

WORKSITE WELLNESS PROGRAMMING

INSTRUCTOR: GREGORY WELK, PHD

ABOUT THE COURSE

This supervised service learning opportunity is designed for students interested in learning how to plan and coordinate worksite wellness programming. Students would work with faculty and graduate students to help support and facilitate worksite wellness programming at area worksites. The focus will be on helping to support wellness programming for ISU faculty and staff but may also involve collaboration with other local worksites. From a leadership perspective, students would work primarily through the HS 380 course to help plan and coordinate the service learning activities for students in the course. Through the experience, students will gain personal and professional skills as well as a deeper understanding of the tasks involved in managing and promoting worksite wellness programs.

Time Commitment	Variable credit commitment (4-5 hours a week / credit). The role requires attendance at a weekly group planning meeting and ability to travel to (and work with) local worksite wellness partners.
Roles / Duties	Students can contribute to the programming in a variety of ways. Team meetings occur every 2 weeks with independent work in between.
Duration	Fall, Spring and Summer Semesters
Coordination	The Wellness Works programming is coordinated by a team of faculty and staff affiliated with the Department of Kinesiology
Prerequisites	HS 380 (Worksite Health Promotion) or related experience

SERVICE LEARNING COORDINATOR

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