



Student Name: _____

Student ID #: _____

Fit Families Service Learning Responsibilities and Objectives

To receive credit, all students must arrive at **8:45am** and actively participate in the entire session including a 10-15 minute debriefing after the program concludes (roughly **12-12:15pm**).

<p>Date: _____</p> <p>Sign-Off: _____</p>	<p>Week 1:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be able to determine the Fit Families populations' needs after observation of the first session. Address these needs during the following weeks. <input type="checkbox"/> Actively participate in all activities. <input type="checkbox"/> Ensure participants are engaged in all activities
<p>Date: _____</p> <p>Sign-Off: _____</p>	<p>Week 2:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be able to lead a group warm up independently. Provide instructions, demonstration, and organization. <input type="checkbox"/> With a partner, determine an appropriate activity that lasts for 20-30 minutes. Ensure active involvement by all participants. <input type="checkbox"/> Prescribe a home exercise program (HEP) of 2-3 exercises that meets a participant's needs and goals.
<p>Date: _____</p> <p>Sign-Off: _____</p>	<p>Week 3:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform intake independently. This includes taking heart rate, blood pressure, and assessing participant goals. <input type="checkbox"/> Facilitate transitions into different activities independently. <input type="checkbox"/> Follow up with the participant's HEP that was assigned during week 2. Make adaptations to the program as necessary. <input type="checkbox"/> Design a circuit-training course appropriate for all participants that addresses their needs.