

WORKSITE WELLNESS PROGRAMMING

INSTRUCTOR: GREGORY WELK, PHD

ABOUT THE COURSE

This supervised service learning opportunity is designed for students interested in learning how to plan and coordinate worksite wellness programming. Students would work with faculty and graduate students to help support and facilitate worksite wellness programming at ISU and area worksites. From a leadership perspective, students would assist with the applied service learning experiences in HS 380. Students would also gain first hand experience in worksite wellness programming through linked partnerships with area worksites managed through the Wellness Works outreach program (www.wellnessworks.iastate.edu). Through the experience, students will gain personal and professional skills as well as a deeper understanding of the tasks involved in managing and promoting worksite wellness programs.

Time Commitment	Variable credit commitment (4-5 hours a week / credit). The role requires attendance at a weekly group planning meeting
Roles / Duties	Students can contribute to the programming in a variety of ways. Team meetings occur every week with independent work in between.
Duration	Fall and Spring Semesters
Coordination	The course is coordinated through the Wellness Works outreach program, coordinated by the Physical Activity and Health Promotion lab in the Department of Kinesiology
Prerequisites	Junior or Senior Status and completion of HS 380 Worksite Health Promotion (By permission and Approval of Instructor)

SERVICE LEARNING FACILITATOR



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