Project 3- Coordination and Evaluation of a Community Fitness Program

**What is the Project?** The HWI Zumba Program is an ongoing fitness project that provides fitness classes and nutrition education to interested east end residents. Classes are free to residents.

**What are the Goals of the Project?** (1) Assist Zumba stakeholders to maintain and organize monthly meetings; (2) Maintain Zumba database and provide regular reports on participation satisfaction and measures of wellness (ie: weight, BMI and blood pressure); (3) Evaluate the effectiveness of the Zumba program curriculum as well as participant satisfaction/feedback.

**Who Cares and Why?** The Seventh District Health and Wellness Initiative (HWI) wants to provide East End residents with the appropriate fitness and nutrition activities, support and knowledge necessary to sustain a culture of wellness.

**What Help is Needed?** Specific needs/skills/interests include:  
1- One individual interested in health communication, behavioral change, database management, program evaluation, community-engaged research, or program development may work on this project.  
2 Some comfort using statistical packages/statistical programming languages (ie: SAS, SPSS or R) and at least one semester of graduate-level statistics is helpful but not necessary. This is appropriate for a first- or second-year graduate student or a motivated undergraduate junior/senior.  
3- The individual should have the ability to maintain communication and organization across multiple stakeholders. Willingness to maintain attention to detail is important for success.

**What is the Time Commitment?** This is a long-term project. Interested individuals should expect to invest on average 5-10 hours/week throughout the entire academic school year. Attendance at monthly stakeholder meetings will be expected. Attendance at monthly weigh-in programs may be requested. The majority of this work will be under the supervision of Ms. Betsy Hart, Director of the Robinson Theater with some guidance from Dr. Elizabeth Prom-Wormley. This experience is likely to fulfill practicum requirements. Long-term follow-up activities can be also be pursued for a student who may be interested in developing a research question for a Capstone project.