KNES 101 students are required to complete 15 hours of community service. This may include working as an aide in a local school, fitness center, rehabilitation facility, and/or serving as a volunteer with Special Olympics or a similar event. *Or, you can complete ALL field experience hours, and receive full credit by attending a professional convention such as LAHPERD, AAHPERD, or Southern District AAHPERD, or the Acadiana Heart Walk (Fall Semester Only).*

The instructor will provide a list of suggestions for this semester. However, it is the student’s responsibility to be sure this assignment is completed. You may elect to have a variety of experiences or select a site that you visit on several occasions.

For each location/experience, a summary should be prepared to include the following:

Name: __________________________ Date of the service: __________________________

Location: __________________________ Time (start & finish): __________________________

*REMEMBER, DO NOT USE ANY PATIENT, STUDENT, OR CLIENT NAMES IN YOUR JOURNALS!*

1. **Summary of your experience:**
   - Where were you?
   - What date?
   - What time block?
   - What did you do?
   - How did you assist?

2. **Reaction to your experience:** (you must address some, but not all of the issues below)
   - How does the professional you are observing interact with others?
   - How does the professional you are observing conduct themselves when no one is watching, or when they think they are not being observed?
   - What kind of reactions do others have toward the professional you are observing?
   - What feelings/thoughts do you have regarding your own professional journey as you observe this individual in the context (professional setting)?
   - What kinds of ideas or strategies are “working” in this professional setting?
   - What could be improved in this professional setting?
   - What communication strengths/weaknesses do you observe?
   - If applicable, is discipline a problem in this professional setting? If so, how could it be addressed?
   - Is there equity among gender, race, skill level, etc. in this professional setting?
   - What kinds of assessments take place in this professional setting? How are assessments administered?

3. **What career path did the professional with whom you are working follow? What career advice do they have for you?**

4. **Respond to the following:**
   - Identify one important issue you experienced and relate it to information you have studied or we have discussed.
   - Relate as much of your service learning experience as possible to you past and/or current experiences (experiences in school, work, volunteering, etc.).
   - Identify one idea that was new to you and explain how this new idea can assist you in the future.
FIELD EXPERIENCE REMINDERS:

1. Length:
   a. 1-2 hour observation/assisting = 1 page (double spaced)
   b. 7.5 hour observing/assisting = 4 pages (double spaced)

2. DETAILS! Be specific, describe what you did, what you saw, how you helped, etc.

3. EACH time you do field experience, you should have a journal.
   a. 8 field experiences = 8 journals
   b. 5 field experiences = 5 journals
   c. All journal entries should have the date and time block in which you observed/assisted
   d. All journal entries should total 15 hours

4. You are responsible for making the contacts, and working out a schedule of observation and assisting. If you have another idea, separate from this list, you MUST get your idea approved*

FIELD EXPERIENCE IDEAS

REMEMBER, YOU CAN RECEIVE FULL CREDIT ON YOUR FIELD EXPERIENCE BY ATTENDING a professional convention such as LAHPERD, AAHPERD, or Southern District AAHPERD, or the Acadiana Heart Walk (Fall Semester Only).

1. The Woman’s Foundation – for health and wellness opportunities. Rose Cormier 337-988-1816

2. Alzheimer's Association of Acadiana – Memory Walk (September) or Ride to Remember (March)

3. Local schools in Lafayette (contact physical education teachers to arrange observations/aide days).


5. Cajunman Triathlon volunteer: September 10th: phone: 337-988-1163 email: sbrdude@aol.com

6. American Heart Association Lafayette Heart Walk: contact Laura Newsom at (337) 521-8606 or via e-mail at laura.newsom@heart.org.

7. ULL Intramurals: 334-482-6157 or 334-482-6159

8. Games of Acadiana Golf Classic: October 2nd: 337-984-1920

9. Red Lerille’s Health and Racquet Club: 337-984-7256

10. Bridge Ministry: Contact Connie Sanders at 337-235-5565


12. Health Promotion Ideas: see Jacki Benedik (Room 139-A Bourgeois Hall)

13. Miles Perret Center – Cancer Services for Acadiana (337-984-1920)

REMEMBER: You are responsible for making the contacts, and working out a schedule of observation and assisting. If you have another idea, separate from this list, you MUST get your idea approved*