

KNES 101: FIELD EXPERIENCE

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 your 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*
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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). <http://www.lpssonline.com/site7.php> (Lafayette Parish Schools website).
4. Lafayette Parks and Recreation: 334-291-8374
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 Lerville's Health and Racquet Club: 337-984-7256
10. Bridge Ministry: Contact Connie Sanders at 337-235-5565
11. Helping Hearts Academy: 337-406-8791 (www.helpingheartsacademy.com)
12. Health Promotion Ideas: see Jacki Benedik (Room 139-A Bourgeois Hall)
13. Miles Perret Center – Cancer Services for Acadiana (337-984-1920)

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