



Behavior opportunities uniting nutrition, counseling and exercise

## Volunteer and Intern Q & A

### 1) What is BOUNCE?

This is a program for Hispanic and African American girls' ages 9-13 years to increase their awareness and involvement in nutrition education, physical activities such as kickboxing and dancing, and activities to enhance positive self-esteem and 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 can apply for BOUNCE to count as your internship by submitting an application to Dr. Olvera, or your department internship coordinator. Please note, only a few internships are accepted.

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

Must enjoy working with children. Hard working, committed, and eager to learn. Nutrition and exercise experience a plus. Bilingual optimal. Looking for responsible people that we can rely on to be here when scheduled. Interns must also be approved through Dr. Olvera.

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

Prior to the summer program, you can volunteer 1 to 2 days per week for a minimum weekly total of 3 hours. During the summer program, 1 to 5 days per week, with also a minimum of 3 hours each day. As an intern, you must have the equivalent of 150 hours.

### 6) Who do I contact if I have an emergency and need to reschedule a particular day I come in to volunteer?

Please contact Mitzi Watkins (program coordinator) at [mitzi\\_watkins@hotmail.com](mailto:mitzi_watkins@hotmail.com), Amanda Rutter (assistant program coordinator) at [amandarutter@yahoo.ca](mailto:amandarutter@yahoo.ca), and/or Dr. Olvera at [NOlvera@uh.edu](mailto:NOlvera@uh.edu).

### 7) Where is the BOUNCE office located?

The BOUNCE office is located in Garrison Room 105L. The office number is (713) 743-9851.

**8) 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 experience in teaching exercise classes, teaching nutrition, counseling, any crafts skills such as collages and scrap booking, computer skills, telephone skills, etc.

**9) What type of duties will I have during the summer program?**

When volunteering time before the summer, you will help assemble a variety of things so we are ready for the summer program such as: gathering information on participants, helping with Grant research and funding, helping calculate inventory and look for donations, and so forth. During the summer program, duties range from assisting instructors and coordinators to teaching nutrition, counseling or exercise classes. Your area expertise and availability will determine what area you are assigned to.

**10) Will I receive any training?**

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