

Name:
Email address:
Total hours volunteered:
Dates volunteered:

USC Biokinesiology & Physical Therapy Service Learning Experience Student Reflections

Festival of Life at Norris Cancer Center – 1st Saturday of June 7:30am – 1pm

Your Primary Service Responsibilities:

1. Assist faculty sponsors with set up and cleanup of the USC PT booth
2. Administer the Par Q cardiac screening questionnaire and identify those participants who can and should not undergo the physical fitness screening exams.
3. Be able to demonstrate and correctly perform standardized fitness assessments for visitors:
 - Resting vitals
 - Postural assessment
 - Step in place test
 - 30-s chair stand
 - 4-stage balance test
4. Counsel visitors on their screening assessment results.
5. Educate visitors on how physical therapy can help patients during and after cancer treatment.
6. Advocate for cancer survivors to receive physical therapy services to address any impairments or limitations in function.

Your Primary Service Objectives

1. Improve technique and performance of standardized fitness screening exams in participants with a history of cancer.
2. Gain confidence working with people who are going through or who have completed cancer treatment.
3. Become familiar with some of the challenges that cancer survivors have with exercise and with maintaining regular exercise.
4. Increase understanding of cancer treatment related impairments and how physical therapy and exercise may improve the quality of life of cancer survivors
5. Increase competence with educating cancer survivors about the importance of exercise in survivorship (recommended by the American Cancer Society - <http://www.cancer.org/healthy/eathealthygetactive/acsguidelinesonnutritionphysicalactivityforcancerprevention/acs-guidelines-on-nutrition-and-physical-activity-for-cancer-prevention-summary>).
6. Understand the importance and need for exercise programs for cancer survivors.

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: _____

Reflection Questions:

1. What personal goals did you have when you decided to participate in this SLE? Please elaborate on if and how those goals were achieved or not achieved.
2. What did you learn about the population you served during your service learning experience (SLE)? What were the challenges they faced?
3. How did the SLE influence your professional growth? (For example, have you acquired new skills or enhanced existing skills as a result of your SLE?)
4. What did you learn about yourself, about cancer, and about survivorship by interacting and engaging with the participants in the Festival of Life?

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

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

7. Are there any changes that can be made to make this SLE more beneficial to clients and students?