**Advisory Board Meeting for Kinesiology-Exercise Science A.A. Degree**

Monday, April 25, 2022

8:00-8:53am

Meeting via Zoom

Attendees:

Lindsay Steinriede- KNES Division Chair & Full-Time Faculty, Saddleback College

Austin Hedani– Dr. of Physical Therapy, Ocean Physical Therapy, San Clemente

Jacquie Johnson –NATA Certified Athletic Trainer, formerly San Clemente High School, current OC Fire Paramedic

Jeffery Scott – Fitness Manager, Clava Fitness, Lake Forest

Brittany Snider- Dr. of Physical Therapy, ProSports Physical Therapy, Ranch Santa Margarita

**Lindsay welcomes all members, provides introductions, and begins with a presentation of the proposed kinesiology-exercise science AA degree. Presentation includes program description, student learning outcomes, and required courses with notations of transferability.**

**Lindsay asks: What are the minimum requirements for hiring an entry-level position in your field?**

Brittany: Currently enrolled in college or a college graduate with a background in anatomy and kinesiology.

Austin: Yes, agrees with Brittany. Ideally in a kinesiology or exercise science program at a college –level.

Jacquie: NATA accredited graduate program and CPR certification.

Jeffrey: General interest in fitness and training. Preferably has a certification or educational background in kinesiology. And needs to be CPR & First Aide certified.

**Lindsay asks: What are additional desirable background components for somebody looking to obtain an entry-level position in your field?**

Jeffrey: Sort of as mentioned, ideally holding a personal training certification or at least studying for a certification in personal training, strength and conditioning, or anything exercise science related.

Brittany: Somebody highly interested in the health science professions. Would say ideally interested and has experience in sports and training.

Austin: Following Brittany again and agrees that somebody that has had some experience in athletics and/or with trainers would be great.

Jacquie: For athletic trainers, somebody that isn't afraid of blood and broken bones. Somebody that can stay relaxed in high-pressure situations and can take control of their surroundings.

Lindsay So it would you say it is important to have students really explore the fields of exercise science and make sure they know what the jobs truly entail, and what is expected of them, as well as then if it is right for them.

Jacquie: Yes.

Group nods to agree.

**Lindsay asks: Do you think an exercise AA degree is relevant in our region?**

Austin: Yes, believes there is always a need for a degree or some form of structured education as there are many people who have career interest in the field and may not have a direct route or access to the prerequisites to pursue that career route. Many of the courses are transferable for a variety of career paths in exercise, which will benefit the students giving them options after completing the degree.

Brittany: Thinks it is very relevant and especially helpful for students that know they want to go this route. Southern California is a very active population compared to many part of the US. Compares to experience growing up in Ohio. So an exercise science degree program would be very fitting.

Jeffrey: Agrees. Adds that having a bigger basis of fundamentals allows for more opportunities across the field, and more ability to advance in a specialized field with repetition of essential knowledge and skills.

Jacquie: Definitely, sports and athletics are apart of our (Southern California) culture.

Lindsay: Agrees with all of that as well.

**Lindsay asks: Are there any trends or major changes you see taking place in your professional field or the educational process for your selected fields?**

Austin: When applying to physical therapy (PT) school, your overall GPA and course work is reviewed but each program will have their own specific courses that they weigh heavier than others. These specific courses often overlap between other Doctorate of PT programs and can be universal to other variable post-graduate educational degrees and careers. So the specific courses at each doctorate program are something the student may want to look into for their desired programs.

Lindsay: Or maybe that is something we can do some research on- for some local or popular programs- as knowledge or advice to offer our students completing the program.

Austin- Definitely.

Brittany: Can’t think of any else specific to physical therapy. Mostly seeing more issues and concerns between physical therapists and insurance companies for reimbursements.

Jacquie: Has noticed that physical therapists offices are often teaming up with high school athletic programs. Physical therapist aides that have completed a graduate program are being hired and completing field hours at local high schools.

Brittany: Her office has not made any partnerships with high schools. They actually look for PT aides from local colleges that are interested in getting into the field. But she does not know what others may be doing.

Jacquie: Also sees athletic trainers being used in settings outside the traditional sports realm. Military and fire departments are hiring athletic trainers because their jobs require athletic activities and people are benefitting from the care of an athletic trainer over, or in addition to, a medical doctor. Thus, while some physical therapist offices are placing their aids in high schools, still seeing that there are more opportunities for athletic trainers than former years.

Jeffrey: There has definitely been a push to work more on soft tissue- massage guns, cupping, scrapping. Sees lots of trainers and physical therapist aides doing more of these treatments. Before it was mostly only physical therapists or athletic trainers providing these services. More technology in general is being used for assessments, mapping, tracking, and recovery methods such as red light therapy and hyperbaric chambers.

Lindsay: Thinks the soft tissue methods and technology could definitely be an interesting aspect to look into adding more of for existing courses. Agrees that professions that require more athletic activities could greatly benefit from hiring an athletic trainer and that is great news to hear they are placing more value on the profession and that there are more avenues and opportunities in the field now.

**Lindsay displays required course outline again and asks: Based on our proposed course requirements for this degree, do you believe our curriculum would support minimum and/or desirable elements for obtaining an entry-level position in your field?**

Jeffrey: Yes, definitely. Especially for PT aides and movement therapists.

Brittany: Yes, for sure.

Jacquie: Yes, thinks it gives students the foundational knowledge for exercise science as well as more specialized information and skills in the field that this degree is aiming to cater to.

Austin: Thinks it’s a great start for students interested in the field and looking for entry-level job experience.

**Lindsay asks: Do you think this degree benefits those looking to pursue an exercise science direction in higher education or graduate programs?**

Austin-  Yes, having educational guidelines provides structure and a viable path for those who are interested in a career in these fields. Taking the appropriate prerequisite courses are critical to advancing to their next level of education, so by giving students an opportunity to gain a degree while also completing the specific courses they need to meet the criteria for graduate school will be very beneficial.

Jacquie: Definitely. Especially seeing that many courses you have can transfer for students.

Jeffrey: Absolutely, agreed.

Brittany: Majored in biology and did not get many of the foundational courses that a B.A or A.A degree in exercise science offers. Thinks having these courses would have been extremely helpful before starting her PT program.

Lindsay: Thank you, very happy to hear that.

**Lindsay asks: Is there any other type of courses or curriculum you think we should add to the currently proposed required courses?**

Brittany: Cannot think of any other. Again, thinks it’s great how credits can transfer to a four-year institute. Very helpful

Austin: Thinks this is an ideal start, and not sure what is possible, but states that there are some courses that could be beneficial to add to some type of secondary degree or curriculum, because there are some prerequisites for a Doctor of Physical therapy degree that are not always offered at 4-year universities that students end up taking separately at a community College as a post-graduate. Examples being, elective courses in psychology, medical terminology and biomechanics. Finding out which could benefits students depending on where they want to end up and guiding them towards those classes while they are at Saddleback. Thinks that could help students with time and money.

Lindsay: Thanks Austin for insight. Also something the kinesiology division and counselors can look into further.

Jeffrey: States there is a big difference between book knowledge and the real world, thus could be beneficial to create more internship opportunities in various exercise science fields for students in the program- like what we [Clava Fitness and Saddleback] are working on.

Brittany: Agrees and thinks the partnership saddleback and her physical therapist office are working on will be beneficial to students in this program.

Jacquie: Thinks any hands-on experience a student can get while in an undergrad or while entering the field would be extremely beneficial.

Lindsay: Follows-up noting that this why it has been so important for the kinesiology division to currently be creating internship opportunities for students in the current kinesiology programs and states appreciation for such partnerships. Wants to start focusing on providing students with as many opportunities as possible to advance in their field of choice, and begin networking, and building a resume. Thanks group again.

**Lindsay asks all of those whom support the approval of the proposed Kinesiology-Exercise Science A.A. Degree at Saddleback College to raise their hands and say “aye.”**

100% of the attendees raised their hands and said “aye” in approval of the proposed Kinesiology- Exercise Science A.A. Degree. Unanimous support.

After discussing the proposed Kinesiology-Exercise Science A.A. degree program with the advisory board meeting attendees, it is clear that Saddleback has unanimous support and approval to move forward with the proposed program. Attendees confirmed that the Exercise Science A.A. degree meets their minimum requirements for entry-level positions in physical therapist offices and fitness centers and supports students looking to enter higher education in the exercise science fields. Brittany Snider and Jeffrey Scott are currently working with Saddleback and eager to build an internship program with Saddleback’s kinesiology students- giving us a great opportunity for our students to gain field experience and have an advantage in job placement. In addition, our division will take the information, comments, and advice from the advisory board meeting into great consideration for the continued development of the courses and program.