

Special Olympics Wisconsin Practicum



Special Olympics SOFit is a physical activity program for individuals with and without intellectual disabilities. Approximately 30 individuals between the ages of 20 and 50 participate in SOFit. Sessions take place over several weeks. Various physical activities are offered at each session, including basketball, yoga, weight training, spin bikes, and walking. At the first and last week, participants have height, weight, blood pressure, pulse, and other biometric measurements gathered.

In addition to SOFit, we offer Healthy Habits education stations at local events and follow-up data collection from Healthy Athletes screenings. 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 SOFit to lead/help various components including a warm-up, cool down, other exercises, etc. (24+ hours)
- Develop curriculum for SOFit programs, including warm-up exercises and take-home programs for SOFit (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)
- Help collect and analyze data on follow-up from Healthy Athletes screenings (16+ hours)
- Potentially work with small groups or individual SOFit participants interested in further fitness related opportunities (varied)

Spring Practicum requirements:

- Spring SOFit takes place at James Madison Memorial High School on Friday evenings from 6pm-8pm beginning in early February. There will also be a SOFit 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 SOFit.
- Healthy Athlete events at State Games (UW Oshkosh – April, UW Stevens Point – early June). 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 SOFit takes place at local parks in Madison from 1pm-5pm on Saturdays. *A bus will pick up and drop off at the same location each week.*
- *Transportation not provided for Fit Clubs.*
- Healthy Athlete events at State Games (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.

Additional Information:

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