the 7 required courses for the Personal trainer/Fitness Specialist program at San Bernardino Valley College:

- Introduction to Physiology of Exercise (3 units)
 - This course is an introduction to how the body functions under conditions of exercise stress and how fitness behaviors affect health and wellness. Emphasis is placed on muscular, cardiorespiratory, and other physiological processes that occur as a result of exercise conditioning, as well as their effects on disease risk. This course is intended for students seeking certification as personal trainers.
- Exercise Nutrition (3 units)
 - This course covers the basic principles of nutrition and the ramifications of nutrition on sports activities. Topics include general nutrition, nutritional considerations for optimal sports performance, and weight control. This course is intended for students seeking certification as personal trainers.

- CPR and First Aid (3 units)
 - This course provides instruction on emergency care and treatment of illnesses and injuries including training in cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED). Students who successfully pass all CPR/AED and First Aid requirements will receive a CPR/AED and First Aid card.

- Exercise and Fitness Assessment (2 units)
 - This course provides students with the skills necessary to assess and evaluate exercise and fitness parameters. Topics include the measurement and evaluation of cardiorespiratory endurance; muscular strength and endurance; flexibility; body fat; pulmonary function; and blood pressure. Emphasis is placed on determining the appropriate test, conducting the test, interpreting the results, and creating an exercise program. This course is intended for students seeking certification as personal trainers.

- Techniques of Weight Training (2 units)
 - This course is an introduction to teaching techniques in weight training. Topics include anatomy, physiology, training sequences, equipment options, safety factors, and contraindications. This course is intended for students seeking certification as personal trainers.

- Techniques of Exercise Leadership (2 units)
 - This course provides students with the principles and techniques involved in teaching group exercise and developing a personal trainer/client relationship. Emphasis is placed on client assessment, communication skills, program design, exercise adherence, teaching strategies, and professional responsibility and liability. This course is intended for students seeking certification as personal trainers.

- Fitness Specialist Internship Lecture (1 unit)
 - Hours of Internship work at a gym as a personal trainer or group exercise instructor.

Total Units=16