



Healthy Lifestyles Practicum

Congratulations on successful completion of Healthy Lifestyles at Athlete Leadership University.

Directions:

- Each Healthy Lifestyles attendee must complete two of the of the following leadership opportunities in order to:
 - Receive a Healthy Lifestyles Practicum Certificate.
 - Receive a degree in Health from Athlete Leadership University.
- Each athlete must complete their Practicum within one full calendar year.
- A report form must be filled out following completion of the leadership opportunity and sent to Athlete Leadership Coordinator, Jordan Schubert at jschubert@specialolympicspa.org.
 - The report form is available on the SOPA website under the Athlete Leadership tab: <http://specialolympicspa.org/special-programs/initiatives/athlete-leadership>

Important Notice:

- Following the completion of Healthy Lifestyles at Athlete Leadership University, you were given a list of two practicums to complete with an optional third. These are leadership opportunities you are able to pursue year round and can be completed with support from Special Olympics staff and / or your local program manager.
- If you are planning on completing a practicum that is not on this list, please call Athlete Leadership Coordinator, Jordan Schubert, at 610-630-9450 ext. 236 before beginning to determine whether it would be appropriate to use towards your Healthy Lifestyles Practicum.

Leadership Opportunities:

1. Health and Fitness Coordinator

- Health and Fitness Coordinator is an athlete committed to promoting healthier lifestyles for athletes, unified partners, coaches and families.
- In order to use this leadership opportunity towards your practicum you must:
 - Create a year round health and fitness club and communicate activities via social media (i.e. Facebook and/or Twitter), e-mail blast, local program newsletter; etc.
 - Please submit the Health and Fitness Club Summary Report Form every 6 months.
 - Provide healthy menu input for all local program competitions.
 - Please submit the Healthy Menu Report Form immediately following the event.
 - **OPTIONAL:** Help your local program to partner with health and fitness organizations.
- Contact Athlete Leadership Coordinator and / or your local program manager for more information on this leadership opportunity.

2. Volunteer / Offer Healthy Habits

- Healthy Habits is supplemental stations to Healthy Athletes or conducted in high traffic areas when it is not possible to do a Healthy Athletes event. Healthy Habits are interactive education stations that help build awareness of how healthy habits affect sport performance and everyday life. There are three topics: Nutrition, Hydration and Physical Fitness.

- In order to use this leadership opportunity towards your practicum you must:
 - Volunteer at Healthy Habits during a sectional or state competition.
- OR**
- Offer Healthy Habits at a local or invitational competition.
 - Please submit the Healthy Habits Summary Report Form immediately following the event.
 - Contact Director of Programming Projects for more information on volunteering at Healthy Habits during a sectional or state competition. Contact your local program manager for more information on hosting Healthy Habits during a local or invitational competition.

3. Optional: Healthy Athlete Assistant

- At state competitions, noncompeting athletes have been able to serve as assistants to a Healthy Athlete Clinical Director and deliver a portion of the discipline to their fellow athletes. There are requirements for this leadership opportunity:
 - 18 years of age or older
 - May not be competing at competition where offered
 - Transportation to and from the event
 - Ability to communicate interpersonally with SOPA Staff, Clinical Director, volunteers and other athletes
 - Responsible individual with good behavior
 - Ability to be attentive during instruction
- Contact the Director of Programming Projects for more information on this leadership opportunity.