

Your Name \_\_\_\_\_ Today's date \_\_\_\_\_  
Your email address: \_\_\_\_\_

**Hours Volunteered:** \_\_\_\_\_

**USC Biokinesiology & Physical Therapy  
Fit Families Service Learning Experience  
Student Reflections**

**Your Primary Service Responsibilities and Objectives: Week 1**

- 1) Be able to determine the Fit Families populations' needs after observation of the first session. Address these needs during the following weeks.
- 2) Actively participate in all activities
- 3) Ensure participants are engaged in all activities

**Your Primary Service Responsibilities and Objectives: Week 2**

- 1) Be able to lead a group warm up independently. Provide instructions, demonstration, and organization.
- 2) With a partner, determine an appropriate activity that lasts for 20-30 minutes. Ensure active involvement by all participants.
- 3) Prescribe a home exercise program (HEP) of 2-3 exercises that meets a participant's needs and goals.

**Your Primary Service Responsibilities and Objectives: Week 3 (If you choose to do more than 6 hours of SLE through Fit Families)**

- 1) Perform intake independently. This includes taking heart rate, blood pressure, and assessing participant goals.
- 2) Facilitate transitions into different activities independently.
- 3) Follow up with the participant's HEP that was assigned during week 2. Make adaptations to the program as necessary.
- 4) Design a circuit-training course appropriate for all participants that addresses their needs.

I \_\_\_\_\_, hereby authorize my consent to the USC Division of Biokinesiology and Physical Therapy to use quotes from my reflection for the department's website and/or InMotion magazine.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

1. What did you learn about the population you served during your SLE and the challenges they faced?

2. How did the SLE influence your professional and personal growth? For example, do you feel you have acquired new skills or enhanced existing skills as a result of your SLE? If so, what skills and how?

3. What were the personal challenges associated with your SLE and how were these addressed?

4. Do you think you have gained unique knowledge from this SLE which differs from the knowledge you gained in your didactic courses?

5. How has the SLE influenced your view of community service and its role in PT education?