

College programs specialize

Individualized fitness programs help achieve goals

The Clackamas Community College Physical Education Department has added a new program to its curriculum. Health and Fitness for Life is the title of the course, which is taught by instructors Gladys Michael and Carol Peterson and consists of both academic and physical

training. The program was originally instituted at Portland State University as a requirement for p.e. majors.

The course was adopted to help students transfer to P.S.U. more easily. "We knew they (P.S.U.) were changing institutional requirements," Peterson said.

Peterson covers the academic portion of the course on Tuesdays and Thursdays while Michael teaches the activity or physical part on Mondays, Wednesdays and Fridays, adding an extra activity day which the P.S.U. program does not offer.

The purpose of the course

is to enable students to develop their own fitness program. The academic instruction teaches students the benefits, hazards and accompanying factors of fitness such as finding the heart rate, and what that rate should be within a training zone.

In class lectures, Peterson covers the conditions of stress and relaxation and uses a dietary intake log to help students examine their eating patterns. Students can then construct a comprehensive personal program and apply it in the activity class.

Each student engages in self-evaluation using a workout card which outlines four activity areas: strength, aerobics, endurance and flexibility. The students focus on whatever area they wish. "They figure out what they want to accomplish," Peterson said.

An aerobics exercise, such as swimming or bicycling, is required in each student's program. Students are permitted to fulfill this requirement outside of class. Michael said that since attendance is high, interest must exist and therefore, she allows outside work for credit.

Although the new Health and Fitness for Life program commenced last year, "the genesis of it" started long before, Peterson said. Michael

and Peterson were teaching concurrent classes in the Fitness program, similar to Health and Fitness. However, the Super Fitness classes were dropped when the physical education department requested permission to use the Health and Fitness program using P.S.U.'s materials.

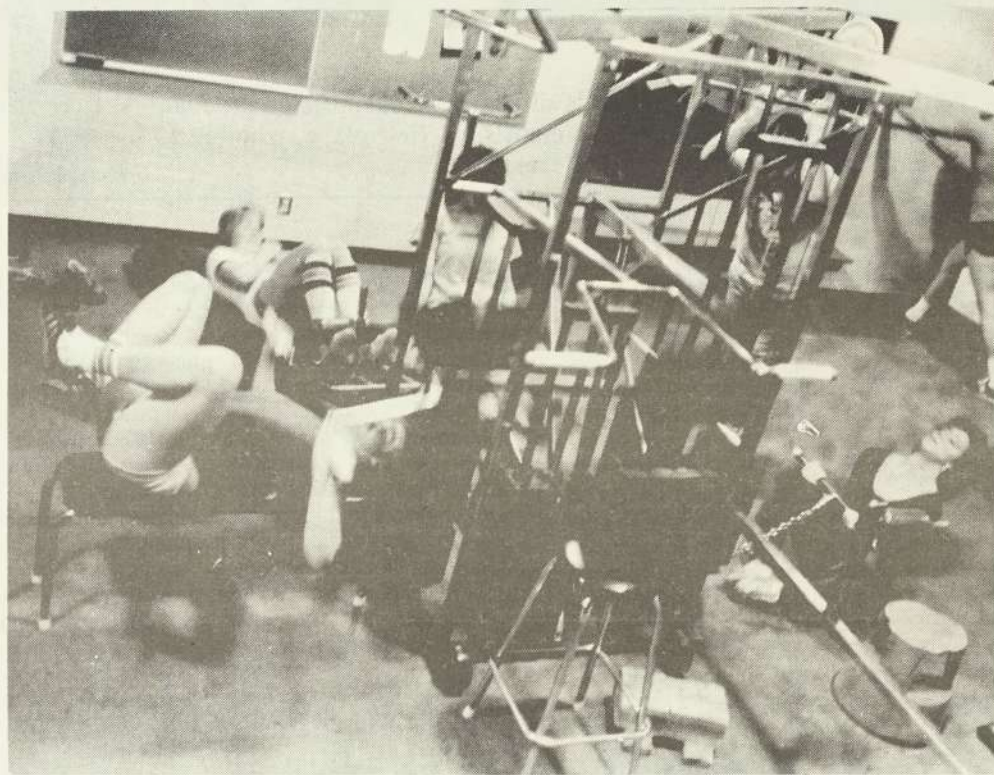
Peterson and Michael said there are no problems splitting the class between

"With a daily class there's more continuity. Things become a habit."

instructors. "Carol has classroom expertise and I have the activity expertise," Michael said.

"It's unusual to find people who work so well together," Peterson said.

"We know what each other is thinking," Michael added. The fact that the class meets five times per week and includes classroom



PUMPING IRON—Members of Clackamas Community College's Fitness For Life Program undergo their fitness training exercises in Randall Hall's Weight Room.

Photo by Joel Miller

Senior citizen project hunts for new sponsors

Budget cuts at Clackamas Community College have extended far and wide, and included in the cuts will be the College's co-sponsorship of the Clackamas County Retired Senior Volunteer Program (RSVP).

The county program, which gives its retired residents aged 60 years or older a chance to become an integral part of community service, is currently being co-sponsored by the College and ACTION, the Federal Volunteer Agency.

ACTION helps to support RSVP by allocating a federal grant to the College for the program. But after June 30, 1984, the College will no longer receive the grant for RSVP.

"The College's Board decided to go back to basics in education," RSVP Coordinator Lanna Ray said in regards to RSVP's impending loss of College sponsorship. Ray explained every time the College accepts ACTION's federal grant, it has to match it by contributing 30 percent in local funds. Now, however,

these funds can no longer be spared.

In addition to funding from the College and ACTION, the RSVP is aided by community fund-raising projects. Although the program will continue to receive the ACTION grant, it is in the process of finding a new sponsor to replace the College, and Ray said RSVP will "assume greater responsibility with community funding," in order to help replace funds the College will eventually no longer provide.

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One type of funding the College provides for is in the paying of volunteers to and from their jobs. Ray said RSVP pays its volunteers 15 cents per mile, which is paid for out of the College's general fund.

Future funding for RSVP is currently under way with the selling of coupon booklets. Ray explained the Bob Lee Company is helping RSVP by calling people in West Linn, Gladstone, Oregon City and Milwaukie to promote the sale of the booklets. The booklets, called Tri-City Gold, contain dine-out coupons as well as other service business discounts in the Tri-City area.

Tri-City Gold books will continue to be sold until the end of March. More than \$3,000 has been raised from the books, and Ray said the goal is to raise \$6,000, which she said would help to replace the mileage funding from the College.

Ray also said RSVP is counting on the selling of coupon books to bring in an annual income, as she said the motivation for getting a new

sponsor is that the program can become more self-sufficient.

The RSVP has not yet found a new sponsor, but Ray said the decision will be made sometime in March. Candidates for the sponsorship will fall into two categories: a local government agency or a non-profit county agency. Ray said a non-profit agency would most likely be chosen as the new sponsor.

Although the RSVP was established in Clackamas County in 1973, Ray has only been working in the program since October of 1983. Ray stepped in for the program to take Judy Smith's place as head of RSVP, and during that time she had been able to witness the success of the program.

"It (RSVP) has the record of being the second largest program in the state in the number of volunteers. It is also one of the most long-term programs in the state," Ray said. There are presently more than 600 RSVP volunteers in the county.

Serving as a volunteer bureau for retired citizens in the county, RSVP volunteers are placed upon request in non-profit county agencies, each volunteer having specific assignment and supervisor. Tutoring children, giving support to families with problems, working in hospitals and nursing homes—these are just a few of the job duties the volunteers are involved in.

Volunteers are insured while they are working and given some meal assistance. They work during the lunch hour, in addition to being reimbursed for their mileage. RSVP programs also exist in Multnomah and Washington counties, besides Clackamas County.

As for the future of the RSVP program, Ray said she is confident of the program's continued existence, mainly because of the stability of funding from ACTION. "I don't think there's any chance of losing the program; it's just a matter of transition," she said.

Clackamas Community College

