

## UBC Sustainability Scholars Program 2019

The UBC Sustainability Initiative (USI) is pleased to offer current UBC graduate students the opportunity to work on funded sustainability internship projects. Successful candidates work under the mentorship of a partner organization, and are immersed in real world learning where they can apply their research skills and contribute to advancing organizational sustainability goals.

For more information about the Sustainability Scholars Program and to apply to work on this project, please visit the [Student Opportunities](#) page.

Please review the application guide (PDF) before applying.

Applications close **midnight Monday February 25, 2019.**

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### Research project title

Exercise prescription to support mental wellbeing at UBC Okanagan

### Goal or Operations Plan objective

Goal: Increase student engagement in physical activity and reduction of sedentary behavior to support increased mental wellbeing.

Objectives:

- a) Help support the achievement of Goal 2 and 3 of UBC's Action Framework to Increase Physical Activity and Reduce Sedentary Behaviour: Being able to easily find, access and understand the physical activity options available to them on campus (2) and Being supported and encouraged to incorporate physical activity into their day (3).
- b) Help support the achievement of Goal 3 of UBC's Mental Health and Wellbeing Strategy: Support student wellbeing, personal development, and positive affiliation with UBC through outstanding campus life programs and service excellence.

### Please specify the strategic area(s) this project supports:

Okanagan Charter: Call to Action 1: Embed health into all aspects of campus culture, across the administration, operations and academic mandates. 1.2 Create Supportive Campus Environments, 1.4 Support personal development, and 1.5 Create and re-orient campus services.

20 Year Sustainability Strategy: UBC Community: Strategic goal 3. Innovative engagement programs strengthen linkages across the campus to generate a sense of place and support the creation of a vibrant, animated, and sustainable live-work-learn community.

UBC Wellbeing Priority Area: Physical Activity and Mental Health and Resilience

UBC People and Place Strategy: Strategy 3: Thriving Communities

**Outline scope of project and why it is of value to your organization. Describe how and when the scholar's work will be actionable.**

Campus Health (health promotion and research), Health and Wellness (health clinic and counsellors), UBC Okanagan Recreation, and the School of Health and Exercise Sciences at UBC Okanagan are working in collaboration to implement an exercise prescription program. Research has demonstrated the significant positive impacts of physical activity on both physical and mental health, yet participating and adherence to physical activity are challenging for many students. Students visiting the physician, nurses, or counsellors at Health and Wellness may be prescribed exercise as a part of their health care plan. These students will then be paired with an exercise peer mentor and/or registered personal trainer through UBC Okanagan Recreation. We would like to work with a Wellbeing Scholar to evaluate this new prescription program.

The role of the Wellbeing Scholar will be:

- Conduct a literature review of exercise prescription programs to inform an evaluation plan.
- Work with relevant campus partners to refine an evaluation plan for the UBC Okanagan exercise prescription.
- Refine necessary tools for evaluation and obtain ethical approval for the evaluation.
- Conduct evaluation with campus partners and students participating in exercise prescription program.
- Analyze information collected through the evaluation.
- Prepare a final report and presentation of the evaluation.
- Present results to UBC Okanagan campus community stakeholders and other interested groups.
- Develop a knowledge translation tool that may be shared with other universities and colleges that provide programming and services to students.

### **Deliverables**

*Note that a final deliverable either a full report or, if the report contains confidential information, an executive summary is required by the end of the program (August 12, 2019). The deliverable will be archived in the online Scholars Project Library and made publicly available.*

- Refine draft evaluation plan and tools\*
- Ethics application\*
- A final report, containing a summary of completed work with evaluation tools and plan, and further recommendations complemented by a final PowerPoint presentation to key stakeholders
- Final report [or Executive Summary] for the UBC Sustainability Scholars online project library
- Knowledge translation tool designed for programmers and lay people

\*Evaluation plan, tools, and ethics application will be done with assistance of one of the mentors, and will be completed/submitted in first 3 weeks of placement. Scholar will be working with draft plan and tools into order to submit ethics within that timeframe.

### **Time Commitment**

- This project will take **250** hours to complete.
- This project must be completed between May 1 and **July 31**
- The scholar is to complete hours anytime between 8-5, Monday-Friday, or up to **35** hours per week.
- If applicable, list dates of any mandatory meetings, special events, etc. that you require your Scholar to be available: we do not have anything schedule at this time, but will alert Scholar during interview process.

### **Skill set/background required/preferred**

- Excellent research and writing skills.
- Demonstrated interest in health and wellbeing.

- ☒ Experience conducting stakeholder engagement events, including facilitation skills, is an asset.
- ☒ Familiarity with research methodologies and survey techniques
- ☒ Statistical analysis
- ☒ Excellent public speaking and presentation skills
- ☒ Community engagement experience
- ☒ Familiarity conducting focus group research
- ☒ Strong analytical skills
- ☒ Ability to work independently
- ☒ Deadline oriented
- ☒ Project management and organizational skills
- ☒ Comfortable interacting with strangers to conduct public/in person surveys
- ☒ Excellent communication skills
- ☒ Ability to work in a team environment

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Apply here:

<https://sustain.ubc.ca/student-opportunities>

To learn more about the program here:

<https://sustain.ubc.ca/ubc-sustainability-scholars-program>

Read the application guidelines to confirm your eligibility to participate in the program here:

<https://sustain.ubc.ca/student-opportunities>

Contact Karen Taylor at [sustainability.scholars@ubc.ca](mailto:sustainability.scholars@ubc.ca) if you have questions.