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Groveport Rec Center: Covid-19 vs. Exercise

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Recommended Citation

Masterson, Ciara, "Groveport Rec Center: Covid-19 vs. Exercise" (2020). *Masters Theses/Capstone Projects*. 69.

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Groveport Rec Center: Covid-19 vs. Exercise

Site Information

Site Name: Groveport Recreation Center

Site Address: 7370 Groveport Road
Groveport, Ohio, 43125

Hours Per Week: 15-18 hours

Site Supervisor : Juli Pintz
Master of Science of Recreation and Sport
Sciences
Recreational Studies, Emphasis Recreation
Management
Ohio University
Bachelor of Science of Education
Sport & Leisure Studies
The Ohio State University
Sports and Fitness Manager City of Groveport

Other Site Employees:
Bonnie Coleman
614-599-5942
American Senior Fitness Association Certified

Jordan James
614-783-9187
WITS Certified Personal Trainer
Master's degree from Baruch College

Starting Goals

1.) Strength and Conditioning

Gain skills and experience.

2.) Populations

Work with a variety of patient populations.

3.) Virtual Classes

Gain skills and experience managing online
classes

4.) Certifications

Obtain 1 of the certifications outlined in goal
summary.

5.) Facility Management

Gain skills and experience in facility
management.

Goal Summary/ Achievement

Goal Summary

Goal 1

Gain strength and conditioning experience and skills. Through the strength and conditioning experience, the plan to strengthen my skills in creating workout plans based on different client needs. The student will strengthen skills and become more confident with weightlifting. The student will incorporate their knowledge from the MSAH 5150 Advanced Strength and Conditioning throughout my experience. This goal will help with other goals of obtaining certifications.

Goal 2

Work with a wide variety of patient/client populations. With this practicum experience, the student wants to gain hands-on experience working with different age and health populations throughout physical fitness. Throughout the experience the student will work with a variety of ages from children to seniors. This aspect of the practicum will contribute to the students' knowledge base. This aspect will give live experience and build on skill from the Special Populations course.

Goal 3

Through the practicum experience the student learn more about virtual fitness classes. The student will be assisting with setting up the technology equipment, ensuring clients can connect to live feed. Telehealth is being implement more and the student would like to enhance their knowledge base of reaching clients/patients in a more efficient and technological way.

Goal 4

Through the practicum experience the student will use in-person interactions to gain hours of experience towards obtaining more certifications. By working towards the EP-C, CSCS and CEP certification, the student will be more marketable to employers and be able to deliver care to patients/clients. The student hopes to have these prior to the completion of the practicum and potentially bring services to Groveport Recreation Center.

Goal 5

Throughout my practicum the student hopes to gain experience maintaining a fitness facility, to one day run their own cardiac rehabilitation facility. The students' final career goal is to own their own cardiac rehab facility, this experience will allow them to learn about managing a facility.

Goal Achievement

Goal 1

Through this experience the student participated in personal training, observing fitness classes and additional planning. The student prepared and executed workout plans for clients. The student incorporated cardiorespiratory, resistance and flexibility training in plans. The student is now more confident in creating workouts, leading workout sessions and advising clients. Considering these factors the student achieved this goal.

Goal 2

This practicum experience offered the student encounters with a variety of populations. Exposure included a vast age range of clients and health conditions to consider when creating plans. The student worked with children through the "Homeschool Gym" program with ages that ranged between 4 and 14 years old. The student also worked with seniors through personal training sessions and the Silver Sneakers classes. Considering all these factors this goal was achieved.

Goal 3

Through out this experience the student managed the scheduling, set-up video feed and alerted clients of upcoming Silver Sneaker classes. This allowed the student to get a better understanding of working with an elderly population through video. The student was also able to obtain a better understanding of the aspects that are put into running a virtual class. Unfortunately, the virtual classes were canceled due to lack of registration. This goal was met through client exposure.

Goal 4

This practicum experience allowed the student to work with a vast patient population and strengthen skills that can be used towards obtaining ACSM certifications. The student however has not obtained any of the following certifications listed in the goal summary. The student has entered study groups and has scheduled the certification exam that will be completed after MSAH program is completed. This goal was not fully achieved and is still in progress.

Goal 5

Through this experience the student participated in a large array of facility management activities. The student engaged in cleaning equipment, managing inventory, updating the Rec Center website, and creating fitness schedules. This gave the student insight on running a fitness facility. This goal was achieved, and the student has a better understanding for running a facility of their own.

Activities/ Projects

- Setting up virtual Silver Sneaker classes
- Exporting virtual rosters for billing
- Sending emails regarding virtual Silver Sneakers class sign ups
- Preparing workouts
- Homeschool gym classes
- Leading personal training sessions
- Shadowing and participating in a variety of fitness classes
- Maintaining fitness floor
- Documenting equipment inventory
- Managing community yard sell map
- Updating Rec Center Website
- Creating fitness class schedules

Photos

