

Veterans' Adaptive Activities Day

On September 8, 2007 the Illinois Department of Veterans' Affairs and the Chicago Park District successfully held their first Veterans' Adaptive Activities Day at Northerly Island. The day was complete with games, fun, food, music, and inclusive fitness for Veterans with Disabilities and their families and friends. Activities included handcycling, fishing, kayaking golf, wheelchair football, wheelchair basketball, wheelchair softball, table games, tennis, bocce ball, quad rugby, sailing, rowing, and other adaptive sports equipment.



Inclusive Play for All Children: The Opportunities are Boundless!

by Amy Rauworth, MS, RCEP

Ready... set... go play! Where did your thoughts just take you? Perhaps to a distant memory from your childhood, a local park, your backyard, or a favorite school or neighborhood playground. Remember that you are never too old to play. I encourage you to make it a point to enjoy good old-fashioned play as much as possible and before you know it, activity will no longer be a chore that you must check off your list. Don't let play be a distant childhood memory. Embrace it in your everyday life and reap the rewards!



Most children do not need encouragement to play; however, active play is sharply declining as technology provides us all with entertainment opportunities that require little or no movement. Playgrounds offer an excellent venue for children (and adults) to participate in active play. But for the estimated six million children with disabilities, opportunities for

active play are limited by the lack of accessibility in playground environments.

With the passing of the Americans with Disabilities Act (ADA) in 1990, the theoretical right to access play areas became law. The Access Board guidelines, issued in October 2000, are the regulatory standards used for new construction and alterations of all public playgrounds. These guidelines have been created to provide access for children with disabilities to get to and from playgrounds and on and off of play structures. The full text of the guidelines is available for viewing at <http://www.access-board.gov/play/index.htm>. A new feature provided by the Access Board is an online training course that can be found at <http://www.access-board.gov/news/play-course.htm>.

Recently I had the opportunity to attend the grand opening of the Can-Do Playground on July 11, 2007 in Wilmington, Delaware as a representative of the Inclusive Fitness Coalition (IFC) www.incfite.org. This Boundless® playground, like many others, is a welcoming place where children of all abilities can be in the middle of the fun. A Boundless® playground celebrates the principles of universal design while addressing the developmental needs of children.

The Can-Do Playground endeavor brought together both the private and public sectors of this community that included a non-profit organization founded by the six Wilmington-area Rotary Clubs and enthusiastically led by Thomas A. Talley, a champion of this project; the Delaware Department of Natural Resources and Environmental Control, and the Delaware Department of Transportation. Together, these public and private entities secured and prepared the land for construction, while raising \$489,500 to complete this project. To learn more about the Can-Do playground, go to: www.candoplayground.org.



This playground features equipment from GameTime (<http://www.gametime.com/>), one of Boundless Playgrounds' seven Industry Partners, who are making it easy for communities to build inclusive playgrounds by offering Boundless Playgrounds' Certified Models in their catalogs and on their websites. To view pictures of this playground [click here](#).

The Can-Do Playground is just one example of community mobilization inspired by Boundless Playgrounds®. The organization is led by Amy Jaffe Barzach, executive director/co-founder whose journey began with the tragic loss of her nine-month-old son to spinal muscular atrophy, a rare, degenerative neuromuscular disease. Today, she works to create a world where all children can have the opportunity to be "king of the hill."

The Benefits of Inclusion

For children with disabilities:

- Offers opportunity to learn social skills in integrated, more natural environments
- Provides more stimulating, motivating, normalized environment
- Increases availability of age-appropriate, non-disabled role models and peer supports
- Allows participation in a variety of in-school and extracurricular activities
- Creates the opportunity to develop potential new friendships with peers who live in same neighborhood
- Improves self-esteem

For children without disabilities:

- Can improve attitudes towards children with disabilities
- Can teach others how to interact with, be friends to, assist, and advocate for peers with disabilities
- Increase availability of special resource personnel, instruction, and equipment

- Gives perspective (*i.e.*, having a “hurt” knee, acne, or losing a boyfriend suddenly seems somewhat trivial compared to the daily challenges faced by children with disabilities)
- Reduces prejudices of future parents of children with disabilities, future taxpayers, future teachers, and future business persons by providing greater personal knowledge of disability

*Block, ME (1994). *Including Preschool Children with Disabilities*. *JOPERD-The Journal of Physical Education, Recreation & Dance*, 65.

About Boundless Playgrounds

Boundless is the first national nonprofit dedicated to helping communities create extraordinary inclusive playgrounds where children with and without disabilities can develop essential skills for life as they learn together and play. Today, there are more than 100 Boundless Playgrounds in over 20 states and Canada with dozens more in development. To learn more about the National Center for Boundless Playgrounds and how your community can create an inclusive playground, go to: www.boundlessplaygrounds.org.

Looking to Build a Boundless Playground for your community? Schools Out! Go Play! Scholarship Program

The **CVS All Kids Can** program is pleased to announce that during the summer of 2007, it will be awarding sixty \$1,000 scholarships. Scholarships will be applied as a \$1,000 credit toward the \$1,795 registration fee for the Boundless Playgrounds Go Play! membership program. To learn more, visit www.boundlessplaygrounds.org.

Read this article online at http://www.ncpad.org/fitt/fact_sheet.php?sheet=545

Reporters Often Miss the Bigger Picture

by James H. Rimmer, Ph.D.

Recently, I was contacted by a reporter from one of the top newspapers in the nation, who was writing a story about a sports program that she had heard about for youth with disabilities. She was looking for a quote from someone with expertise in physical activity and disability, and came across my name on the Internet. Although her opening sentence did not get the interview off to a good start — “I’m writing a story about a . . . program for *special needs kids*” — I felt obligated to continue the interview but only after requesting that she use person-first language.

After she described the program, I informed her that I had not heard of it but that its existence didn’t surprise me, because many parents who have a child with a disability often have to develop their own programs to allow them to remain socially engaged with other children in the community. Many of these parents spend their own time and money helping to create hybrid sports and recreation programs for their children in areas where there are none. It’s an amazing level of dedication. The reporter seemed very surprised and even disappointed that I had not heard of the program. I asked her for some more information and she directed me to a website where there were a couple of lines about the program but nothing in enough detail to allow me to comment on its depth, scope, and popularity. I tried redirecting her to the bigger issue at hand, which is that most sports and recreation communities do not recognize the needs of youth with disabilities and that the higher levels of obesity reported among these youth will create health problems in adulthood. Unfortunately, she didn’t seem to be as interested in that topic as in writing about this particular program that she claimed is growing rapidly across America.

While I don’t doubt that this reporter’s story was certainly worthy of the attention it was receiving, of equal importance is the need for reporters to understand that every sports and recreation program offered in any community should have an element of **inclusion**. This should not be at the expense of growing specialized programs for youth with disabilities but rather, as an adjunct to them. Any parent should be able to select the program that best meets their child’s interest level and needs.

At the end of our conversation, I reiterated my earlier comment that using person-first terminology will go a long way toward educating her readers that separating the ‘special needs’ part from the child keeps everyone in the fold and removes the ‘helplessness’ part of that description. Words can make a big difference in how we treat others. She requested a copy of the article we just published on obesity levels of youth with disabilities, so hopefully, she’ll consider the bigger picture as a backdrop to her story.

Read this article online at: http://www.ncpad.org/director/fact_sheet.php?sheet=555.

Use of the International Classification of Functioning, Disability and Health (ICF) to Prepare Individualized Exercise Prescriptions for People with Disabilities — Tailoring the Physical Activity Program for Success

by Amy Rauworth, MS, RCEP



As an exercise physiologist and personal trainer, at times it can be frustrating when my clients lose motivation or do not make progress. We often measure our own personal success by our clients’ adherence to the program and measurable physiological changes such

as an increase in cardiovascular function or a decrease in body mass index (BMI). Using the International Classification of Functioning, Disability and Health (ICF) to prepare individualized exercise prescriptions for people with disabilities can provide a platform that allows the fitness professional to think outside the box and consider all factors that will contribute to the success of the exercise program. The ICF model will not only allow the fitness professional to tailor the program to the needs of the individual but it will give a broader scope and depth to the measure of functional improvements that our clients will make.

Specifically, the ICF can assist the fitness professional in identifying the important facilitators or barriers to physical activity participation that include the areas of functioning, personal factors, and environmental factors particular to the individual which are critical to successful adherence to a physical activity program.

To read more, visit: http://www.ncpad.org/fitt/fact_sheet.php?sheet=459

Inclusive Fitness Trainer Beta Exam, October 1-November 12

The American College of Sports Medicine (ACSM) is pleased to announce a collaboration with the National Center on Physical Activity and Disability (NCPAD) to offer a specialty certification. This certification is an industry-first for professionals working in the health and fitness field, specifically to work with individuals with disabilities.

About 50 million people (approximately 20 percent) in the United States that have reported some type of disability. ACSM professionals have the potential to make a significant contribution by earning the specialty certification to safely and effectively work with people with disabilities.

ACSM and NCPAD are performing BETA testing in preparation for a live exam. BETA testing began October 1, with a final testing date of Monday, November 12, 2007.

The BETA exam is offered through Authorized Pearson VUE® Testing Centers. Individuals interested in BETA testing must meet the eligibility requirements to participate. The cost of the BETA exam is \$99 USD and is a voucher-only exam. Individuals who would like to participate must request a voucher through the ACSM National Office by calling (317) 637-9200 ext. 115 or e-mailing certification@acsm.org. Once the candidate has confirmed eligibility and received the voucher, he/she can register on-line at <http://www.pearsonvue.com/> or by calling (888)-883-2276.

Registration began on Monday, September 24, 2007.

Online College Certificate Program in Personal Training for Older Adults

The International Council on Active Aging is pleased to announce the launching of the Online College Certificate Program in Personal Training for Older Adults in partnership with colleges and universities around the country. Classes began on September 24, 2007. This certificate is an innovative Web-based Certificate (with an Optional Field Internship course) designed to ensure the development of safe and effective exercise programs for older adults by personal trainers, allied health/medical and fitness professionals, and the general public.



The certificate program has been designed to incorporate curriculum standards from the *International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults in Collaboration* by the World Health Organization. A competitive advantage offered in the program is the optional field internship which enables students to practice senior fitness training concepts in a health and fitness setting. This program is offered in partnership with the International Council on Active Aging.

If you are interested in learning more about the program or registering, please visit: <http://www.icaa.cc/education/educationalpartners.htm>. If you have questions about the certificate program and courses, you may contact Cody Sipe at seniorpft@yahoo.com

EVENTS AND CONFERENCES

Accessible Integral Yoga Teacher Training, San Francisco, CA, Oct. 15-June 9, 2008

Accessible Teacher Training is a 200-hour Integral Yoga Teacher Training Certification Program designed for people with disabilities. This is a pilot program of a new kind of Yoga teacher training. The course will include individualized accommodations to help people with disabilities become Integral Yoga teachers. This program will meet national standards for Yoga teachers and will be registered with the Yoga Alliance (the national Yoga organization). The content will be similar to a traditional beginners' level teacher training program, but will have an emphasis on modifications to the basic poses. Most important, the structure and style of the course will be designed to focus on the abilities of each individual.

Location: Piedmont Yoga Studio in Oakland, an accessible space, October 15, 2007 to June 9, 2008; Mondays and Fridays from 11:30 a.m. – 2:30 p.m. Tuition is \$2,000; scholarships may be available. Space is limited. For an application please contact: Rev. Jivana Heyman, Director of Teacher Training at (415) 821-1117 ext. 375, or e-mail: training@IntegralYogaSF.org

www.IntegralYogaSF.org

OPPORTUNITIES FOR PARTICIPATION IN RESEARCH

Vietnam Veterans Living with Amputation Needed for Research, Indiana-Ohio Center for Rehabilitation Research, Department of Defense

This partnership plans to study how Vietnam veterans with war-related amputation fared with respect to physical and psychosocial health and rehabilitation, so that they can assist in the rehabilitation and adjustment of amputees coming back from current and future conflicts.

Register online at <https://www.vietnamwaramputee.org> or obtain a hard copy questionnaire by calling (866) 283-2599 (toll-free), emailing robbinsc@iupui.edu, or writing: Mr. Chris Robbins, School of Health and Rehabilitation Sciences, Indiana University, 1140 West Michigan Street, Coleman Hall CF 124, Indianapolis, IN 46202.

Moving Forward Together

As of early October, 2007, the Inclusive Fitness Coalition comprises 62 member organizations. More are joining as they learn of the group's mission and broadly based constituency. The Executive Committee is both determined and active, laying out an ambitious plan of action to continue building momentum and lay the groundwork for significant achievements. All who share an understanding of the importance of inclusive fitness are invited to visit www.incfit.org and find an appropriate role advocating for the cause. For more information about the Inclusive Fitness Coalition, go to <http://www.incfit.org/contact> and send us an e-mail and a representative of the IFC will contact you.