



## Volunteer and Intern Q & A

### **1. What is BOUNCE?**

BOUNCE is a community outreach and research initiative dedicated to reducing obesity-related diseases among underserved communities in Houston through local partnerships and interactive programs. BOUNCE empowers Hispanic and African American youth and families to adopt healthy lifestyles by making nutritious food choices, engaging in daily exercise and fostering a positive body image.

### **2. Who can volunteer for BOUNCE?**

Students in exercise science, nutrition, psychology or related fields

### **3. Does BOUNCE count towards an internship?**

Yes, you may apply for BOUNCE to count as your internship by submitting an application to the BOUNCE program coordinator, or your department internship coordinator. Please note, only few internships are accepted.

### **4. What are the qualifications to become a volunteer or an intern?**

BOUNCE volunteers must enjoy working with children, be hard working, committed, and eager to learn. Nutrition and exercise experience is a plus. Bilingual optimal. Looking for responsible people that we can rely on to be here when scheduled.

### **5. How many days and hours do I need to volunteer/work at the BOUNCE program?**

This depends on your course or professional needs of the BOUNCE program.

## **6. Where is the BOUNCE office located?**

The BOUNCE office is located in Farish Hall Rm. 318G. The office number is (832) 842-5921.

## **7. What kind of opportunities will I have in the program?**

Depending on your skills, commitment, and expertise you will be given many choices on your responsibilities in the program. It is important that you inform us early on of any skills/hobbies/talents you have that we can utilize in the program, such as expertise in teaching exercise classes, teaching nutrition, counseling, any crafts skills such as collages and scrap booking, computer skills, telephone skills, etc.

## **8. What type of duties will I have as part of the BOUNCE team?**

BOUNCE volunteers have a variety of responsibilities in support of the program. This may include gathering information on participants, helping with grant research and funding, helping calculate inventory, request donations, etc. During the summer program, duties range from assisting instructors and coordinators to teaching nutrition, counseling or exercise classes. Your area of expertise and availability will determine what area you are assigned to.

## **9. Will I receive any training?**

Training will be provided in the areas of CPR, classroom management, clinical assessments, and data entry.