

SAN DIEGO MESA COLLEGE  
PERSONAL TRAINER ADVISORY COMMITTEE  
**Virtual Vote – Fri 5/8/2021**

COMMUNITY MEMBERS WHO VOTED:

Chris Gagliardi, Scientific Educ. Content Mgr., American Council on Exercise (ACE)  
Antonio Brito, Trainer, US Marine Corps  
George-Anthony Dulal Whiteway, Owner/Trainer, Brainstorm Fitness  
Damien Joyner, Owner/Trainer, Incremental Fitness  
Ryan Rogers, Trainer/Internship Director, Fitness Quest 10  
Heather Culver, Owner/Trainer (Former Student), Mom Strong Fitness  
David Rodriguez, Owner/Trainer (Former Student), SK Fit

We are recommending making a change to our Personal Trainer Certificate Program.

We would like to make the change so that students can take our applied physiology class (EXSC280) OR human physiology in the biology department (BIO 235), and our applied kinesiology class (EXSC281) OR human anatomy in the biology department (BIO 230)

The proposed change would add BIO 230 as an alternative option for EXSC 281 and BIO 235 as an alternative option to EXSC 280. These are traditional preparatory anatomy and physiology courses that would be taken by any student in an allied health-related field. I recorded a 6-minute description of our rationale for amending the program here:

<https://youtu.be/9sRAOnHR1-w>.

Our rationale is that students who have taken those courses and plan to transfer to a four-year university to get a bachelor's degree in a kinesiology-related field

a) take longer to complete their degrees because they have to take both our courses and those similar in the bio department, and  
b) usually have to take upper division versions of our courses again at the institution they transfer to.

This leads to students who are planning to get an associates in kinesiology and transfer to a four-year university AND would like to complete our certificate and sit for their ACE exam while they are in school sometimes forgoing our certificate because of the extra time requirement of taking these similar classes.

While we know the classes are not the same (the BIO classes do not directly apply to exercise), we feel they provide a baseline understanding of human anatomy and physiology that can then be applied to the other courses in the program and students' future studies. Only those students wishing to transfer would be likely to utilize this option, as anatomy and physiology are higher unit courses with more rigor than those in our program, so this would not have an impact on those students who only wish to complete their certificate and move forward as personal trainers or group fitness instructors. Additionally, students who take BIO 230 and 235 still have the option to complete our applied physiology and applied kinesiology courses as well.

1. I approve of the change to add human anatomy (BIO 235) as an option for students to take instead of applied exercise physiology (EXSC 280).

Virtual Vote: 7/7 yes votes,     no votes,     neutral/abstain

2. I approve of the change to add human anatomy (BIO 230) as an option for students to take instead of applied kinesiology (EXSC 281)

Virtual Vote: 7/7 yes votes,     no votes,     neutral/abstain

All 7 of 7 community members voted in favor of both changes. In addition, all faculty are in favor of this change.