

MINUTES

Fitness & Yoga Certification Advisory Committee Meeting

Time 12:00-1:30 pm

Date: Friday November 17th, 2023

Place: Zoom Conference

Voting Members in Attendance: Maythe Ortiz, Jan Blalock, Priyanka Varma, Andrea Thomas (proxy for Elise Swad), Jenny Latourette (proxy for Brett Livingstone)

Staff in Attendance: Vanessa Luna Shannon, Venona Orr, Tara Jacobson, Christy Murphy, Ameya Bela, Nicole Martinovich, Kim Kinahan

Members: Sheila Martin, Gwen Miller, Liz Pires, Sequoia Wright-Medina, KD McComb, Shane Davis, Meghan Rhodes, Mitchell Kauk

Was there a quorum **Yes** **No**

- Call to Order: Meeting called to order at 12:02pm
- Welcome/Introductions: Venona
- Approval of Minutes of Last Meeting – approved by Tara Jacobson.

New Business/Discussion

Fitness/Health Coach Certificate

- Tara Jacobson- Change our FNH certificate to align with ACE national certification. NASM was too costly. Now working with ACE Fitness to integrate their curriculum with ours, so when students graduate from our certificate program, they can test with a national certification as well.
- Adding a Health Coach option in addition to Personal Trainer and Group Fitness Instructor Certification.
- Discount rates available for testing fees, if there are enough students at once, to qualify; vouchers could also be purchased for students.
- The current curriculum is being restructured. Bringing to advisory board.
Proposed changes: taking two core classes (Kines 81 and 82) and combining them together, along with adding a health and wellness coaching class, which was an advisory board recommendation. Helping to reduce the number of units, which will help with full completion of the program. Electives will then be based on what they are most keen on pursuing (sports/fitness/health/nutrition). Looking at program pricing structure.

Community Updates

- KD McComb: Created a yoga resource (Yoga Club President) for student's self-care/community. Grateful to be a part of the team. There's a new Hindu temple in Petaluma, hoping to integrate some philosophy into the school.
- Liz Pires, YogaSix: Fun workshops coming up. Family fun (parents and kids) to introduce their kids to yoga, 12/2/23. And a Winter Renewal Sound-Healing workshop on 12/21/23. Flyers to post.

- Tara Jacobson: SRJC has applied with the National Pilates Certificate Program (NCPG) to be listed as ~~in the Pilates Method Alliance school~~ on their website under their Pilates school directory.
- Jan Blacklock: Looking at cost comparisons of other Health Coach programs compared to the SRJC costs. Clawing our way back to a level of “normalcy.” Still not at the pre-pandemic membership levels. Dance class enrollment is low. Pickleball at the Santa Rosa location has helped offset. High intensity/strength/yoga and mat classes are what’s popular (wellness). Very hard to find Pilates instructors.

Updates

Pilates Certificate Program

- Getting out in the community to promote the certification program. Pilates Mat instructors are in extreme high demand.
- Designed the certificate program at the SRJC to help meet this need and making the Pilates training accessible to people that may experience financial barriers. SRJC program aligned with Pilates Method Alliances standards and so students are prepared for NCPG exam. Updated on the website.
- Pilates instructors are in demand. Need to get the word out in the community.
- In-person or online is now available for certain lecture components to assist with accommodating the student’s needs. Great cohort amongst current students.
- A major strength of the program is getting students to experience the hands-on approach and working with each other. Website is up and running.
- Feedback from students has been helpful for class scheduling. Continuing to adjust and change based on student feedback.
- Jen Latourette: Great cohort. Getting hands on practice is a strength of our program. Getting high quality trainings with the program’s offerings. More students on campus has helped. Love the partnerships with Jan and Gwen and having students be able to talk and get hands-on education has been a key strength.
- Andrea Thomas: Loves the ACE program, really user friendly. Likes the inclusion of nutrition and physical fitness piece of the curriculum. Students would like practice repeatability exams to help them practice for the exam.
- Gwen Miller: Very happy to be able to provide herself as a resource to help students get that hands-on training/experience. In years past, student didn’t have that opportunity, so she is very thrilled to be able to offer that.

Yoga Certificate

- Ameya: 27 students enrolled in one class and 22 in the other. A total of 26 will be completing the first course of Yoga Philosophy.
- Guest speakers have come in. Sarah Wiley, Professor of Philosophy, beautiful addition. KD came in and she was a huge asset to the program and a doctor from Santa Rosa. We have MC Yogi next semester.
- Completion is going well. Yoga certification will be allowed one more semester to be via Zoom.
- Starting Fall, technique classes will be in-person on the weekends. Work experience will also be in-person, moving forward.

Fitness Certificate: Kines 81 Weekend Lab

- Christy Murphy: Changed class structure a little bit for the fitness certificate. Labs are done. Used to meet weekly, now meeting on two weekends, monthly. Hybrid format, and then labs on the weekend as a group. Students are liking the new structure.

- Meets with students online, as needed, to assist them with questions.

Outdoor Fitness Court

- Venona Orr: Outdoor fitness court is set-up, not ready to go. Opening for Spring semester (middle of January), big grand opening. Part of the open gym program. Really hoping this will help with enrollment. There will be an app affiliated with it so students can get workouts on campus, or at home. Very excited about it

Meeting adjourned at 12:58pm.