

NOC HPER Advisory Board

Meeting Minutes

October 25, 2017

The HPER Advisory Board was held in the Rodgers Room on the NOC Campus in Tonkawa, Oklahoma, at 5:30 p.m. Board members present were Joanna Crow, Eddie Cumpston, and David Riesen. Kayla Dickson and Stacie Hobbs participated via email. NOC members present were Dr. Cheryl Evans, Dr. Pam Stinson, Suzi Brown, Julie Baggett, and Dr. Rae Ann Kruse.

After dinner, Dr. Evans welcomed the committee and gave an overview of Northern Oklahoma College plus athletic team successes. Dr. Pam Stinson followed with introductions. She thanked the committee members and let them know NOC listens to their comments and improves programs based on their recommendations.

Suzi Brown, chair, gave a department report and referred to packet handout regarding program completers. She indicated the Athletic Training numbers are skewed because not all students who enroll understand the program rigor—including 500 hours of clinical training. The faculty look at the issue positively, that students find the right major while at the community college level.

The department has 5 full-time faculty members and 3 adjunct faculty at the Tonkawa and Enid locations. The department offers 13 different courses and several sections of those courses.

Fees are included to take the Personal Trainer test. PT students are required to complete 100 total hours: 25 observation hours plus 75 hours of hands-on training. 2016-2017 was the first year for PT students. Seven students took the test and three passed. PT is offered in Tonkawa and Enid only. The test is \$175 initial attempt and \$90 for subsequent attempts. The HPER staff assist students in test preparation by using the classroom textbook, lab manual, and study guide. Suzi also does a Jeopardy-style review of each chapter for test review.

Julie Baggett led the discussion.

Question 1: Your feedback at the last advisory committee meeting reinforced that our graduates will need to be comfortable working with a varied clientele. If you could offer one piece of advice on how to provide better customer service, what would it be?

Responses included:

Get students working with people. Expose them to a variety of situations. When coaches are going through college they only get a few hours of observation and student teaching experience. The only way to get comfortable with parents is get out and talk to them. Advises student teachers to always have something positive to say to a parent. Students should observe veteran teachers and participate in parent/teacher conferences. A former NOC student reported observing an interaction with an angry parent and has used the communication techniques at his own school.

Never shout back. It causes a bigger mess. NOC students observing interactions might show them what not to do.

Kids avoid all confrontation via texting. Parents handle all confrontation for children.

Separation is key when training young athletes. Parents slow down the progress and process. Do communicate with parents by providing a written training plan and quarterly progress reports.

Trainers need to be consistent in their attitude. Trainers can't let bad days show.

Trainers in one facility need to use consistent terminology—military press and shoulder press are the same thing.

Set rules and standards and stick with them; i.e., if a high school athlete is injured and leaves the court with the athletic trainer, the parent can't join them until the trainer goes to get the parent.

Have protocols in place so parents can't push young athletes to play when injured.

Question 2: We talked at the last advisory board meeting about multi-function equipment. Are there other recent trends within the industry that students should be aware of?

Responses included:

CrossFit is cultish. Participants need a solid background in Olympic lifting. Lots of injuries. A personal trainer would need to work with a person to get them up to form.

Three or four CrossFit gyms in Enid—one has a program for kids.

There is a new cryotherapy place in Edmond. \$25 per session. Cryotherapy is a pod you walk into up to your neck that is super cold.

90% of trainers (equipment) aren't worth the dollars. Smaller schools can't afford to purchase. We bought a \$16,000 piece of equipment that took 7 years of fundraising.

Benefits of technology? Are FitBits something students need to know?

No, too complex for most clients. They need something more personalized. Don't always do leg workouts on Wednesdays.

Tracker apps don't account for individual adjustments needed.

FitBits are more motivational.

Any new equipment?

Not a lot at convention. Some updates but no new equipment.

Question 3: What do you see as the best growth opportunities within HPER programming?

A college coach said they are looking for strong, multi-level athletes.

Like small school athletes?

Multi-sport athletes are going away, even at small schools. Parents think kids should focus on one sport but it is better to compete in multiple sports (cross train) to fully develop a range of muscles and skills. Most male athletes compete in two or fewer sports. It's all about specialization now.

Coaches need more practice in dealing with injuries. I took Care and Prevention but needed more to recognize injuries and know the lingo for discussing.

Specialization is causing a trend in injuries too.

Year-round sports aren't good. Even pro baseball players take off in the winter. Causes burn out and kids are only playing for their parents.

Discussion of too many games per year and throwing change ups and curve balls too young.

Question 4: Are there any classes you wish you had taken earlier in your educational sequences rather than later?

I took applied anatomy and kinesiology at University of Central Oklahoma. Need anatomical background. Exercise physiology. Nice to have background in muscles and bone structure.

PT has a practicum class where we do skin-fold testing.

Glencoe is amazingly lucky to have athletic trainer on staff.

It also helps decrease school insurance premiums.

Having an Associate's degree in athletic training and a Bachelor's of Science degree in education makes you more marketable.

I took an OSU class similar to debate (maybe Biomedical Ethics). There was a new topic every day that we debated. Never knew which side of the topic we had to defend. Good practice for dealing with parents.

Would help in personal training too. "Why am I not losing weight?" Need to be able to answer tactfully.

Business classes are important—taxes, inventory, and client logs.

Autry Technology Center has good small business classes.

Budgeting and organizing supplies.

Hearing no further discussion, the meeting adjourned at 7 p.m.