

## **WellWorks Practicum -- Exercise Prescription and Leadership for Older Adults**

Spring, Summer, Fall (1-4 credits)

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### **Mission**

To be the highest quality wellness program for our community and to combine academic and experiential learning for our students

### **Vision**

WellWorks will be a regionally prominent wellness program that offers a continuum of lifestyle services to impact the health behaviors and wellness culture of our community

### **Position Description**

It is reported that only 11% of individuals 65 years and older engage in exercise that meets the federal guidelines. The student will collaborate with an exercise physiologist to plan, implement, and review programming for older adults at WellWorks. This includes group and individual exercise experiences that may be a component of the *Active Senior* program or the *Phase IV Cardiopulmonary Rehab* program. The student will be given regular responsibilities and trained to complete job tasks associated with an American College of Sports Medicine (ACSM) Certified Exercise Physiologist (EP-C).

### **Learning Objective**

By completion of the practicum experience, the student will understand the effects of aging on selected health-related variables and the impact of exercise on the aging process. The student will be able to conduct physical performance testing for the assessment of the functional status of older adults and develop safe and effective exercise programs. The student will participate in group exercise classes for older adults and will be able to model exercise leadership through effective teaching, communicating, and motivational techniques.

### **Student Responsibilities**

Daily Tasks (50%) – Students will be trained to complete the following general tasks in more detail:

- Leadership of *Active Senior* group exercise (e.g. Play a supportive instructional role to the exercise physiologist during group exercise classes).
- Develop appropriate exercise prescriptions and apply motivational techniques to manage the progress and accountability of *Active Senior* and *Phase IV Cardiopulmonary rehab* participants.
- Organize program quality metrics (e.g. Referral, enrollment, completion, drop-out, attendance, costs, service, participant satisfaction, etc.).
- Complete a weekly log (e.g. Write a brief description weekly of the student experience – See below for more details).

Project (25%) – Students will leave a legacy by completing a project. Examples include:

- Planning and implementing (piloting) a new, different *Active Senior* group exercise class.
- Coordinating physical performance testing for older adult members and summarizing the aggregate results to identify the physical fitness needs of our population of older adults.
- Creating supplemental materials for each respective *Active Senior* group exercise class or materials that are appropriate to older adults (e.g. Creating an exercise library of a class, etc.).
- Writing an *Active Senior* newsletter or brief, including updates and member stories.

Mentorship (25%) – The preceptor will be the current Coordinator, CEP at WellWorks.

- The student will be trained to complete daily tasks and projects by the preceptor.
- The student will identify personal goals (knowledge or skills related to the practicum) which they desire to develop. Feedback and coaching will be provided weekly by the preceptor.

### **Student Agreement**

1. **Student Goals** - These goals should be written by student and discussed in the first week with preceptor. Goals should be agreed upon by both parties.
2. **Weekly Log** – A brief description of weekly activities. What project(s) were you working on during the week? What activities did you participate in? Three specific questions must also be answered weekly: 1) What did I learn? 2) What do I need or want to know more about? 3) What am I confused about? Essentially, the log is a weekly diary of student activities. The weekly log must be typed, include dates and total hours worked per week, then sent to preceptor.
3. **Project** – Work with preceptor to determine a programming/business need. This will include an assessment of need, program development and implementation, and an evaluation/recommendation for future programming/business needs.
4. **Preceptor's Evaluation of Student** (mid and final) – see additional pages (2 options)
5. **Student's Evaluation of Preceptor** (mid and final) – see additional page

### **Student Goals**

These goals should be written by student and discussed in the first week with preceptor. Goals should be agreed upon by both parties.

### **Strengths** (technical skills and soft skills)

- 1.
- 2.
- 3.
- 4.

### **Needs Improvement/Coaching**

- 1.
- 2.
- 3.
- 4.

### **Procedures, Technology, Programs, etc., I would like to learn:**

- 1.
- 2.
- 3.
- 4.

### **Overall Goals for the Practicum**

- 1.
- 2.
- 3.

### **Career Goals**

- 1.
- 2.
- 3.