

**USC Biokinesiology & Physical Therapy  
Service Learning Experience  
Student Reflection**

Date of service \_\_\_\_\_

Service site \_\_\_\_\_

Name \_\_\_\_\_

**Name of Agency/Project:** Activities, Recreation & Care (ARC)

**Address:** 6456 Whitsett Avenue, North Hollywood, CA 91606

**Phone/email:** (818) 762-4365; info@arcandadults.org

**Your Primary Service Responsibilities and Duties:**

- 1) Lead exercise classes on Saturday mornings for individuals with developmental disabilities.
- 2) Provide participant-centered exercises including stretching, balance, power, and aerobic practice.
- 3) Perform exercises with appropriate parameters and rest breaks in order to prevent overheating.

**Your Primary Learning Objectives:**

- 1) Care for individuals with developmental disabilities.
- 2) Develop confidence in working with individuals with developmental disabilities.
- 3) Improve communication skills for working with individuals with developmental disabilities.
- 4) 1 additional student identified personal learning objective

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



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