

**NOC HPER Advisory Board  
Meeting Minutes  
November 2, 2016**

The charter meeting of the HPER Advisory Board was held in the Renfro Center on the NOC Campus in Tonkawa, Oklahoma, at 5:30 p.m. Board members present were Dawn Cockrum, Joanna Crow, Eddie Cumpston, David Riesen, and Jason Vlastaras. NOC members present were Dr. Cheryl Evans, Dr. Pam Stinson, Suzi Brown, Donnie Jackson, Michael DuRoy, and Dr. Rae Ann Kruse.

After dinner, Dr. Evans welcomed the committee and gave an overview of Northern Oklahoma College. Dr. Pam Stinson followed with introductions and a review of scholarships available to HPER students (handout 1 attached).

Suzi Brown, chair, gave a department report which included the three degrees available: Health, Physical Education, and Recreation; Athletic Training; and Personal Training. The department has 5 full-time faculty members and 7 adjunct faculty at the Tonkawa and Enid locations. The department offers 20 different courses and several sections of those course. Suzi shared program information regarding declared majors and program graduation rates (handout 2 attached). Mrs. Brown described the clinical requirements of the Athletic Training option. She said this program is very rigorous and requires graduates to complete 500 clinical hours working with NOC athletic teams. The new personal trainer option requires graduates complete 100 clinical hours.

Coach DuRoy lead the discussion.

**Question 1: What are your expectations of students who graduate from the HPER program?**

Responses included:

- Some athletic training programs now require a master's degree. It will help the grad school application to show experience.
- The YMCA in Ponca City pays our employees who work on the floor minimum wage. Floor supervisors get certification. Other corporations, like Gold's Gym, look for top personal training certifications (ACE, AFAA).
- It is subjective because there are no state standards. Entry-level requires a master's on OSU's campus. HPER would be great for graduate assistantships. This would stand out to the hiring committee.
- The clinical side is a plus because it would fulfill two years' work experience.
- My business operates along the same lines as the Y. Our employees do well because they get out into the community and hustle.
- I only have an associate degree. Most people at the Y don't have a degree. Our director has a degree.

**Question 2: What equipment or technology have you purchased for your business/school that our students need to be familiar with?**

Responses included:

- We use machines then move into free weights as quickly as possible.
- Machine teaches form
- Getting away from machines that only do one thing

DuRoy—Do you believe the visual of the machines draws people in?

- Yes, from a facility design point, free weights and strength training machines draw people in. We are now structuring space into “fitness neighborhoods.” Medicine balls, ropes, and steps, and moving away from machines.

DuRoy—What about having televisions available?

- Most people bring technology in with them on their phones.
- Elderly still want the TV working. We [YMCA] have a ton of elderly.
- Your population is a big part of it.
- You need to stress special populations (elderly, injured) to your personal trainer students. Students want to work with athletes but there are a lot of other people to work with. Students will need to change their expectations of what success looks like. If students want to do this full time, they are going to be working with the elderly.

DuRoy—Kind of like physical therapy?

- We have to draw the line. We make sure our students know they can come talk to us and discuss the difference between PT and personal training.

DuRoy—What do you do with your old equipment?

- We write off a ton of equipment. Just stay in touch with us.
- It is easy to surplus from one public entity to another

DuRoy—Do you use your climbing wall much?

- Yes [YMCA]
- Climbing walls are the new cross fit. Exercise trends move from east to west and we are seeing more interest in climbing walls.
- We still do lots of cross fit
- Spartan activities
- Lots of 5K and fun runs. It is easy to slap on some glow paint and run a 5K

DuRoy—What other trends do you see?

- I work with youth athletics—age 8 to college. For 8 year olds we do body weight, form with very light weights, plyometrics. For 13-14 year olds we add a little bit of weight, then more weight in high school.
- It would have been nice to have learned technique when I was a cheerleader. I could always lift the weight because I was young and strong, but have neck and back problems now.
- I think it is important to teach 12 year olds proper techniques. Everyone wants to bench press a lot of weight but technique is more important with young kids. I might have 28 seventh and eighth graders in the weight room. I do lots of monitoring.

DuRoy—Is that something our program could help with?

- We would love that [David Riesen]. We have a small number of coaches and a large number of kids. One person might be supervising it all. We had two NOC baseball players come out and help run drills with our baseball team one day. It was a tremendous thing to have NOC student help.

DuRoy—Do you have a defibrillator? (All said yes—one said they used their defibrillator at a HS basketball game last season.)

DuRoy—What do you do about liability?

- We use health questionnaires with clients. It is the ACSM (American College of Sports Medicine) standard. If they answer yes to any of the 10 questions, they have to get a doctor's release.
- We use PAR-Q (Physical Activity Readiness Questionnaire).

**Question 3: What were your most valuable undergrad classes?**

- Anatomy and evaluation courses. I had to take them again at OSU, but it put me ahead of the game.
- Online boards talk about being able to talk to people.
- Of the gen ed requirements, I would recommend speech! Also first aid/care and prevention.
- Students need Psychology so they learn how to talk to people and how to push people to do what they want them to do. Find out what makes the client tick.
- OSU is moving their athletic trainer program to Tulsa to the OSU Center for Health Sciences.

DuRoy—Other trends?

- I can see doctors prescribing personal training and insurance paying for it.
- We have programs called Silver Sneakers and Silver Splash for the elderly. We also do chair yoga. [YMCA]
- Corporations hiring trainers

- Corporate memberships
- Insurance paying for elderly memberships
- Corporate Wellness Programs—The return on investment for insurance companies is something like 3 to 1 or 5 to 1.
- Outdoor facilities
- UCO has an outdoor facility and OSU believes the trend will continue so we are looking for a location
- We just acquired a spot. [Finer Physiques]

DuRoy—What equipment do you have that you want to get rid of?

- Ab twist machine has got to go.
- Iron weights and replace them with rubber weights (for safety reasons).

DuRoy—What do you want?

- Stairmaster
- We could use 3 times as many Stairmasters
- Rubber flooring, more rubber weights
- Bands, free weights, sleds, Jammer (standing press)
- Queen X functions like bars, trampoline, punching bag, step to do box jumps or dips. [not sure if they Y said they had this or wanted this]

DuRoy—How do you get rid of equipment people are attached to?

- Survey
- You have to please the majority. People like to complain.
- We allow community members to buy semester memberships but they are kind of high (\$260/semester) so we mostly serve faculty and students. [OSU]

DuRoy—What qualities would you be looking for in a new hire?

- Entrepreneur mindset
- Interpersonal skills. Students with the most book knowledge usually don't make the best trainers.
- Interpersonal class
- Clinicals should give them great experience
- Deal with real-life situations. I learned the most during my student teaching. Work in the real world and find out what works.
- Work with different populations: youth, seniors, athletes.
- Lots of trainers like working with older people because they are so appreciative.
- In a small town you have to work with a wide range of clients. Mine are 8-70 years old.
- Be good at a variety of things but have a niche. Brand yourself with one area.

The group finished with an open discussion of whether they worked for some or were self-employed. The meeting concluded with Dr. Evans' thanks at 7 p.m.