

# **Health, Physical Education, and Recreation Advisory Committee**

## **Meeting Minutes**

### **October 10, 2018**

The HPER Advisory Committee held its annual meeting in the Rodgers Room on the NOC Campus in Tonkawa, Oklahoma, at 5:30 p.m. Board members present were Joanna Crow, Khrystal Humble, and David Riesen. Kayla Dickson participated via email. NOC members present were Dr. Cheryl Evans, Dr. Pam Stinson, Suzi Brown, Summer McClure, Donnie Jackson, Michael Duroy, and Dr. Rae Ann Kruse.

After dinner, Dr. Evans welcomed the committee and gave an overview of Northern Oklahoma College plus status of athletic teams. Dr. Pam Stinson followed with introductions and a report on available scholarships.

Suzi Brown, chair, gave a department report and referred to packet handout regarding program completers. Athletic Training students perform 500+ clinical hours. Summer McClure supervises the Athletic Training students.

Personal Training students complete 100 hours of observation—usually 25 hours their first semester and 75 hours their second semester. Tonkawa students are 5 for 5 on passing the certification test the first time. HPER students officiate at intermural games.

Sports Administration has been suggested as an additional degree option. This needs to be researched.

Michael DuRoy led the discussion.

#### **Question 1: What are your expectations of students who graduate from the HPER program? What do you expect them to learn in school versus on the job?**

Responses suggested it was about 50/50. Committee members said they learned a lot by being thrown in the fire. Any hands-on experience for students is a benefit. Students will learn the foundations at school but it is different when they apply it on the job. Committee members said they are always learning.

Members responded that students need to learn rapport to work with clients. Organizational skills are important, especially for PE teachers because of the chaotic nature of the subject. The teacher may have 40-50 students in a small area. Two members mentioned the benefit of circuit training for PE and personal training. Make it fun! Other recommendations focused on professionalism, communication, behavior management, confidence in skills the student knows, and adapting to people.

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

Focus on body weight exercises and core strengthening. Clients can't perform a proper squat but can bench press 300 lbs. One committee members recommends TRX. Rubber weights are a big thing. Classroom instructors report having smartboards. One school had no tables for students but one school had Chromebooks. One high school has separate weight rooms for football, basketball, and baseball but the weight rooms have free weights only.

NOC's equipment remains consistent with free weights and some Stairmasters. The athletic department uses Theraguns, which are similar to massage. Summer became certified in cupping.

**Question 3: What trends or changes do you see in the industry that will affect the course we offer?**

Sports are starting to suffer from lack of participation. Parents are forcing kids to participate. Could be a byproduct of no PE in school and no recess. Members commented that PE has never been needed more because of the obesity and diabetes rates in children. Children who don't participate in sports never learn to lose. Children have a "trophy" mentality. Even young kids are winning huge trophies and Super Bowl-like rings. The committee commented that children could benefit from FitBits, pedometers, and apps. Sports teach kids to learn to deal with failure, engage with others, and basic life skills as well as exposure to sunshine.

**Question 4: What were your most valuable undergrad courses? Why?**

Most members agreed that Anatomy and Physiology were important. Athletic Training students would benefit from a Rehabilitation course and an Ethics course. Care and Prevention of Athletic Injuries and Theory of Coaching were beneficial college classes. Speech and Evaluation, Organization, and Administration were mentioned. Anything that has to do with budgeting or life skills would also be helpful. Other recommendations were that the most beneficial courses were the ones that crossed over from classroom theory to real-life application. This strengthens the foundation of the material.

**Question 5: Student styles such as study habits and work ethic are constantly changing. What habits and skills do you see students lacking that we should concentrate on better improving?**

Members as well as NOC faculty commented that students don't always know how to study. Some students are frightened to communicate with "adults." Public speaking could improve student communication skills. Work ethic seems to be lacking sometimes as well. Many students lead a sedentary lifestyle and parents don't always encourage a more active lifestyle.

Members also suggested respect and responsibility. One response stated, "Everything is an argument anymore; somewhere students started to think it is ok to argue everything—assignments, test, grades, and expectations. High school students these days have issues with following through with different responsibilities. Whether they are athletes or students, they struggle with deadlines, time management, priorities, and work ethic. I honestly do not know how anyone can improve these problems; it starts when they are young and consistency throughout the education career."

**Question 6: As far as coaching goes, there seems to be a trend of hiring lay coaches. What are your thoughts on this? Positive? Negative?**

There are none at Glencoe but this practice seems to be a trend at bigger schools. Ponca City utilizes lay coaches. There was a concern expressed that lay coaches may not bond with students as well because they won't have them in class to build relationships. One member commented that the best lay coaches are college students who love the sport and want to coach. One positive is the lay coach knows about the sport, not just a warm body because they teach in the district or building. Negatives include disengagement since they don't know what's going on in the school or district. Experience with lay coaches indicate they may not complete mandatory paperwork required by the state. Other negatives include being difficult to get in touch with since they usually have a full-time job and scheduling complications because of their jobs.

A member recommended adding a sports officiating class as there are not enough officials so schools and organizations are using parents and retired folks who don't know the rules. Sit was also suggested that college students start with junior high games as a way to make extra money.

**Question 7: How can we reverse the trend and spin more students into participating in athletics?**

College students may be more interested in body image. Participants noted that it is sad that we cut the PE credit and “fun” athletic classes; i.e., bowling, swimming, weight training, archery, racquetball, and they discussed offering a private, personal health assessment (BMI).

Some positives in the athletic field—lots of 5K fun runs, PE teachers and coaches have lots of resources available on YouTube, students have an interest in eating well, fitness groups are available through social media, students who participate in athletics have higher GPAs (not on ineligible list), and student athletes are putting in the extra time to excel at sports.

The meeting adjourned at 7:30 p.m.