



# MDA Muscle Corps Program

The Muscle Corps Program at the Muscular Dystrophy Association is rooted in our mission and our commitment to serve our young adults and community. This program gives students the opportunity to positively impact the community.

Through the MDA Muscle Corps Program, students will grow and connect with our MDA community to think ethically and innovatively to solve problems with the skills they acquire. As a result, students learn to embrace servant leadership and social change as professional and personal philosophies.

Key Skill Development Areas:

- Purpose Led Activation
- Social Influencing for Good
- Cause based sales including Proposal Creation, Pitch, and Presentation Development



## Who is this for?

- Students: High School and College
- Teachers: Online course content provided for on-demand session

## Where is it located?

1. **Interactive/Live:** Weekly online course content (SharePoint), group chat (Teams), optional networking/debrief (Ring Central)
2. **On Demand:** Online course content (SharePoint)

## When is it available?

- 4 weeks (September/October)

## Overall Program Goal:

As part of this program, participants will gain valuable insight into for profit and nonprofit organizations. Students will have an opportunity to:

- Enhance capacity, ability, and skills in intellectual development (e.g., problem solving), basic skills acquisition (e.g., communication), career preparation and personal growth.
- This program is designed to be participatory and interactive.
- Build relationships, value a sense of community, and gain self-awareness.
- Impact MDA mission by fundraising \$1,000/student.

To complete the program and earn an MDA certificate in Muscle Corps, students must fulfill the following requirements:

- 4 hours of coursework
- 4 weekly assignments and milestones
- Create and share MDA donor drive page
- 40 hours of community service

Contact Kim Viquesney with questions or to get involved at [kviquesney@mdausa.org](mailto:kviquesney@mdausa.org).