

Project 3- Coordination and Evaluation of a Community Fitness Program

What is the Project? The HWI Zumba Program is an ongoing fitness project that provides fitness classes and nutrition education to interested east end residents. Classes are free to residents.

What are the Goals of the Project? (1) Assist Zumba stakeholders to maintain and organize monthly meetings; (2) Maintain Zumba database and provide regular reports on participation satisfaction and measures of wellness (ie: weight, BMI and blood pressure); (3) Evaluate the effectiveness of the Zumba program curriculum as well as participant satisfaction/feedback.

Who Cares and Why? The Seventh District Health and Wellness Initiative (HWI) wants to provide East End residents with the appropriate fitness and nutrition activities, support and knowledge necessary to sustain a culture of wellness.

What Help is Needed? Specific needs/skills/interests include:

1- One individual interested in health communication, behavioral change, database management, program evaluation, community-engaged research, or program development may work on this project.

2 Some comfort using statistical packages/statistical programming languages (ie: SAS, SPSS or R) and at least one semester of graduate-level statistics is helpful but not necessary. This is appropriate for a first- or second-year graduate student or a motivated undergraduate junior/senior. 3- The individual should have the ability to maintain communication and organization across multiple stakeholders. Willingness to maintain attention to detail is important for success.

What is the Time Commitment? This is a long-term project. Interested individuals should expect to invest on average 5-10 hours/week throughout the entire academic school year. Attendance at monthly stakeholder meetings will be expected. Attendance at monthly weigh-in programs may be requested. The majority of this work will be under the supervision of Ms. Betsy Hart, Director of the Robinson Theater with some guidance from Dr. Elizabeth Prom-Wormley. This experience is likely to fulfill practicum requirements. Long-term follow-up activities can be also be pursued for a student who may be interested in developing a research question for a Capstone project.