

EXERCYSE IS MEDICINE

INSTRUCTOR: GREGORY WELK, PHD

ABOUT THE COURSE

This supervised service learning opportunity is designed for students interested in contributing to a Department of Kinesiology initiative to promote the **Exercise is Medicine** movement at Iowa State University. The goal of the international Exercise is Medicine movement is to increase awareness about the importance of exercise within the medical community and in the population as a whole (See www.exerciseismedicine.org). The Departmental initiative (branded locally as "ExerCYse") seeks to advance this mission on campus, regionally and across the state while also providing visibility for ISU and the Department of Kinesiology (See www.ExerCYse.org). Students would work as part of a team with other students, faculty and staff to help plan and coordinate campus and community programming related to the ExerCYse is Medicine effort. Students would gain experience in program planning, behavior change research, social marketing, web development, and social media applications.

Commitment	Variable credits (4-5 hours / credit).
Roles / Duties	Various roles are available and students can contribute in a variety of ways. Team meetings occur every 2 weeks with independent work in between.
Duration	Fall and Spring Semesters
Coordination	The ExerCYse is Medicine group is coordinated by a team of faculty/staff from the Department of Kinesiology but includes representative from a number of campus groups and clubs including the Kinesiology Club, The Kinesiology Grad Club, Rec Services, Student Health, SAAC, the NWRC and others.
Prerequisites	Interest in promoting physical activity and advancing the Exercise is Medicine message.

SERVICE LEARNING COORDINATOR



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