

Name:

Email Address:

Total Hours Volunteered:

Dates Volunteered:

**Service Learning Experience
USC Emeriti and Alumni Wellness Event**

Your Primary Service Responsibilities:

1. Help with set-up and clean-up as needed (reception desk, chairs, cones, therabands, etc). Student volunteers are expected to remain for the entire event.
2. Be able to support the participants (majority within a geriatric age group) 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 physical therapy and about healthy living as we age.
5. Possibly lead basic exercises as instructed by the exercise session leader.

Your Primary Service Objectives:

1. Gain confidence working with the older adult population.
2. Become familiar with some of the challenges that community dwelling older adults may have with exercise and with maintaining regular exercise.
3. Understand the importance and need for exercise programs for the health and wellness of the community.
4. 1 additional student identified personal learning objective:

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 wellness event enhance your professional growth? This can include a discussion regarding interactions you had, development of new skills, etc.