



UW Clinics Research Park Sports Medicine Fitness Center

LOCATION: 621 Science Drive, Madison, WI

SITE DESCRIPTION: UW Health Sports Medicine Fitness Center is a medically based facility that is open to the public. Anyone can sign up for classes, while members can enjoy the fitness and aquatic center for their exercise needs. Our staff work with clients who have medical and athletic conditions and stay in regular contact with participants' health care providers to develop a program focused on your unique needs.

RESPONSIBILITIES:

- Spring/Fall – first week of classes (post practicum campus meetings 1st Sunday of classes)
- Practicum students will be expected to cover at least one double shift and assist with 1 class (both days) during the week. These shifts/classes will be yours to cover for the entire semester. Double staff times are MTWRF 7:30-10:00am and MTWR 4:00-6:30pm.
- Assist with Exercise Classes: Cross Training TR 6:00-7:15am; Aqua Aerobics MW 8:20-9:20am; Arthritis Plus MW 10:30-11:30am; Deep Water Int. Training TR 11:00-11:55am; Senior Weight Training TR 1:30-2:30pm; Parkinson's Exercise TR 12:20-1:40pm
- Pediatric Fitness Options – Fitness Club MW 4:00-6:30pm (pick one day); W 4:30-5:30 pool option
- MEPARI Study – Fall Only - T or R 5:30-8:00pm and a Saturday (8 weeks)
- Study2 – Fall Only – M 7:30-9:45am and a Saturday (9 weeks)
- Staff Meetings TBD
- Duties include but not limited to: assisting clients with use of exercise equipment, assisting client with changes in their program (with guidance of staff), participate in member incentive programs, participate in community events, special projects, help maintain clean locker rooms, restock towels when necessary.
- Practicum students will double staff one weekend/semester and/or assist in community events.
- Observe/participate in a MINIMUM of four (4) fitness evaluations on incoming members. Responsibilities for each evaluation will vary.
- Instruct a staff member on how to use every piece of equipment in the fitness center.
- Assist in group testing/research in the Exercise Science Lab – when available.

HOURS: See above.

TRANSPORTATION: This site is located OFF CAMPUS. Student will be responsible for providing own transportation.

COSTS ASSOCIATED WITH PRACTICUM: Travel expenses

ADDITIONAL INFORMATION: