

Name: _____

Email Address: _____

Total Hours Volunteered: _____

Dates Volunteered: _____

Service Learning Experience Jumpman Athletic Recovery Day

Jumpman Athletic recovery day is an athletic recovery event led by USC Hybrid Class President, Nike PT's and Personal Trainers. It will include a guided athletic flow, nutrition advice, and recovery provided by USC recovery staff at the Jumpman Downtown LA center. Participants will assist in set up/clean up, assist with checking in athletes, providing water and nutrition to athletes when needed, and assisting with recovery. This event is targeted to help high school students and low-income families with athletes aspiring to reach high performance receive the recovery, nutrition, and expert training free of cost. Athletes will experience the luxury of working with top Nike trainers and USC PT students to aid in their journey to becoming the best athlete they can be, injury free. Students will receive 3-6 hours of Service Learning hours.

Your Primary Service Responsibilities:

- 1) Assist with set-up and clean-up as needed (chairs, yoga mats, cones, ladders, hurdles, resistance bands, etc.
- 2) Be able to support the participants (Athletes and their invited family and/or friends) in order to assure safety as well as appropriate challenge with the exercise/recovery 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 recovery following sport
- 5) Demonstrate foam rolling and stretching techniques
- 6) Assist with athlete check in and clothing organization
- 7) Help manage athletes
- 8) Assist with recovery, Theragun, Hypervolt, and Normatec use and set up

Your Primary Service Objectives:

- 1) Improve efficiency in facilitating recovery in Highschool, Collegiate and Professional athletes
- 2) Gain confidence working with athletes
- 3) Gain teamwork and leadership skills
- 4) Become familiar with service to low income families and athletes
- 5) Identify one 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: _____

Reflection Questions:

1. What personal goals did you have when you decided to participate in this recovery event?
Please elaborate on if and how those goals were achieved or not achieved.

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3. What did you observe from the event leader regarding the mobility techniques, recovery program, and modalities for athletes? Ex: how did they organize the session, teach the material, etc.

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.