

2016

Racing to Health

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Great VCU Bike Race Book Track: Racing to Health

The Finish Line

This course was a first for me too; first time teaching an entirely web based course and a course that was linked to community service.

What a terrific job the Rams did representing **Virginia Commonwealth University!**



Summarizing our Exercises

#1: Relationship between Fitness & Health?

Using TED Talks, YouTube and articles, we examined the relationship between fitness and health. Posted reflections included:

- *Personal accountability for health*
- *“Responsible for training my legacy”*
- *Fitness is related to many factors*
- *Addressing childhood obesity as a public health campaign*

For a more detailed look, check out these great posts from our students:

Hannah Bass

Janice Riley

#2: Training & Knowing Your Health Numbers

Posts reflected the eye opening experience of learning your own personal health numbers. Students exercised in many formats including spinning, running, yoga, trail biking and using apps, for example Zombie Run. Check out Exercise Tweets below:



<https://twitter.com/AshleyHalloway>

<https://twitter.com/basse771>

#3: Volunteerism

Wow! My team really showed up for the race. Volunteering at either the UCI Race or Conquer the Cobblestones. Rams were represented at the sustainability tent, convention center, passing out race bibs, setting up course markers and of course, the Beer Garden! One student had the opportunity to interview a Conquer the Cobblestone racer and asked him about the relationship between health and fitness, he summarized it best stating, “without one, you can’t have the

other.” Student posts revealed enthusiasm about watching premiere athletes in action and being inspired. Student posts also conveyed pride of Richmond’s hospitality.

Check out some of their Tweets:



Hannah Bass.Class

@basseyy771

Follow

@vcubr @Nurs621 USA women's time trials finish line! So cool! I volunteered and got to see from the VIP tent! #sofun

9:17 AM - 25 Sep 2015



Hannah Bass.Class

@basseyy771

Follow

@vcubr this is for my Racing To Health class, where I went on a 25 mile bike ride for my exercise! Great experience

6:11 PM - 11 Sep 2015

1



Colleen Wisniewski

@cbwisniewski

Follow

Volunteering at UCI VIP Tent! #dontbetrashy @vcubrb @Nurs621

9:40 PM - 21 Sep 2015

3

#4: Reflections

After reading student reflections, I am happy to report that there was benefit from participation. Students are energized about their health and are thinking about fitness as being more about how they feel and less about how they look. Participating in the UCI Championship provided motivation and inspiration for achieving new levels of fitness. Students were proud to be a part of something bigger than

themselves and learned something about their health in the process. Overall, I'd say, Mission Accomplished!

Check out some great reflection posts from our students:

Ashley Halloway

Colleen Wisiewski

It was my pleasure to be involved in such an innovative course that connected our students to our community. I had the experience of uniting my passions, exercise and health education in the setting of volunteerism....I couldn't ask for a better teaching assignment.

As we cross the finish line together, I invite you to consider what is the next step in your Race to Health??

