

Special Olympics Wisconsin Practicum



Special Olympics Fit Club is a physical activity program for individuals with intellectual disability. Approximately 30 individuals between the ages of 20 and 50 participate in Fit Club. Sessions take place over several weeks. Various physical activities are offered at each session, including basketball, yoga, weight training, spin bikes, Frisbee, soccer, and walking. At the first and last week, participants have weight, blood pressure and other biometric measurements gathered.

In addition to Fit Club, we offer Healthy Habits education stations at local events and Healthy Athlete screenings at State Competitions that have opportunity for follow-up data collection. Healthy Habits education stations are designed to provide meaningful education about health and health behaviors (such as physical activity, nutrition, sun safety, hydration, bone health, etc.). Healthy Athletes are seven health screenings that are conducted at State Games throughout the year. Athletes that have concerning results on their screenings require follow-up.

Your responsibilities (time allotted):

- Attending Fit Club to lead various components including a warm-up, cool down, other exercises, etc. (24+ hours)
- Develop curriculum for So Fit programs, including warm-up exercises and take-home programs for Fit Clubs (12-24 hours)
- Establish protocols for measuring baseline fitness levels and evaluating program outcomes (4-8 hours)
- Collect, manage, and analyze data from measurements and potentially from movement bands (8-16+ hours)
- Develop educational materials/resources for Healthy Habits educational displays, and attend events to lead the displays (8-16+ hours)
- Assist with planning and implementing Healthy Athletes event that occurs during practicum semester (12-24+ hours)
- Help collect and analyze data on follow-up from Healthy Athletes screenings (16+ hours)
- Potentially work with small groups or individual So Fit participants interested in further fitness related opportunities (varied)

Spring Practicum requirements:

- Spring Fit Club takes place at James Madison Memorial High School on Friday evenings from 6pm-8pm beginning in early February and running to early April. There will also be a Fit Club on the east side that will take place at LaFollette High School on Saturdays from 1-3pm also beginning in early February.
- *Transportation not provided for Fit Clubs.
- We are also hoping to add walking clubs in Oregon and Madison.
- Healthy Athlete events at State Games (UW Oshkosh – April). SOWI will cover travel expenses if dates work in student's schedule to attend.
- Healthy Habits education stations are offered throughout the year at local competitions. Students can select which one works best for their schedule.



Summer Practicum requirements:

- Summer Fit Club takes place at local parks in Madison from 1pm-5pm on Saturdays. A bus will pick up and drop off at the same meeting location each week. *Student responsible for own transportation to Fit Club meeting location.
- We are also hoping to add walking clubs for in Oregon and Madison.
- Healthy Athlete events at State Games (UW Stevens Point – early June and Carroll U in Waukesha – early Aug). SOWI will cover travel expenses if dates work in student’s schedule to attend.
- Healthy Habits education stations are offered throughout the year at local competitions. Students can select which one works best for their schedule.

Spring and Summer Practicum, more than one position available.

Fall Semester Practicum one position available.

Additional Information:

- Although not required, it is ideal if you are CPR/First Aid certified.
- Outside of set Fit Club dates/times and tournament dates, schedule is extremely flexible. The hours listed are general guidelines that may change based on the programs needs and/or the students interests.