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Groveport Recreation Center - "Freedom, Fun & Fitness"

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Groveport Recreation Center – Freedom, Fitness & Fun

Presented By: Matthew Wareti

Introduction

I completed 250 hours of my practicum experience at the Groveport Recreation Center. I was under the supervision of Amy Van Huffel, the Sports and Fitness Manager. The Groveport Recreation Center provides aquatics, a weight room with exercise equipment, two basketball courts, a fitness studio, a childcare area, senior center, a climbing wall, and an indoor track. Exercise classes, programs, and training sessions with personal trainers are available for members. People of all ages can find an activity that will benefit their mental and physical health.

Practicum Goals

1. Effectively participate in adult exercise classes, encouraging people to reach their individual goals.
2. Keep up with facility management through communication and sharing of duties.
3. Supervise youth programs such as basketball, soccer and parent-tot.
4. Learn how to have fun and play with kids in childcare, understanding that each kid is unique
5. Give appropriate instruction to kids in youth programs while keeping them on task.

Learned Experiences

Exercise Classes

- Seeing exercise from a different perspective with both age and intensity
- Respect and follow the lead of the instructor
- Do not complain. Try your best to keep up, take a rest if needed
- Keeping the exercise fun and engaging will encourage the group to embrace the challenge



Facility Management

- Being proactive is key to getting tasks done
- Communication with coworkers is essential to keeping the workplace orderly
- If you have a job to do, do it well
- Approach each situation with the interest of GRC and its members in mind
- Greet people with a smile and they will appreciate it



Program Supervision

- Understand that kids are there to have fun and expend energy
- Parents appreciate when you help their kid learn the activity they are engaged in
- Kids and parents can be competitive. As a supervisor, make sure they are able to control themselves



Childcare

- Each child is unique. They should be welcomed with open arms.
- Without their parents, some kids get nervous and scared
- More time spent with them results in them being more comfortable and open



Program Instruction

- When dealing with kids, voice tonality is more important than words
- Be inclusive. Encourage kids to work together
- Loud sounds such as the clapping of hands can recapture the attention of kids who are not attentive
- Ask kids for their input, listen to their perspective

Activities

- Exercise Classes:
 - Yoga/Meditation
 - Stretching/Foam Rolling
 - Circuit Training
 - Tai Chi
- Youth Programs:
 - Basketball
 - Soccer
 - Parent Tot
 - Homeschool Gym
- Maintenance:
 - Basketball Courts
 - Weight Room
 - Fitness Studio
- Kidding Around (Childcare)
- Front Desk

Main Takeaways

- ✓ Whether it be working with kids or adults, getting a group engaged and having fun during exercise is a large factor in getting maximum effort.
- ✓ Clear, open and honest communication between employees of the Recreation Center is essential to keep it running smoothly.
- ✓ Positive energy while at work is contagious. Greet those who enter and leave with a smile, treat coworkers with respect, and do the your job the best you can.