

Name:

Email Address:

Total Hours Volunteered:

Dates Volunteered:

**Service Learning Experience
Adelante Exercise Class**

Your Primary Service Responsibilities:

1. Help with set-up and clean-up as needed (chairs, yoga mats, cones, ladders, hurdles, etc).
2. Be able to support the participants (cancer survivors and their invited family and/or friends) in order to assure safety as well as appropriate challenge with the exercise target of the session.
3. Actively participate with the participants to encourage an active environment.
4. Facilitate education of the participants about the importance of regular exercise.
5. Possibly lead basic exercises as instructed by the exercise session leader.

Your Primary Service Objectives

1. Improve efficiency in facilitating exercise in a group setting (10-20 participants per class).
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 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>).
5. Understand the importance and need for exercise programs for cancer survivors.
6. Identify on personal learning objective you have for this experience.

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: _____

4. How has this experience influenced your perception of community service and its role in PT education?

5. How did the exercise class enhance your professional growth? This can include a discussion regarding interactions you had, development of new skills, etc.