



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.
- A report form must be filled out immediately following completion of the leadership opportunity via the Special Olympics Pennsylvania [Online Portal](#).
 - Each Health and Fitness Coordinator must be logged into their profile, not their Mentor's.
 - If struggling to log in, please click, ["Trouble Logging In"](#) to access your account or select "Password Reset" to get a new password sent to you instantly.
 - Once logged in, please go to the "My Information" and choose between "Offered a Health and Fitness Club" and "Offered Healthy Habits".
 - When entering your project, please provide as much detail as possible explaining why YOU believe your project is appropriate for Athlete Representative I, especially if it's not one of the recommended projects below.
 - All report forms must be submitted separately.

Important Notice:

- Following the completion of Healthy Lifestyles at Athlete Leadership University, you were given a list of two practicums to complete. 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.
- When filling out your report form online, please provide the additional details you will be asked. All submitted report forms are subject to additional questioning.

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.
- Contact Manager of Athlete Leadership & Young Athletes 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 VP of Mission Integration, Chelsea Hammell, at chammell@specialolympicspa.org for more information on volunteering at a sectional/state event.
- Contact your local program manager for more information on hosting Healthy Habits during a local or invitational competition.