

Fitness Professional Certificate

CTE Advisory Committee Meeting Minutes – Updated 5.12.2021

Monday, May 10, 2021

1:00 – 2:00 PM via Zoom

Attendees:

- Jani Johnson
 - Private industry fitness professional and instructor at Kennedy Club Fitness.
- Mary-Kate Figg
 - Fitness Professional FIIT Nation, Atascadero
- Jenel Guadagno
 - FT faculty Cuesta College. Teaches the Exercise Science (KINE 214) course in the program.
- Nancy Steinmaus
 - PT faculty Cuesta College. Teaches the Personal Training Certification (KINE 224) course in the program.
- Katie Luera
 - Direction of Group Fitness, Kennedy Club Fitness.
- Allison Head
 - Department Chair, Kinesiology, Health Science, and Athletics, Cuesta College. Teaches Group Fitness Certification (KINE 218), Coaching Wellness Behaviors (KINE 219), and Personalized Fitness Planning (KINE 220) courses in the program and is the program lead.
- Nancy Webb (note taker)

1. “Thank you” and introductions (5 minutes)
 - a. Each participant introduced themselves, their workplace, and association with the fitness industry.
2. Brief background of the Fitness Professionals Program at Cuesta College (5 minutes)
 - a. A brief background of the development of the program was presented by Department Chair, Allison Head. Goals regarding partnership and collaboration were discussed.

3. Discussion regarding program – feedback and input (40 minutes)

- a. There was discussion about how the worksites can support the academic and professional growth of Cuesta students. Businesses want certified instruction with people skills, class formatting experience, energy, lesson planning.
- b. Discussion regarding types of classes offered and how to help students gain experience in CPT and GFI; structured vs. freestyle.
- c. Wage and employment opportunities; second job, realistic expectations; the need to self-promote; utilizing social media.
- d. In-house training ideas – discussion regarding partnerships between Cuesta and businesses for further training.
- e. Work Experience discussion and the placement of Cuesta students. Students need hands-on experience.
- f. Review of the current coursework in the degree. Support for current courses. Particular interest in the “Coaching Behavior Change” course. Also, interest in “role-playing” self-promotion strategies and creating practice scenarios in the classroom. The Advisory Committee supported moving forward with the certificate program.
- g. Discussion regarding Wellness and the evolution of the fitness industry to accommodate interests in total body experiences rather than simply fitness. Discussion as to how Cuesta can collaborate with the clubs to facilitate this change.

4. Other and wrap-up (5-10 minutes)

- a. Discussion about the benefits of this new partnership and commitments to meet again.

**CUESTA COLLEGE
PROGRAM OF STUDY**

Proposed For: 2021-2022

EXERCISE SCIENCE - Fitness Professional Certificate of Achievement

The Exercise Science - Fitness Specialist Certificate prepares students with the knowledge, skills, and abilities that are essential for competency and success in the commercial and corporate fitness industries. In addition, the program prepares students to pass national exams for certifications such as: American College of Sports Medicine's Group Exercise Leader (GEL) certification, American Council on Exercise (ACE) Group Fitness Instructor Certification, American College of Sports Medicine Certified Personal Trainer (CPT) and National Academy of Sport Medicine (NASM) Personal Trainer Certification.

Career Opportunities in Kinesiology Theory

The Fitness Professional Certificate prepares students to work in the fitness industry as Personal Trainers, Small Group Exercise Leaders, Large Group Exercise Leaders, and/or entry into the pathway to fitness facility management.

Required Courses 17 units.		Units
KINE 214	INTRODUCTION TO EXERCISE SCIENCE	3
KINE 224	CERTIFIED PERSONAL TRAINER	3
	or	
KINE 218	EXERCISE LEADERSHIP	3
KINE 219	COACHING WELLNESS BEHAVIORS	2
KINE 220	PERSONALIZED FITNESS PLANNING FOR LIFETIME WELLNESS	1
KINE 213	INTRODUCTION TO PREVENTION AND CARE OF ATHLETIC INJURIES	3
HEED 204	STANDARD FIRST AID AND CPR (CARDIOPULMONARY RESUSCITATION)	3
NUTR 240	PERSONALIZED NUTRITION PLANNING FOR LIFETIME WELLNESS	1
One unit of from any Kinesiology Activity (KINA) course "ATHL" (Athletics) designated courses do not meet this requirement.		1
Elective: KINE 252 WORK EXPERIENCE IN KINESIOLOGY		0 - 4
<hr/> Total Units		17 - 21

PID 744

Fitness Professional Certificate
CTE Advisory Committee Meeting Agenda

Monday, May 10, 2021

1:00 – 2:00 PM via Zoom

Attendees:

- Jani Johnson
 - Private industry fitness professional and instructor at Kennedy Club Fitness.
- Mary-Kate Figg
 - Fitness Professional FIIT Nation, Atascadero
- Jenel Guadagno
 - FT faculty Cuesta College. Teaches the Exercise Science (KINE 214) course in the program.
- Nancy Steinmaus
 - PT faculty Cuesta College. Teaches the Personal Training Certification (KINE 224) course in the program.
- Katie Luera
 - Direction of Group Fitness, Kennedy Club Fitness.
- Allison Head
 - Department Chair, Kinesiology, Health Science, and Athletics, Cuesta College. Teaches Group Fitness Certification (KINE 218), Coaching Wellness Behaviors (KINE 219), and Personalized Fitness Planning (KINE 220) courses in the program and is the program lead.
- Nancy Webb (note taker)

1. “Thank you” and introductions (5 minutes)
2. Brief background of the Fitness Professionals Program at Cuesta College (5 minutes)
3. Discussion regarding program – feedback and input (40 minutes)
 - a. Student preparation for the field
 - b. Position placement
 - c. Opportunities and partnerships – Work Experience
4. Other and wrap-up (5-10 minutes)