SPORTS MEDICINE - BLIZZARD BAG #2

COMMUNITY RECREATIONAL OPTIONS

The following blizzard bag assignment will allow students to analyze recreational options in their own communities. Students will be required to explore ***(2)*** different recreation centers or health/fitness clubs.

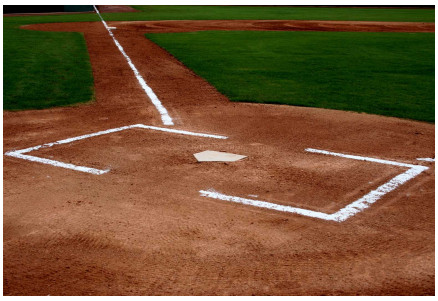
The guidelines are as follows:

1. Find ***(2)*** recreation centers, fitness clubs, etc. that are located in your community or a surrounding location. (YMCA, CrossFit gym, Fitness Center)

2. Obtain a copy (or print out online) a copy of that recreation center's sports program/fitness class schedule.

“Never let the fear of striking out get in your way.”

-Babe Ruth



3. Pick ***(3)*** classes you would be interested in attending. Write a 2 paragraph essay on why these classes interest you and what you think you could learn from each one.

4. Then, write a one paragraph essay (on the same page as #3) on what program the fitness center ***doesn't*** offer, but that you would like to see added, and why.

5. Finally, speak to a representative of the fitness center and explain to them that you are a sports medicine student and you would like to participate in a class to see if you like it. Participating in the class will get you credit for observation hours, and +10 bonus points. ***DO NOT*** pay for this class. Only attend if they are willing to do it for free. To get credit for your participation in the class, bring back a signed program/letter from the instructor with the date, time, and name of the class you attended.

6. Return your essays and sports program class schedule to class 2 weeks from the day of the corresponding blizzard bag.