

Winter 2012 PHED 370 Academic Service Learning Project Overview

Project Description: This project will connect upper-level undergraduate PETE majors in PHED 370 with local high school students and Physical Educators in order to plan and implement a pilot of a morning physical activity program/club at Ypsilanti High School through EMU Bright Futures.

Course/Project Connection:

In the 2012 Winter term, the PHED 370 students will work in conjunction with EMU Bright Futures Ypsilanti High School staff in order to set up and promote the physical activity morning program/club.

One of the course objectives for PHED 370 is to broaden the concept of Physical Education curriculum design to include technology in a community-based, service-learning setting. This opportunity to work directly with high school students to establish school-based physical activity clubs not only can meet that course objective, but also give the PHED 370 students hands-on time with actual high school students. This time to become comfortable in a school setting and to learn how to interact with adolescents in a meaningful way is extremely important for pre-service teachers.

Who: Ypsilanti HS students enrolled in Bright Futures and EMU PHED 370 students completing an AS-L project enrolled in Winter 2012 semester

What: Offer an opportunity for Ypsilanti HS students to participate in safe, supervised, and physically active movement of their choice during before-school hours.

When: Mondays & Wednesday 6:45 AM-7:20 AM (first hour bell)
February-April, 2012

Community Need:

Of all EMU Bright Futures programs occurring at Ypsilanti High School, not one is an active organization related to movement or physical activity. Also, with past, present, and future state budget cuts to public school funding, Physical Education as a school-based avenue for adolescent physical activity is in jeopardy of frequency and existence. By supplementing school-based Physical Education, school physical activity clubs can provide additional means for adolescents to have a safe, non-competitive, supervised setting to move and engage in recreational and health-optimizing physical activity.

Student Involvement:

EMU upper-level Physical Education majors enrolled in PHED 370 (Applied Technology in Physical Education) will be involved with this service project as part of their coursework and applied experience.

Technology Inclusion

- Microsoft Office software for promotional materials
- Playlist creation/player (iPod, dock)
- Active gaming (explore options, see what EMU & BF have)
- Facebook as means of promotion/communication as an option??
- Photo/video editing; including HS as promotional strategy

Reflection Component:

PHED 370 students will complete formative written reflections after each planning meeting with high school students and staff. Also debriefing and discussion will occur during each class meeting related to the service-learning component of the course. A summative final written reflection will be completed by each student as well as a progress report of the club's "action plan" developed by the PHED 370 students.

Project Timeline:

September-December, 2011: On-going communication between EMU Bright Futures, Professor Jahn, and Physical Education majors regarding their proposed ideas for a school physical activity club

January-early February 2012: PHED 370 students introduced to the project and meet with the EMU Bright Futures staff and high school students to plan logistics and what the school physical activity clubs will look like.

Example of planning & logistics to be established

- Space available
- Equipment available
- What students would be interested in doing
- How to promote it at the school
- Who else do we need to know @ the school (custodians, secretaries, admins, PE teachers)
- Daily itinerary
- School visits
- Other collaboration with other programs/schools

Late February-April 2011: PHED 370 students will facilitate the before school physical activity club two mornings/week at Ypsilanti HS

April 2012: Assessment of the experience by the EMU PHED 370 students and input collected from high school students (and other relevant individuals) regarding the activities and needs of the club to continue in the future.

EMU students reflections and information debriefing sessions will be continuous throughout the experience.