**Fitness, Nutrition, and Badminton Club**

**Summary:**

This high school club will meet three times a week after school from 2pm-3pm for 6-8 weeks. The club will focus primarily on fitness and badminton activities and games, but will include topics on nutrition.

**Purpose & Details of Program:**

The purpose of this club is to provide 9-12th grade high school students the opportunity to increase physical activity while learning the game of badminton. The club will also incorporate discussions and activities about nutrition and healthy eating habits. This club will meet after school from 2-3pm three times a week for 6-8 weeks.

Twice a week students will warm-up and complete a 15-minute fitness circuit and then work on fundamental skills of badminton. For example, a 5-minute warm-up jog followed by a circuit focusing on lower body strength. Students will learn the rules of the game the first week of the club. The third day students will focus on nutrition and even make a healthy snack. This will be done with the help of the culinary teacher at the high school and we will meet in her room.

Students will be engaged through fun fitness activities and circuits, badminton activities, and hands-on cooking activities. Students will be allowed to lead a fitness circuit and brainstorm ideas for healthy snacks we make each week. Students will be encouraged to use any equipment I have such as yoga mats, jump ropes, hula hoops, dumbbells, fitness bands, etc. to make their fitness lesson unique.

**Enhancement of Curriculum and Alignment with State Requirements/Learning Goals:**

The mission of West Valley High School is to provide a learning environment where all students develop a strong work ethic along with critical thinking skills to prepare them for any path they take in life. I believe that my club fits well with the school's mission. Students are working on increasing their physical activity, and badminton skills and learning about health and nutrition. This club will encourage students to continue physical activity outside of school and even after they graduate. Students will lead activities and work on critical thinking skills through nutrition activities.

The Fairbanks North Star Borough School District’s mission is to provide excellent, equitable education in a safe, supportive environment so all students will succeed and contribute to a diverse and changing society. This club provides students with a safe and supportive environment to work on physical fitness, badminton skills, and nutrition activities. It is a multipurpose after-school program that offers a wide variety of hands-on activities to promote learning.

**Evaluation/Impact:**

After the first couple weeks of the program, I want students to lead fitness activities and be more involved in the decisions of the way the club is run. I will determine the success of my program through small group discussions, online surveys, and observation. Students will participate in small group discussions and an online survey before, during, and after the club.

At the beginning of the program, students will be asked what they want to get out of the program through an online survey. This will allow me to see what students want to focus on and will help me when planning certain activities. During and after the program, they will answer more questions on whether or not their goal was met. Small group discussions will be led by students and I will also provide written questions to help guide conversations about the program. Lastly, I will constantly observe students' behaviors and reactions to activities students participate in during the after-school program.

**Collaborators:**

Sven Grage, former Physical Education teacher, will help lead badminton skills and activities such as practicing different badminton shots, movement and positioning, serves, and receiving

Colleen Meyn, Culinary Instructor at West Valley High School, will help lead nutrition and cooking activities that will include how to understand a nutrition label, how to follow a cooking recipe, healthy snacks vs. unhealthy snacks, etc.

Satyaki Das, badminton club president at the University of Alaska Fairbanks Student Recreation Center, will help lead badminton tournaments and also provide access for our club to take field trips to the recreation center for fitness and badminton tournaments

**Discussion:**

After reading the week's material and watching the videos, I have gained a better understanding on how to implement and create a successful after-school program. At the beginning of this class, I wanted to plan a program around badminton and now I have realized I need to incorporate some health and nutrition components. My after-school program will meet three times a week for 1 hour each day. Two of the days the club will focus on physical activity, fitness, and badminton activities. On the third day we meet I will collaborate with the high school culinary teacher and students will be able to make healthy meals and snacks and discuss the importance of a healthy diet.

Another program idea I had was to start a walking club during lunch in the fall when the weather is still nice in Alaska. This would attract students who are unable to attend after-school programs. Our high school has a track and this will encourage students and even staff members to increase their daily steps. Students can eat their lunch and walk with friends on the track. There might even be days when we walk the loop around our high school.