

Visiting STEM Ambassadors Explore Health and Fitness

Dr. Campbell hosted 4-H STEM Ambassadors to explore the variety of ways to assess health and fitness. The 4-H STEM Ambassador program welcomes New Jersey youth from middle and high school to the SEBS campus to participate in hands-on activities as they learn alongside Rutgers faculty in their respective discipline. Now in its 14th year, the program supports young people from six urban communities around New Jersey, with the objective of supporting and encouraging first generation college students in the pursuit of STEM careers.

Seven STEM Ambassadors spent the day with Dr. Campbell and learned about the importance and relevance of heart rate, blood pressure, body composition, muscular strength and endurance, standing high jump, bench step testing and flexibility for overall health. The STEM Ambassadors also learned how to take these measurements, assess how results can be interpreted, and ways to use their data to promote a healthy lifestyle!

The STEM Ambassadors will take the knowledge they have gained this past week back to their respective communities and teach-back to their younger peers at local YMCAs, libraries, and after school programs.



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