COVID 19 - Campus Updates and Resources

- The Academic Success Center will continue to offer most of its services virtually during the COVID-19 online instruction period. Click here for a library of resources to help you navigate their virtual services.
- Drop deadline is Friday, April 3rd - click here for more information.
- Pass/Not Pass Information - updates
- May 13th: spring 2020 rental textbook return. Details here
- Department of Residence - Move Out Information
- Student Counseling Services continues to serve students.
- Tutoring Services will continue to provide tutoring to students.
- Stay up-to-date on the latest developments regarding the Coronavirus and ISU by clicking here.
Did you know there's a food pantry on campus?
Freddy Court Food Pantry Location: Frederiksen Court Community Center, Mail Room
Hours: 8:00 a.m. to 6:00 p.m. – Monday-Friday
1:00 p.m. to 5:00 p.m. on the Weekends

SUV location:
Schilletter and University Village Community Center
65 Edenburn Drive; Ames, IA 50010
Hours: 8:00 a.m. to 5:00 p.m. – Monday-Friday

For more information, visit The SHOP website at www.theshop.stuorg.iastate.edu
Kin 294X – Practicum in Adult Fitness Assessment

Physical activity and exercise can have numerous benefits related to both the health and quality of life for individuals of all ages, but exercise programs should be designed based on an individual’s needs and capabilities.

Field tests are a commonly used tool in the assessment of fitness in a variety of clinical, research and fitness settings since they can help monitor the success of an exercise program, or track rehabilitation progress.

A new practicum-based course (KIN 294x) has been developed to help students gain practical skills with the use of field-based assessments of fitness and physical function in adults. It will be available starting in the Fall of 2020, but spots are limited.

- **Unique Features of the Course**
  - Linked to Exercise Clinic and the Departmental ‘ExerCYse’ program
  - Focused on learning applied fitness assessment skills
  - Provides opportunities to interact with older adults
  - Linked to new ‘Walk with Ease’ research project

- **Prerequisites**
  - Kin 258 and permission of instructor required to enroll

**Contacts (for more information):**
Dr. Greg Welk (gwelk@iastate.edu)
Nick Lamoureux (nrl1@iastate.edu)
Amanda Anderson (amarens@iastate.edu)
Kin 494 – Practicum in Motivational Interviewing

Enroll in KIN 494 A&B to train to become a Cydekick!

This course is a two-part series split into parts A & B, each 8-weeks long designed to provide you with the necessary knowledge and skills to understand Motivational Interviewing (MI) and how it can be used in a conversation to help promote effective behavior change.

Part A is the training portion of the curriculum, using online content and in-class practical actives to provide you with critical background knowledge and some initial self-practice to begin learning how to use motivational interviewing effectively.

Part B is the practicum portion of the course. As part of the practicum, you will meet one-on-one with community members to work toward behavior changes utilizing motivational interviewing and you will have the opportunity to gain further experience through participating as a Health Coach in several ongoing research opportunities.

Unique Features of the Course:
- Work with other students to facilitate the enhancement of health, life experience, self-directed learning, and personal growth
- Learn a collaborative, solution-focused, result-oriented health coaching technique
- Fulfill the practicum requirement needed to complete the health coaching certificate

For more information contact: Dr. Greg Welk (gwelk@iastate.edu) or Justin Lusk (jlus@iastate.edu)
we’re all in this together