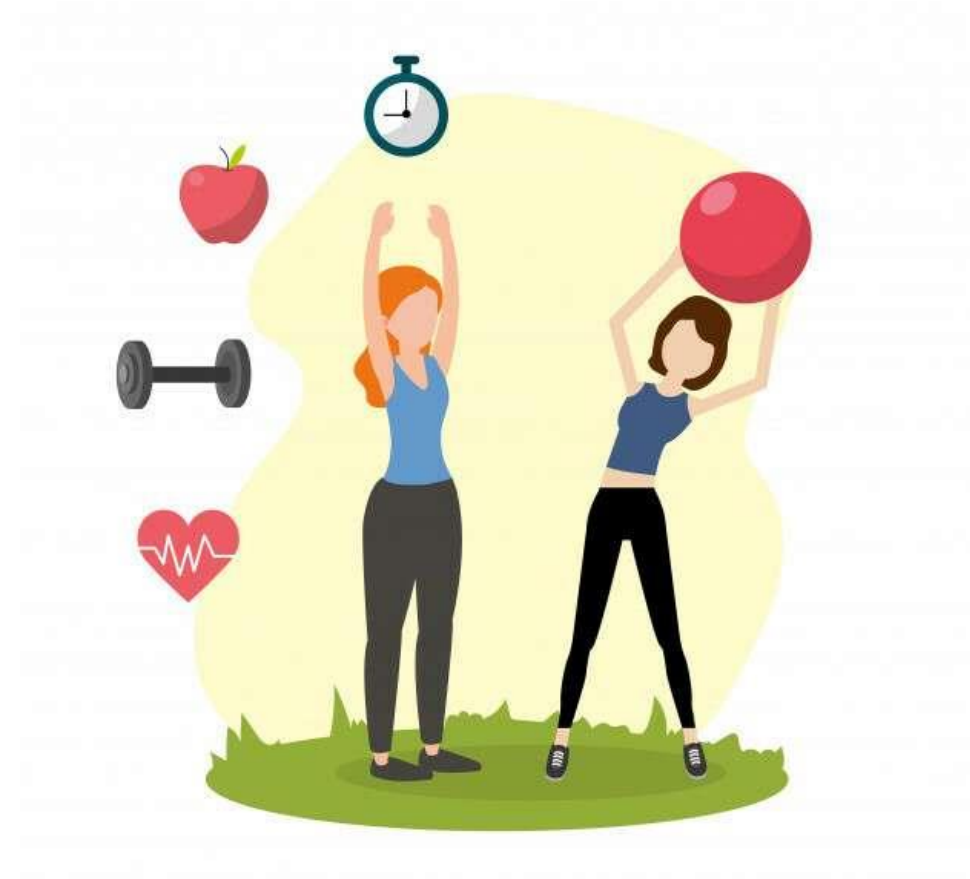


Virtual Program for Social Engagement

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The University of Texas at El Paso



***"Health & Fitness in a Virtual
Environment"***

Demographics of University



- Our university is Sun City State University (SCSU) Scorpions and located in the far west corner of Texas bordering New Mexico
- We are a 4-year state university within a community of approximately 800,000+ citizens
- SCSU has an enrollment of 25,500 students
- We are a Hispanic Serving Institution (HSI) with a student population comprising of 65% Hispanic students

Our Virtual Program



- During the COVID-19 pandemic, it is realized that we need social engagement and interaction more than ever. A virtual platform can help assist with students being able to connect with their peers and colleagues in more of a personal space
- Our program consists of a virtual community of health/fitness/spiritual spaces that are designed for students to either learn more about, decompress, share ideas, and help them cope with navigating higher education in a virtual environment
- This program is all inclusive and takes into account for students with disabilities and other constraints

"AccountABILITY"



- Our program "accountABILITY" is designed for all levels of fitness & health. The virtual platform will be available 6 days a week and multiple sessions per day. This ensures that students have a wide variety of times and dates to choose from, due to prior obligations
- A benefit to this accountABILITY is that it is a student collaborative program. No instructor or professor leading the discussion. This allows for free flowing ideas and discussion amongst the student population
- Virtual rooms are still monitored by staff within the SCSU recreation center, for students that may have questions or issues.

"AccountABILITY" (cont'd)



- Virtual room programs will include several areas within health & fitness to include health, strength training, cardiovascular fitness, and spiritual fitness. These rooms will have different levels, depending on the students interests & prior knowledge
- Each virtual room will have resources available for students (PDFs, e-pamphlets, fitness trackers, goal sheets) to download and use. This can help on their journey if they are new to these areas of health & fitness
- accountABILITY program is open to all registered students at SCSU and offered at discounted rate for staff & faculty

Keeping it Interactive

- The program is proud to announce it's commitment to fostering an inclusive environment where all are welcomed and are able to interact virtually with each other.
- The program initiative is called AccountABILITY.



Keeping it Interactive (cont'd)



Here is how it works!

- The program will promote social interactions by implementing a series of initiatives each day of the week.
- As a result of the presented initiatives, participants will be able to successfully engage with other participants and instructors virtually promoting a sense of community.

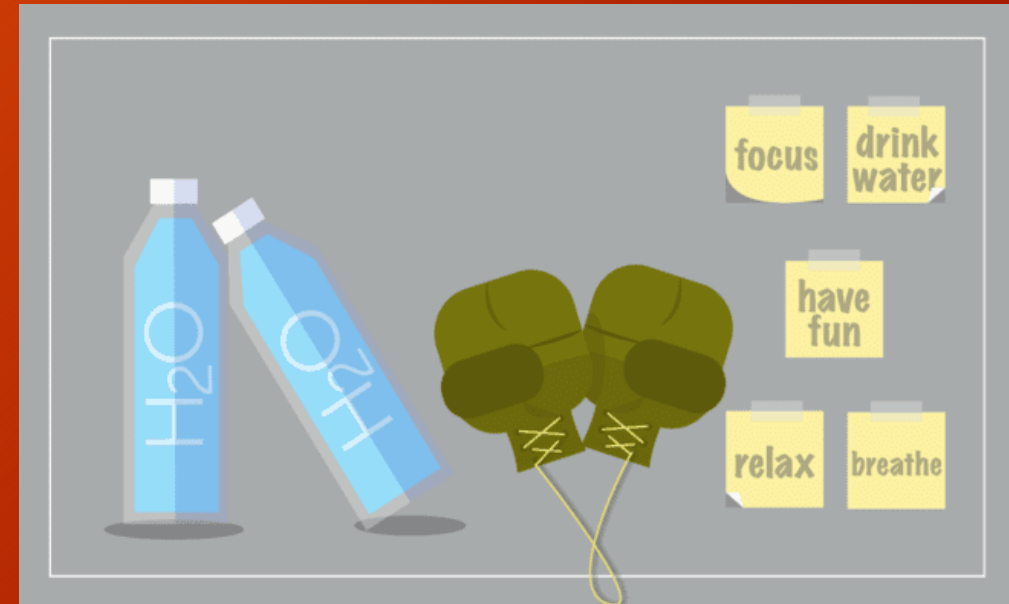


Program Offerings



Participants will have the ability to self select their own Virtual Exercise group.

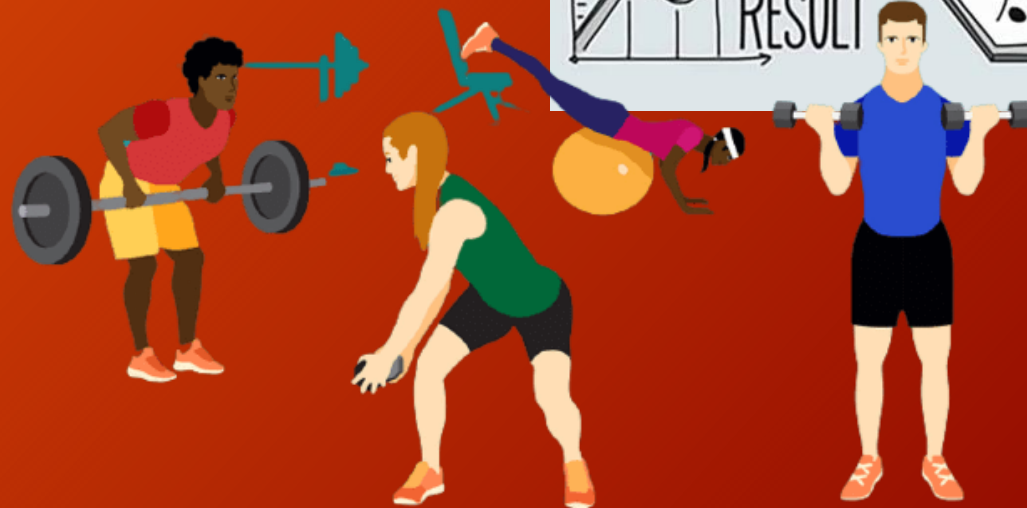
- **Crawlers:** This is a beginner's course, and it is geared towards those individuals who would like to learn the basics and progress at a steady pace.
- **Pinchers:** This is our intermediate course, and it is geared towards those individuals who know the basics and have a good foundation on their fitness base.
- **Stingers:** This is our advanced course. It is geared towards those individuals who exercise regularly, have a comprehensive understanding of their fitness level and abilities. This group wants an additional challenge and do something out of their set routine



Program Offerings (Cont'd)



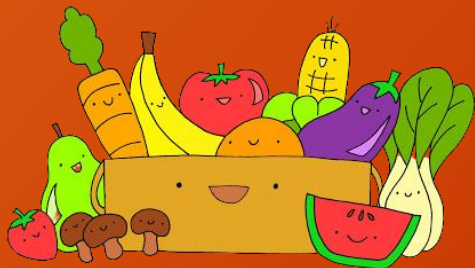
- Once a participant has chosen their virtual group. They will be asked to complete a self-assessment. This will help to determine goals, fitness level and learning outcome desirability.
- Each exercise group will be comprised of a series of classes including but not limited to HIIT, Yoga, Cardio Conditioning, Meditation, Weight Conditioning, Zumba and Total Body workout. The level of intensity will be determined by the chosen exercise group.



Program Offerings (Cont'd)



- A supplemental nutritional program will also be made available to all participants. Anyone can take advantage of this program led by a nutritionist. If you are tracking calories, bulking or just want a healthier diet make sure to take advantage of this additional resource.



Daily Initiatives for Interaction



Daily Initiatives

- Motivation Monday's: Each participant will be encouraged to come to class with a physical activity for the group. This can be a stretch, movement or workout. This will be done to encourage ownership and belonging in the program. In addition, this will bring awareness to the presenter by thinking of possible modifications needed for individuals who cannot complete the intended physical activity



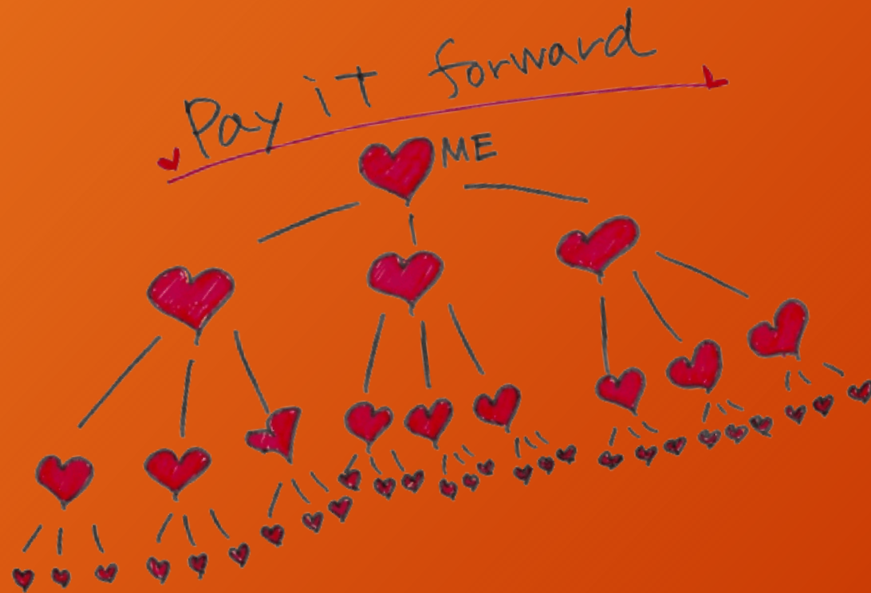
Daily Initiatives for Interaction (cont'd)



- Tip Tuesday: Each participant will be encouraged to share with the group a healthy tip. This can be tips for fitness, cooking, cleaning, studying, financial, etc.. We all love a life-hack; share with us your newly found tip so that we can all take advantage of it. A winning tip will be chosen and the person who won will be declared tip hero of the week! This will be done to promote social interaction but furthermore to promote and instill in the participants the notion that wellbeing has many components, and it is not all about physical ability.
- Wild Wednesday's: Each participant will be encouraged to think outside of the box and come to session in an unconventional way. This can mean silly outfits, hats, glasses or it can mean in an unconventional location. The sky is the limit here! Keep it appropriate and fun. A winner will be voted at the end of the session and gets a to hold a traveling virtual silly trophy. This will be done to promote inclusion and positivity that will lead towards an easier approachability amongst the group.



Daily Initiatives for Interaction (cont'd)



- Flattering Friday's: The program and its participants will be encouraged to send out encouragement (notes/messages) on weekly basis to peers. This will be done in an effort to promote body positivity and encouragement to keep working towards their goals.

- Thankful Thursday: Each participant will be encouraged to think how they can pay it forward this coming weekend. Life is hard, there are many obstacles and now more than ever. Small acts of kindness can go a long way. Challenge yourself today to see how you can pay it forward. Once you know, post it in the anonymous community board. Here you can share your idea without disclosing your identity and hopefully inspire others to pay it forward! This will be done to promote positivity and engagement as each Thursday participants can discuss how their experience was while paying it forward or let us know if the board inspired them to do an act of kindness. This will build social trust and engagement in and outside the session.

LOVE YOUR BODY



Daily Initiatives for Interaction (cont'd)



- **Sanity Saturday's:** After the session, each participant is encouraged to stick around and just check in with each other. Any topic is up for grabs. Tell us how your week went, what your next week looks like, how we can help support you through your journey. Tell us anything you want to share we are here to listen and support you! This will be done in an effort to think beyond physical fitness. Mental wellbeing is a key component in the success of our peers.
- **Social Sunday:** Each participant will be encouraged to share with us anything they feel comfortable sharing. Participants can utilize the social media outlet of their choice to connect with others and share words of encouragement, healthy tips a status update, a progress picture, fur baby pictures or just fun memes. This will be done to promote communication and inclusivity outside the structured program. This can lead to relationship building and a sense of community. We may not be in person, but we are just a post or click away! #fitscorpions

Promotional Advertisements



- Our team will be providing all of the virtual program's information through Facebook, Instagram and Twitter.
- Our team will be promoting our virtual program with KVIA News Channel 7, 104.3 Hit FM Radio Station and 97.5 FM La Que Buena Radio Station.
- Our team will spread the word with flyers so our future participants will be able to scan the barcode to receive all the information including schedule, available classes, and future upgrades to our program.



Promotional Advertisements (cont'd)



- Our flyer will be posted on all buildings on campus.
- Our team will be working with the school's legal team to obtain permission to post our flyer off campus.
- Once permission is granted, our team will post flyers near the university to keep our participants university local.



Social Media



- With the opportunities of being able to use social media to promote our virtual program, we will be able to provide all of our latest and newest information and provide announcements to update all of our participants.



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