



Service Learning for Health, Physical Education, & Recreation: A Step-by-Step Guide

Cheryl Stevens

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This unique workbook puts students in control by providing guidance through the process of planning, implementing, and evaluating service-learning projects. *Service Learning for Health, Physical Education, and Recreation: A Step-by-Step Guide* directs university and high school students through an easy-to-follow five-step process for completing service-learning projects. Consistent with principles from student-centered learning and organizational development, this process begins with choosing a project and building a team and progresses to development, execution, and assessment—teaching students best practices they can replicate in subsequent projects, classes, and their future jobs.

Service Learning for Health, Physical Education, and Recreation highlights the skills students will need for a project as well as strategies for preventing common problems and dealing constructively with difficulties. Students learn how to work as a team, present themselves as professionals, and master the challenges of a variety of service-learning projects.

Designed for learning and fun, *Service Learning for Health, Physical Education, and Recreation* keeps students focused and positive. This all-in-one resource has the following features:

- A practical, customizable process that offers students unlimited creativity in project design and execution
- Group projects, activities, and worksheets to guide students through the planning process
- Tools, tips, and techniques that enable students to navigate the complexities of their projects
- Reflection activities, journal assignments, and student checklists to help establish and maintain progress
- Instructions for designing a needs assessment and evaluation survey
- Icebreakers and group activities that will help build group cohesiveness

In addition to the student resources, there is also an online teacher resource guide to assist teachers in supporting their students through each step in the process.

The result of the author's own experiences in conducting complex service-learning projects, *Service Learning for Health, Physical Education, and Recreation* presents a practical and proven process that ensures both successful projects and student-centered service learning.

Connecting to their communities through service-learning projects teaches students invaluable hands-on lessons and creates new volunteer and community development opportunities. *Service Learning for Health, Physical Education, and Recreation: A Step-by-Step Guide* empowers students to become an integral part of a service-learning experience where they can learn communication, leadership, and problem-solving skills while enjoying the unique personal power that comes from helping others.

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