

ACTIVE CHILDREN AT OSU

FALL 2017, VOL. 16, ISSUE 1



2017 orientation for Adapted Physical Activity students

From Director J.K. Yun

I hope all of our IMPACT families are ready to enjoy a happy holiday season! The IMPACT program is off to a great start! Student volunteers from Oregon State University and Western Oregon University, as well as graduate students who coordinate the program are doing a great job helping it improve on a year-to-year basis. I want to give a special thank you to all of our new graduate students and Jaehun Jung, our IMPACT coordinator. They are doing an awesome job! You can find each of their specific profiles within this newsletter. Also, I want to recognize Samantha Ross's contribution to developing a new evacuation and reunification plan for IMPACT. Please read over the new plan and don't hesitate to contact me if you have questions.

Last but not least, we have rejuvenated our IMPACT for Life program by focusing on our initial vision of community-based inclusion to promote lifelong physical activity. We have created a task force to develop community partnerships, community integration and specific plans and procedures. We are offering different classes within our community and are developing several additional classes for the upcoming winter and spring terms. I am very happy with the many community partners that have stepped up and are willing to include individuals with disabilities in their programs. For example, our alum Candace Brink (class of 2017) offered a golf class on Thursdays this fall term in addition to our successful Crossfit class led by Jen Beamer. We will soon make an announcement for additional courses we are offering, and I encourage our IMPACT for Life participants to join the new programs. Thank you all and have a great holiday season!



In this issue:

Meet the team
PAGE 2-3

Program updates and
announcements
PAGE 4-5

NEW exit plan
PAGE 5

News and research
PAGE 6-7

IMPACT's mission is to provide a community based, research-driven program to educate children with disabilities, their families and OSU students by promoting physical activity, well-being, community inclusion and acceptance.

Meet the IMPACT team

2017-2018

Jaehun “Jae” Jung IMPACT Coordinator



Hi, I am Jaehun (Jae) Jung. I was born and raised in South Korea. I graduated from Northern Illinois University with a master's degree in Kinesiology and now I am working on my PhD degree. This is the third year for my degree and my second year as the IMPACT program coordinator. I am excited to be involved in this program, and I hope I am able to contribute to this program the best I can with my previous experiences.

Barb Sneckner

Hello! I'm Barb. I am the group leader for **Group D** for Fall term! I'm so excited to help students work toward



accomplishing their goals while enjoying all aspects of physical activity provided at each IMPACT session. I grew up in Bend, Ore., where the outdoors was a big part of my life. I enjoy tennis, snowboarding, hiking, mountain biking and camping. I graduated

from Mountain View High School and played collegiate tennis at Lewis-Clark State College while earning my degree in exercise science. I'm currently a master's student in the Physical Education Teacher Education program at Oregon State University. I hope to become a physical education teacher next year!

John Hanson

My name is John Hanson and I am the leader of **Group C** at IMPACT this term! I look forward to teaching the



students at IMPACT a variety of activities and encouraging them to both enhance and discover new skills. In my free time I enjoy playing basketball and football, lifting weights and doing pretty much anything that keeps me moving. I received my degree at

Oregon State last spring and am now in the MS-PETE program with aspirations to become a physical education teacher.

Christina Hospodar

Hello IMPACT families and participants! I am a second-year master's student working with Assistant Professor



Sam Logan. I am originally from Connecticut, but attended Wake Forest University in Winston-Salem, N.C., where I earned my bachelor's degree in Health and Exercise Science and Spanish. Last year, I worked mainly with Go Baby Go, so this is my first year working extensively with IMPACT. For fall term, I will be the **Group**

Leader for Tots! I am excited to meet all of you, and I am looking forward to a great year with IMPACT.

Nolan Bradley

I'm Nolan and I am the Group Leader for **Group E** this term. I am from Bend, Ore. I studied at Clackamas



Community College and have an associate's degree in digital multimedia communications as well as a certificate in video production. I continued on to Western Oregon University to graduate with a bachelor's degree in exercise science and a minor in health.

Currently, I am pursuing a master's degree through OSU for physical education. This year, I am looking forward to every Friday night as we get to be active and enjoy fun activities together as a group. I am excited to get to know as many people as I possibly can! Something unique about me: I spent one summer working in the Yosemite high country.

Seokheon “Jake” Kang

Hi, my name is Jake and I'm from Korea. I graduated from Northern Illinois University with my master's



degree and now I am studying for my doctoral degree at OSU. My current research interest includes the relationship between physical activity level and social interaction of preschoolers with and without a disability. I am so excited to work with

kids at Corvallis Boys and Girls Club as part of IMPACT!

Nicole Aydt

I am currently a student in the MS-PETE program at Oregon State. I am originally from Astoria, Ore., and I completed my undergraduate degree at OSU. I graduated this past June with a degree in Kinesiology with the



goal of teaching PE. My focus is currently elementary education, but I am excited to teach in all levels to better confirm my choice. This year, I am the group leader for **Group B** and am excited to work with other groups as the year progresses.

In my spare time, I enjoy riding horses, hiking, hunting, spending time with family and friends and cooking. I look forward to improving my knowledge of how to serve students with disabilities as well as seeing all students I work with improve their skills throughout my time as a group leader.

Brock Mueller

My name is Brock Mueller and I am the group leader for **Group G** for IMPACT this term. I am looking forward to teaching and improving skills in various physical activities and games. I completed my undergraduate



degree at Oregon State in Exercise and Sports Science and am currently earning my master's degree through the MS-PETE program with the hope of becoming a physical education teacher and coach. In my free time, I like to play basketball, go mountain biking, go skiing and

snowboarding, or do anything else that keeps me active. I am excited to be a part of this program and am looking forward to a great term!

Chrissy Redfern

I'm Chrissy. I'm the group leader for group F, and I'm originally from Salem, Ore. For my associate's degree, I attended Chemeketa Community College. I received a bachelor's degree in Exercise Science Pre Education from Western Oregon University. In my spare time I enjoy exercise such as swimming, road cycling and running.



Bridgette Schram

Hi, I'm Bridgette! I just started the second year of my master's degree in the APA program. I am a Nebraska native and like to use my free time exploring anything new, especially when it involves being active and outdoors.



Utilizing my background in competitive swimming and aquatic programming management, you will mostly be seeing me at the pool as this term's **IMPACT pool**

coordinator. I am looking forward to meeting and getting to know more of the participants this year and helping them learn new skills in the water!

Jodi Stinson

Hi, I'm Jodi Stinson and I am from Canada! I graduated from Acadia University with a Bachelor of Kinesiology



with Nutrition. I am currently working on my Master of Science in Kinesiology in the Adapted Physical Activity concentration. When not in school, I love hiking, swimming and spending time with friends

and family! I am super excited to be a group leader as part of the Boys and Girls Club this term and to get to know all of the participants.

Kelly Donnelly

I am an MS-PETE student making my way into Physical Education after 10 years in the fundraising industry. I spend my Friday evenings challenging IMPACT's



Group A students to improve their swimming skills, fitness and enjoyment of physical activity. I

moved to OSU from Alaska, where I fell in love with mountains, trail running, cycling, skiing, camping, and all movement outdoors. I am a certified professional trainer. I served as a board member and coach for Girls on the Run Southcentral Alaska since its inception in 2011, and spent the last three winters as a PSIA alpine ski instructor with Challenge Alaska, where I helped students with disabilities achieve their skiing goals. I am passionate about health, physical activity and life in motion for all!



Leaders in the Children and Youth with Disabilities Lab's research study on the effect of a family pet on children's mobility.

PROGRAM UPDATES AND ANNOUNCEMENTS

New resource for parents with disabilities

The National Research Center for Parents with Disabilities will share research and provide training and technical assistance to support parents with disabilities and their families.

Helpful information will also be available to social workers, researchers and legal professionals. Visit centerforparentswithdisabilities.org.

V.I.P. volunteers Gabrielle Ganvoa and Danielle Hom

"We had so much fun at IMPACT this term. Not only did we get to exercise and have fun every week, but we also were able to build friendships and learn from one another."

Their group leader says, "They worked hard with their participant all quarter, always brainstorming ideas to make new modifications and keep good records on their progress each session."

V.I.P. volunteer Greg Heinonen

Greg has been an IMPACT volunteer for SEVEN semesters. When asked about a potential stand-out student, Greg's group leader instantly nominated him, commenting on his reliability and enthusiasm for working with his two participants.



Greg shares that he feels "very lucky to have been able to see all the participants grow these last few years. Working with these kids brings me so much joy, and it is an honor to be recognized. I'm excited to see what's in store for the five

Heavy lifting Brickhouse students visit Women's Building weight room



Students from Lebanon's post-high school Life Skills class visited the weight room in the Women's Building at OSU. Each student was paired with a Kinesiology graduate student to learn weight room safety, etiquette and machine use. Students warmed up with yoga and then had time for independent exploration around the weight room.

They were enthusiastic about completing assisted pull-ups and bench presses and also touring the Memorial Union quad. The students were motivated by the opportunity and look forward to their next field trip to the weight room and future activities in the community.

EVACUATION PLAN

IN THE CASE OF AN EMERGENCY AT **IMPACT**

WOMEN'S BUILDING

Participants & volunteer pairs

- Stay together.
- Evacuate to lawn behind Women's Building.
- Check in with your group leader.
- Stay with the group until instructed otherwise.

Parents

- Evacuate to lawn in front of Women's Building.
- Check in with IMPACT staff.
- IMPACT staff will contact you if you're off site.

Reunite

- Stay in evacuation area until instructed otherwise.
- Parents will be reunited with their child(ren) after everyone has been accounted for and IMPACT staff have determined it safe.
- Parents and participants must check out with group leaders before leaving.

DIXON RECREATION CENTER

Participants

- Follow Dixon staff instructions to evacuate to either the Student Legacy Fields in front of Dixon, or the volleyball courts on the south side of Dixon.
- Check in with the IMPACT group leader.

Parents

- Join the participants with group leaders at evacuation area.
- Dixon staff can help you locate the IMPACT group.

Reunite

- Stay in evacuation area until instructed otherwise.
- Volunteers, parents and participants must check out with group leaders before leaving.

IMPACT for Life now offers Crossfit

The fall term of the Impact for Life Crossfit class has been a hit! We have some new participants who are loving it and learning a lot of new movements, along with multiple returning participants who continue to build on their past skills.

It's been so much fun for both the participants and volunteers to see the progress everyone makes each week in all-around fitness and on their personal goals. If you want to join the fun, email Jen Beamer at jennifer.beamer@oregonstate.edu for next quarter's schedule.



Adapted physical activity students learn the ropes

APA graduate students were introduced to IMPACT this term with an energetic and educational training from Brad Weiner, an experienced adapted physical education teacher from Maryland.

Brad discussed strategies for positive behavior management, as well as lessons and activities that can be applied to programming at IMPACT.

During the session, Brad emphasized the importance of establishing a routine, the ABCs of behavior and how to design a supportive and comfortable environment for all participants. Brad also introduced a number of programs and applications to use in the classroom and at IMPACT.



Brad shows students his favorite ways to get moving.

ABCs of behavior
Antecedent
Behavior
Consequence



Most importantly, the group was led through numerous physical activities to get the heart rate

up and the body moving while learning new activities.

Putting it into practice

TIME	ACTIVITY	TO DO:	Complete
5:30-5:40	WARM-UP	○	○
6:15-25	STATION 1	○	○
5:40-45	STATION 2	○	○
6:25-30	STATION 3	○	○
1 minute	- break -		
5:46-51	STATION 4	○	○
6:31-36	STATION 1	○	○
1 minute	- break -		
5:52-57	STATION 2	○	○
6:37-42	STATION 3	○	○
1 minute	- break -		
5:58-6:03	STATION 4	○	○
6:43-48	STATION 1	○	○
6:03-6:10	STATION 2	○	○
6:48-55	FREE TIME	○	○

Graduate student Bridgette Schram created a new visual support in order to introduce routine and familiarity into IMPACT's pool sessions.

Easy does it

Students practice wheelchair transfers, lifts

Following Brad's presentation, Michele Catena, a PhD student and physical therapist, discussed the anatomy of the spine, as well as appropriate lifting techniques for safe lifts and transfers.

Everyone had the opportunity to practice their skills, and as a result felt prepared to make necessary lifts at IMPACT.



The importance of community

In September, second-year master's student Chloe Simpson and first-year PhD student Laynie Case attended and presented at the first annual Northern California Autism Symposium in Chico, California. John Elder Robison, *New York Times* best-selling author about his life with Asperger's Syndrome, provided the keynote address.

John shares unique perspectives and stories relating to his experience living with autism; he did not receive a diagnosis until he was 40.

To an audience full of parents, professionals and people with autism, John stressed the importance of building a community around and within autism in order to solve problems together.

Within his lecture, as well as in his many books, he shares detailed stories that offer insight into autism and perspectives on how individuals can minimize their disabilities while focusing on their strengths.

"He spoke very candidly and passionately about community," Case says, "suggesting that working together and taking pride in who you are is essential for making individual and social change, not only for individuals with autism but also for all individuals with disabilities."



It's a dog's life ...



Dogs have a pawstive influence on families

This summer, Associate Professor Megan MacDonald's Children and Youth with Disabilities Lab ran their first session of an NIH funded project, focused on improving physical activity behavior in children and their family dogs. All participants learned about canine behavior and how to manage their dog. Some participants were assigned to a dog walking group, where children walked their dog for 45 minutes in a group format for two weeks. In another group, children were taught skills to teach their dogs, such as spin and paw.

After these skills were mastered, participants learned to model the command and instruct the dog to "Do it." Families noticed children's increased desire to care for their dog and an increase in the dog's attachment to the children. The program will continue in Salem this winter.



Oregon State University
**College of Public Health
and Human Sciences**

IMPACT

College of Public Health and Human Sciences
Women's Building, 13B
Corvallis, OR 97331-6802

Oregon State University
College of Public Health and Human Sciences

IMPACT | Joonkoo Yun, program director

Active Children at OSU | Laynie Case, casela@oregonstate.edu

This is a quarterly publication of OSU's Adapted Physical Activity program. Your letters, suggestions and comments are encouraged.

Please send alumni news to kathryn.stroppel@oregonstate.edu.

Contact us

541-737-2176 ph | 541-737-6613 fax
rena.thayer@oregonstate.edu | health.oregonstate.edu/msd

For news about the College of Public Health and Human Sciences, visit synergies.oregonstate.edu.

Oregon State University is committed to affirmative action and equal opportunity in employment and education.