# Lowcountry Graduate Center

# Advanced Manufacturing Advisory Board

# Meeting Minutes

Date of Meeting: October 1st, 2019

1. **Call to order**
Dr. Nancy Muller started the meeting at 4:30 PM in conference room 136 at the Lowcountry Graduate Center.
2. **Introductions
Those in attendance were:**
Nancy Muller – Lowcountry Graduate Center
Jonathan Solomon – Lowcountry Graduate Center
Bucky Buchanan – College of Charleston
Paul Gibson – Blackbaud (Zoomed In)
Jim Thompson – Concentric (Zoomed In)
3. **Presentations & Discussions**
	1. Dr. Nancy Muller, Director of the Lowcountry Graduate Center, began the meeting with brief introductions, and the introduction of Bucky Buchanan. Bucky works for the College of Charleston as the Director of Fitness and Campus Recreational Services. He is also an adjunct faculty member with the Department of Health and Human Performance.

	Mr. Buchanan along with colleague, Elizabeth Kelley, have been working on a newly developed Workplace Wellness Graduate Certificate. There has been a trend for business to help their employees become healthier individuals and live healthier lifestyles. Rather than having a certificate involved in exercise science, the proposed curriculum is centered around “worksite health and well-being.” With only 18 credit hours, which is equivalent to three semesters, the ideal student will not only understand the key components of worksite safety and health promotion, but will also understand employee relations, administration and policy, as well as behavioral changes.

	Within the first semester, students will take two courses: Foundations of Health & Fitness, and Intro to Health Behavior & Change. The former aims to introduce students to health-related areas of physical fitness, as well as exposing students to the “fundamentals of fitness assessment and exercise prescription recommendations.” The latter covers sociological behaviors and changes. The goal of the course is to provide an introduction of behavioral science principles that can be used to improve the health of individuals and groups in the workplace. Understand these sociological factors is key to the well-being of the workplace environment within a business.

	Semester two’s courses are more related to the promotion and communication of worksite health. “Fundamentals of Worksite Health Promotion,” is the third course in the certificate and focuses on the supports for conducive health, physically and mentally; while also discussing integrative health and business practices to ensure overall improvement in worksite health. The “Health Communication” course follows, with discussing best practices in health communication, given 21st century technology.

	The final semester is not quite as heavy on the physical and mental health, but rather deals with program evaluation, public administration and business policies. The second-to-last course is “Worksite Health Promotion Program Evaluation” and familiarizes students with theories and strategies for promotion programs. Yet, this course is also hands-on, and students gain skills in understanding, critiquing, and applying published program evaluations. The final course, “Health Promotion Administration and Policy” aims at identifying the core components surrounding systematic issues within the organization, finances, and delivery of American health programs. This course also discusses how to improve the policies, at all levels (federal, state, and business), to better the environments at businesses.

There was discussion to follow. Gibson said that he wasn’t sure that the description of courses fully addresses the broader, more holistic WHO definition of wellness including mental and spiritual health. He suggested that another, follow-up roundtable be held with the previous representatives with whom Buchanan and Kelley met at the outset of their work for feedback on content of these courses. Buchanan and Muller agreed this is a good suggestion. He also said that with an increasingly autonomous workforce, there is emphasis by management on cultivating high performance teams. This too needs to be part of the program of study. Buchanan mentioned that a seminar structure to coursework would be well-suited to the integration of such hot topics and contemporary issues. Using guest lecturers from industry, presenting real-world “case studies” could provide valuable lessons to students. Lastly, it was suggested that larger and more progressive companies in the area be surveyed for their workforce wellness plans and benchmarks for measuring their value.

1. **Conclusion** A schedule of 2020 meetings needs to still be developed by Solomon. Muller said the next meeting will likely be late January. The meeting was adjourned at 5:30 PM.

**Respectfully submitted,**

**Jonathan Solomon**