



Announcement of Upcoming Positions (starting Fall 2021)

EMPOWERMENT3 (E3) Center for Physical Activity and Wellness for the Underserved

Harrisonburg, Virginia, USA

Graduate Assistantships – M.S. in Kinesiology, concentration in exercise physiology with research and fieldwork emphasis in Adapted Physical Activity (2 years, In-State Tuition & Stipend)

Post-Doctoral Fellowships (2 years, Salary & Benefits)

Mission: We seek to empower *individuals and their families, professionals* (in-service and pre-service), and *communities*, using the vehicles of **physical activity and mentorship**. (See page 2 for current initiatives.)

What We Do: E3 conducts programming, research, training, and support to improve the physical and mental health as well as the quality of life, of underserved populations.

Who We Serve: E3’s health promotion efforts serve Individuals with disabilities, older adults, chronic conditions, refugees, at-risk youth, and many others.

Research: E3 explores questions across participants, families, pre-service/in-service professionals, and communities. E.g., barriers to participation; improvements in physical and mental health, movement behaviors, and social determinants of health; knowledge and efficacy changes. We are open to other research interests that enhance our ongoing work.

Potential Responsibilities:

Student Director of Programming (GA): intake coordinator for program participants, lead physical activity program(s), oversee E3 student organization, support data collection and research

Director of Training and Impact (post-doc): Ability First project lead, Shenandoah Valley Inclusive Wellness Coalition (SVIWC) co-director, develop and implement training for staff & volunteers, program impact evaluation, data collection and analysis; teaching opportunities



Contact: Dr. Thomas Moran, Executive Director, for more details or to share your resume. (morante@jmu.edu; 540-568-4877) Official position descriptions will be posted in the next month.

OVERCOMING BARRIERS

Weekly Physical Activity Mentorship Programs



Ages/Population: 3-93; Individuals with ANY Disability

Offerings: Fitness, Self Defense, Gymnastics, Aquatics, Movement Education, etc.

SHENANDOAH VALLEY INCLUSIVE WELLNESS COALITION

Building Community Capacity to Support Wellness for All



Ages/Population: Individuals w/ disabilities, families, wellness organizations, advocacy organizations

Offerings: Training, Technical Assistance, and Promotion of Member Organizations' Opportunities

PROJECT INSPIRE

Weekly Physical Activity, STEM, and Triad Mentorship Programs



Ages/Population: 11-19; Disability and refugee/migrant communities engage in peer mentorship

Offerings: Fitness, Self Defense, Golf, Aquatics, Partner & Team Sports, etc.

THRIVE

(Transforming Health through Relationships via In-Person and Virtual Environments)

Turning Homes into Physical Activity Spaces through Mentorship & Social Connection



Ages/Population: 2-99; Citizens of all ability levels w/ health (e.g. diabetes) and movement needs

Offerings: Asynchronous Activities, Virtual Programs/Events, and/or Face-to-Face Opportunities

ABILITY FIRST

Transforming Homes, Schools, and Communities (Rural and Statewide)



Ages/Population: 2-99; Individuals with I/DD, EBD and mobility disabilities; older adults

Offerings: NexJ Health, Exercise Buddy, THRIVE, Capacity Building of Community Organizations