

Good evening Board members and President Gabbard!

Thank you for this opportunity to speak to you regarding the HFE department at MCC. My name is Jim Blaz and I have been adjunct instructor since 1991 and FT instructor and Advisor for the HFE Fitness Instructor Training (FIT) Program since 2007. I have been fortunate to watch the program evolve from a weekend program initiated by Kathy Chamberlin in the 90's to a 4 week course, semester course, and what it is today. We offer two programs for our students:

1. A 2 year AAS in HFE degree which is relatively rare in the US. This is a 2 year program that also allows students to "Bridge" with NIU and transfer all of their credits from MCC towards a BGS in Health and Human Sciences through NIU. It takes students 2 1/2 years to complete the extra coursework at NIU and all is available on-line.
2. We also offer a 1 year FIT Certificate for students who do not desire a 2 year associates degree or already have an equivalent or higher degree, but would like to just pass one of several national certification tests for fitness instructors. In the FIT Certificate Program, the student begins in the fall and takes classes through spring, intersession, and summer, and completes the program in August.

Our students consistently receive praise from area internship sites in regards to their knowledge and "hands-on" expertise during their summer internships. Many are employers also hire our students at the completion of their summer internship.

Now, I'll let the students come up and tell you a little about their experiences at MCC.  
Thank you!