

## EXCM STUDENT COMMUNITY WELLNESS MODULE

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### ABSTRACT

[BACKGROUND] The Loyola Exercise Science Program within the Parkinson School of Health Science and Public Health is at the forefront of creating professionals skilled in evaluating health behaviors and risk factors, as well as using effective oral and written communications within an interprofessional health care team. Through coursework and hands-on experience, students develop skills to conduct fitness assessments, write exercise prescriptions, and motivate individuals to practice positive health behaviors. To facilitate students' development, there is a need for a community focused on student well-being. Only through community can students become active and lasting members of the Exercise Science Program.

[PURPOSE] The goal of this independent health and wellness module fits to serve as a support system for EXCM students for academic and personal growth. The module focuses on building a community for students based on physical activity and overall wellness, reflecting the structures in place for students of the Stritch School of Medicine.

[METHODS] Through a narrowing of the population to that of undergraduate students, the initial pillars of community/wellness, academics/achievement, and community/collaboration provide a basis of guidance for the exercise science department, giving way to a heavier focus on student development and facilitating the work of the exercise science club, mentorship, academic, personal and interpersonal expansion and success.

[CONCLUSION] The findings presented in our research display that in creating the wellness module and collaborating with the SSOM, there is an overall benefit in providing students resources that support academic development by facilitating personal betterment and health. In creating a sense and structure of community, the wellness module can serve as the foundation for growing the Department of Exercise Science at Loyola University Chicago from the inside out.

[DISCUSSION] The collaboration of both Loyola University Chicago's Department of Exercise Science and the Stritch School of Medicine provides not only medical students with an extensive array of information compiled in a health and wellness module but, resources and guidance towards the creation of an independent health and wellness module available for undergraduate exercise science students. The goal of this independent health and wellness module is to serve as

a mirror to that of the system available to students of SSOM and to move forward with building up the structure of the Exercise Science department to facilitate best practice and understanding that it has been a longstanding principle to take the framework from the clinical setting to exercise science.

Keywords: *Exercise Science, Health, Undergraduate, Community, Success, Student*