



MT. SAN ANTONIO COLLEGE
Fitness Specialist Advisory Committee Meeting
Jan 2015
AGENDA

Chris Jackson faculty advisor MTSAC		
Lance McCullough Fitness Results		
Larry Watanabe Retired Professor MTSAC		
KC Kranz Faculty Wellness director MTSAC		

Adjunct Faculty:
 Guests:

I. Welcome -

III. Agenda

- A. Update on Changes made from previous recommendations:
 - a. KIN 15 Administration of Fitness Programs will be replaced with KIN 30 Essentials of Personal Training.
 - b. KIN 40 Techniques of Teaching Cardiovascular Exercise and KIN 41 Techniques of Teaching Weight Training Combined into one class KIN 40 Techniques of Teaching of Weight Training and Conditioning
 - c. Idea was to work through NSCA's Essentials of Personal Training.
 - d. Text for KIN 38
 - e. Adding Additional nutrition class options
 - i. 25
 - ii.
 - iii.

IV. Adjourn