

Developing School Wellness Centers

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About the Presentation:

This presentation will focus on why and how a wellness center can make a difference in your school physical education program. You will learn a step-by-step process for establishing a wellness center in your school. This presentation will include funding and grant writing tips, equipment selection ideas, lay-out and maintenance of equipment, center rules and policies, instructional strategies and more. Information is directed to middle school and high school teachers and administrators.

Using this Handout:

This handout describes the step by step process for establishing a school wellness center. The presenters will follow this outline for their presentation.

Presentation Summary:

Main points: The following key points will be presented:

- School wellness centers can help get students more active.
- There are many sources of funding.
- Planning is the key to a successful center.

Participants will gain information on the following topics:

- Planning for a Wellness Center
- Funding a Wellness Center
- Securing an Area for the Wellness Center
- Selecting the Equipment
- Determining the Wellness Center Layout
- Maintenance and Upkeep of the Wellness Center
- Establishing Wellness Center Rules and Policies
- Staffing and Training Wellness Center Personnel
- Wellness Center Instructional Strategies
- Planning Special Wellness Center Activities
- Keeping it Going!

NASPE Standards which are addressed include:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.

Developing a School Wellness Center



*Presented by:
Roberta Stokes and Jayne Greenberg*

Why have a Wellness Center?

Be a leader in *quality physical education!*

Provide the latest *technology* for your students!

Motivate students to become *physically active for a lifetime!*



Plan for Today

- Planning for a Center
- Funding a Center
- Securing an Area
- Selecting the Equipment
- Determining the Lay-out
- Maintenance and Upkeep
- Staffing and Training
- Rules and Policies
- Instructional Strategies
- Special Activities
- Keeping it Going!

Planning for a Center



- Gain Support
- Sell why you need it
- Tell who will benefit
- Find a location for the center
- Decide what will be included
- Identify how will it be funded

Funding a Center



- Secure existing dollars
- Engage the PTA/PTSA
- Corporate donations
- Fundraising strategies
- Business partnerships
- Funding through grants

Securing an Area

Converting unused space



Securing an Area

Preparing the area

Flow space
Cardiovascular Grouping
Stretching, Abdominal Strength, Cool Down Area
Traverse Climbing Wall



Securing an Area

Design Considerations



Door Opening
Electricity
Data Center Drops
Water Coolers
Flooring
Equipment/Educational
Materials Storage

Selecting the Equipment

Selecting & Working with Vendors



Manufacturer Direct
Service Contracts
Delivery Schedules
Training
Maintenance

Selecting the Equipment

Selecting Age Appropriate Equipment



Strength Training Equipment
Cardio Equipment
Ball Balance Trainers
Youth Fitness Equipment
Fitness Software
Accessible Equipment

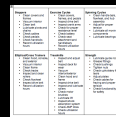
Determining the Center Lay-out

Fitness Equipment Grouping



Cardio Grouping
Weight Training Grouping
Sample Lay-outs

Maintenance & Upkeep of the Center



WILLAMETTE CENTER FITNESS EQUIPMENT MAINTENANCE LOG				
EQUIPMENT GROUP #	PROBLEM	MAINTENANCE PROVIDED	DATE	PROVIDER

Equipment Installation
Preventive Maintenance
Keeping a Schedule & Log
Contracted Services or
Planned Maintenance

Staffing & Training Center Personnel



Key Staff Needed
Qualities of Center Instructors
Knowledge Base of Staff
Training Center Personnel
Wellness Center Manual
Evaluating Center Staff

Establishing Center Rules & Policies

Center Regulations
Waiver/Consent Form
Pre-Exercise Medical History Form
Center Hours
Daily Sign-in
Safety Rules
Signage
Emergency Procedures

Center Instructional Strategies



Circuit Training Basics
Potential Circuit Programs
Strategies for the Cognitive Domain
Strategies for the Center Open Hours
Evaluating Instructional Strategies

Planning Special Center Activities



Special Events

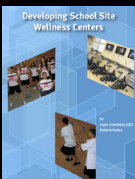
Center Open House
Know your Numbers
Speaker of the Month
More than just Exercise
Tips for Event Planning

Keeping it Going!!!



Documentation Reports
Evaluating Center Programs
Encouraging Center Participation
Continue to Learn and Grow
On-going Issues

Go for it!!!!



Thank You!!!!

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