

NORTH FLORIDA HEALTH CORPS

Member Service Description

I. Site Information

Site Name and Location:

YMCA of Florida's First Coast, Metropolitan Office
12735 Gran Bay Pkwy W Suite 201 Jacksonville, FL 32258

Organization Description and Mission:

The YMCA's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. The School Age Services division of the YMCA offers before and after-school care that meets the needs of working parents in the community while providing their children a fun, safe, comfortable environment that promotes the YMCA's four core values of honesty, respect, caring, and responsibility. The same values are integral to our summer camps and school-based mentoring program.

Site Mentor assigned to support member:

Paige Brown, Healthy Living Program Director

II. Service Description

Service Goals:

First quarter goals:

Member will become familiar with the health education curriculum developed by past AmeriCorps members and currently used at all YMCA after-school sites. Member will attend program supervisor meetings and become familiar with after-school program staff, curriculum, sites, etc. Member will conduct pre-testing at sites for fall 2011 youth fitness curriculum. Member will conduct fitness/nutrition workshops and special education events at YMCA after-school sites. Member will participate in health, fitness, and nutrition outreach programs within the YMCA and the larger community as available. Follow up with volunteer clock hours.

Second quarter goals:

Member will conduct program delivery evaluations and post-testing for fall 2011 youth fitness curriculum, and input results. Member will conduct fitness/nutrition workshops and special education events at YMCA after-school sites and Holiday Camps to increase the knowledge of the principles of healthy living for youth. Member will build a calendar of special events for the Student Wellness Council at the Tiger Academy. Member will participate in health, fitness, and nutrition outreach programs within the YMCA and the larger community as available. Follow up with volunteer clock hours.

Third quarter goals:

Member will conduct program delivery evaluations and post-testing for spring 2012 youth fitness curriculum, and input results. Member will conduct fitness/nutrition workshops at after-school sites and YMCA Spring Break Camp at the DuPont YMCA campus. Member will participate in health, fitness, and nutrition outreach programs within the YMCA and the larger community as available. Follow up with volunteer clock hours.

Fourth quarter goals:

Member will design and implement fitness/nutrition workshops and coordinate health-related guest speakers for YMCA summer camp by June 2012. Member will coordinate and implement monthly Spring Wellness Activities for the Student Wellness Council at the Tiger Academy in partnership with the Johnson Family YMCA. Member will participate in health, fitness, and nutrition outreach programs within the YMCA and the larger community as available. Follow up with volunteer clock hours.

Outcome Measures:

First quarter:

Fitness pre-testing results will be collected for **10** after-school program sites. Plan and participate in a minimum of **2** health education activities/events at each after-school site member is personally assigned to support.

Second quarter:

Fitness program delivery evaluations will be conducted for **10** after-school sites. Fitness program post-testing results will be collected for after-school students at these 10 sites. Fitness/nutrition workshop will be delivered at YMCA Holiday Camps educating **100** students. Fitness challenge week activities will be conducted with students at **2** of the after-school sites member is personally assigned to support.

Third quarter:

Fitness program delivery evaluations will be conducted at assigned after-school sites. Plan and participate in a minimum of **2** health education activities/events at each after-school site member is personally assigned to support. Nutrition workshops will be delivered to **50** spring break camp students. Member will coordinate **2** Spring Fitness Activities with the Student Wellness Council at the Tiger Academy (Track and Field Day and the Run/Walk Fitness Club in preparation for the Celebrate Life 5K at the Johnson Family YMCA).

Fourth quarter:

Fitness post-testing results will be collected for **10** after-school program sites. Fitness/nutrition workshop will be delivered to **150** summer camp students.

- a. Describe the skills the Corps members will learn as a result of the stated service. Analyze health information and communicate it effectively to others via verbal and written communication.
- Incorporate a new program into an existing organizational structure.
- Tailor a health education program to the needs and constraints of different groups and populations.

a. List any additional service responsibilities:

- Participate in health, fitness, and outreach programs within the YMCA and the larger community as opportunities present themselves.
- Participate in group activities undertaken by the Healthy Living Department.
- Participate in the recruitment and development of the Student Wellness Council at the Tiger Academy, YMCA Charter School.

Service Location(s) if different from site address:

Both members will have office space at the site address, and will spend a majority of his/her time there. However, he/she will spend a significant amount of time traveling to the after school sites to deliver workshops and pre- and post-testing at after-school sites. The first member will be assigned to serve in 8 total sites spanning Duval County, St. Johns County and West Nassau County. The second member will be assigned to serve 8 sites in Clay County and provide ancillary support to other after-school locations. For the second half of service, members will switch to a new set of 8 sites to support. Specific site names and locations will be assigned before the member's start date.