

**HFMG Academic Board Meeting Minutes**  
**Clayton State University**  
(Board Meeting Minutes: January 26, 2011)  
11.40am-12.45pm; Clayton Hall T215)

**Board Members:**

*Present:* Sandy Redderoth, Ryan Alexander, Cindy Lauer, Chelsea Ellis, Christopher Black, Debbie Backus, Manning Sabatier, Michelle Furlong, Melanie Poudevigne, Linda Vaughn, Blanche Payne

*Quorum present?* Yes

**Proceedings:**

· *Meeting called to order* at 11.40 a.m. by Chair, Melanie Poudevigne

**I. Welcome and Introductions.** Each member introduced themselves around the table.

**II. Trends in HF industry.** Manning Sabatier introduced the 2010-2011 bureau of labor statistics for fitness workers. Nature of the work was discussed. Salaries still remain a weakness in the industry that requires passionate fitness professionals. Education, training, certification were reinforced as “must-haves” to enter the work force.

**III. Review of the Minutes.** Cindy Lauer notified the Chair of changing the IX others section of the 2010 minutes to read the following: “interns at the SAC fitness center on campus delivering free fitness testing during their capstone course”. Minutes were approved after changes.

**IV. Curriculum Input.** Members presented the HFMG curriculum changes to the board members that took place in 2010:

- Sandy Redderoth is now introducing EKGs in exercise testing and prescription
- Melanie Poudevigne activated HFMG 3970, a new practicum experience so students can increase their hands on activities.
- Manning Sabatier is now teaching Kinesiology as a seated course to facilitate learning the needed KSAs for the HFS certification.

Board members discussed the next curriculum changes that should take place in 2011 to support the latest initiatives in the industry:

- Manning Sabatier will duplicate contents of exercise testing in HFMG 3130 and HFMG 3140 currently taught by Sandy Redderoth.
- Debbie Backus and Cindy Lauer reinforced the needs to implement more contents on special populations and people with disabilities as a part of the practicum experience.

Blanche Payne introduced the latest partnership between the YMCA and the center for deaf in Atlanta.

- A physiotherapy track integrated into the HFMG program was put aside. Melanie Poudevigne prepared the curriculum in April 2010. Michelle Furlong is currently reviewing its progression.
- The purchase of a metabolic cart was discussed as a nice equipment addition to the program. The members discussed the use of such equipment with undergraduates. The HFMG faculty admitted that it would be a great addition to the new laboratory to increase hands-on activities in courses with a laboratory component and research.

Linda Vaughn, Blanche Payne, and Debbie Backus discussed the importance of teaching health behavior modification theories and applications in the program. Melanie Poudevigne currently teaches these KSAs in HFMG 4400, 4999. Manning Sabatier does the same in HFMG 3130.

Melanie Poudevigne and Michelle Furlong introduced the new lay-out for the two HFMG laboratories that will be created in the refurbished Business and Health Sciences building for the fall 2012.

**V. Teaching Effectiveness Strategies** Michelle Furlong explained that the university is experiencing a 10% budget cut and that the HFMG lab budget of 5K will remain unchanged.

Senior Ryan Alexander expressed the desire of students in the program to be exposed to more hands on activities. Cindy Lauer noted that it is the function of the internship to give students the repetitive exposure or practice with the skills they learn in HFMG courses and labs, and expressed the importance of continuing to teach managerial and exercise science knowledge, skills and abilities as part of the program for well-rounded fitness workers.

**VI. Student Enrollment Strategies.** Michelle Furlong asked the faculty to recruit the pre-nursing students not accepted in the nursing program into the HFMG program. Awareness will be made available to students by the HFMG faculty and seniors visiting BIOL 1151 and BIOL 1152.

**VII. HFMG faculty Research.** Poudevigne and Sabatier presented their research interests and collaborations with board members and students.

**VIII. COAES accreditation.** Poudevigne mentioned that the self-study was created and being updated following the updates from Michelle Furlong and the Dean. Poudevigne explained the importance of going through the process since it is a none punitive process that will highlight the weaknesses and offer opportunities to grow a stronger program.

**IX. Others.** Cindy Lauer pointed the difference in terminology between athletic trainers and fitness trainers and the importance to use the proper terminology when referring to a specific type of trainers by students and staff.

**IX. Next Meeting.** Poudevigne set the next board meeting to January 2012.

- Meeting adjourned at 12:45pm.
- Minutes submitted by Melanie Poudevigne