

## SWWC Staff Learn From SMSU Students

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On April 24 and 25, four students from Southwest Minnesota State University (SMSU) came to Southwest West Central Service Cooperative (SWWC) to conduct a workplace training class. SWWC staff learned about “Stretching at Work” from Chase Onken and Nate Huot and “Balance and Strength” from Ashanti Payne and Randolph Givens.

Dr. Kris Cleveland, Assistant Professor of Exercise Science, contacted SWWC to see if staff would be willing to help students in her Exercise Science 360 – Athletic Enhancement and Exercise Leadership class present one of their assignments - to write and present a group training class in a corporate workplace setting. Following the training and Q&A session, SWWC staff completed an evaluation form for Dr. Cleveland to help determine the students’ grades for the projects. The students enjoyed the community interaction and SWWC staff enjoyed learning about stretching, balance and strength.