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Community Programming at Worthington Parks and Recreation

Sophia M. Cooper

Introduction

For my practicum, I was given the opportunity to work at the Worthington Community Center in their Parks and Recreation Department as a Fitness Intern.



Goals

- Implement a program that will benefit the community.
- Oversee a community program from beginning to end.
- Research different community needs.
- Produce monthly news blasts on different topics to educate the community on health and wellness.
- Learn the operations of a community recreation center.

Kid Fit

One program that was implemented during my time at Worthington Parks and Recreation was Kid Fit. This class was designed to promote healthy lifestyles among kids age 7 to 10. The first session focused on fun exercises to do during the winter months. The second session was focused on fun activities to do during the spring and into the summer months. The kids participated in different activities to increase their heart rate and keep them active for 45 minutes. They also were taught different health tips related to food, fitness, hydration, and stretching.



Worthington Indoor Triathlon

This event was a one of a kind for the Worthington Community Center. On February 17, 2019 we held the first ever Worthington Indoor Triathlon. This event was open to anyone 13 and older. Participants competed against each other in a 15 minute swim, 15 minute bike, and a 15 minute run. Of the 62 participants, 10 were awarded with top prizes.



Additional Projects

- Employee Wellness Challenge
 - March Madness basketball themed challenge for all of City of Worthington employees
- Step into Spring
 - Stair step challenge where participants complete the most flights of stairs in two weeks

Conclusion

Through this practicum, I able to explore different areas that interested me. Along with my hands on work at the community center, I was able to attend a professional conference for the Ohio Parks and Recreation Association where I was able to network with other parks and recreation professionals from Ohio. This practicum has given me multiple opportunities to develop my professional skills.

Recognition

Thank you to Dr. Longenecker, Ryan Cooper, Jen Button, Kevin Timmons, Mike Burgdorfer, and the entire Worthington Community Center Staff.