



Active Children at OSU

IMPACT
College of Public Health and Human Sciences
Women's Building 107E
Covallis, OR 97331

Construction will continue to affect Women's Building Parking

As many of you know, there is a lot of construction at OSU that will continue in the coming years. One of these construction projects will directly affect IMPACT. Due to the construction of Austin Hall on the west side of the Women's Building, parking spaces will continue to be limited and a single accessible entry (in the back of the building) is currently available. We have communicated with the project manager in order to ensure ADA parking spaces on the east side of the Women's Building, and they will try their best to keep these spaces available. However we do not know how many spots will remain. For those who do not have access to ADA parking, we will need to organize a drop-off system.



Note:

The deadline for Winter IMPACT registration is Dec 4th.



The next Active Children will be Spring 2014. If you would like to share your story, news, or comments, please contact Jill Pawlowski at pawlowsj@onid.orst.edu.

COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES

Active Children at OSU

Movement Studies in Disability

Fall 2013



Another Great Term Comes to a Close

I cannot believe it is already the end of the quarter. I hope you are all well and ready for a wonderful holiday season. First, as many of you are aware, Oregon State University is rapidly growing and new buildings are being constructed everywhere. We are excited about the new possibilities, but this excitement creates an inconvenience for IMPACT as well as the Multiple Sclerosis Exercise programs. Last summer we had a meeting with the construction management team and they have been willing to work with us. It has not been perfect and we have been faced with a few challenges, but I am very pleased with their willingness to accommodate our needs. The wheelchair access entrance is still open on the West side of the building and they are constructing an ADA compliance entrance on the North side of building. I want to give a special thanks to Dr. Megan MacDonald for taking leadership and directly communicating with the construction management team about our needs. If you have any issues or suggestions on the current accessibility, please let Dr. MacDonald or myself know.

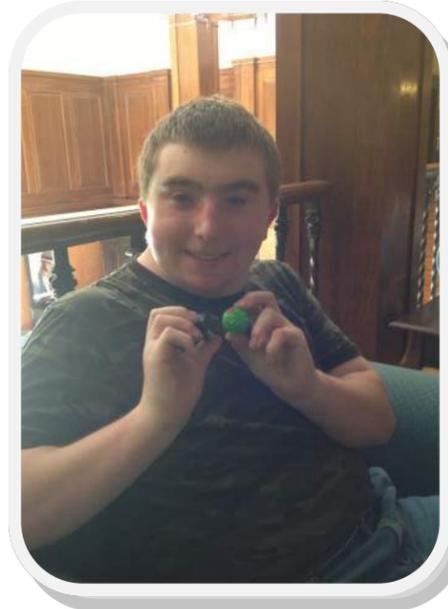
The mission of IMPACT is to provide a community based research-driven program to educate children with disabilities, their families, and OSU students by promoting physical activity, well-being, community inclusion, and acceptance.



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Participant Spotlight: Alex

Alex has been coming to IMPACT for as long as he can remember and has always enjoyed his time in the program. Alex's favorite part about IMPACT is

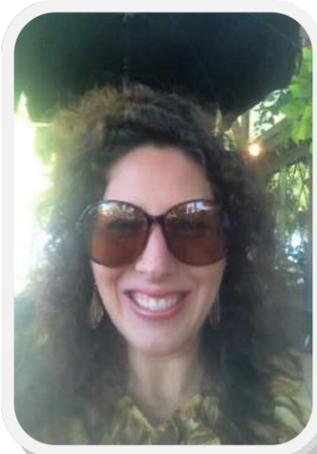


sweating because that means he has been working hard, both exercising and playing games. Alex's favorite activity to do is hockey. Something that Alex would like to tell everyone about IMPACT is that it is tiring and makes him exhausted, but it is really fun and thinks more people should come and join in on the fun!



IMPACT for Life

IMPACT for Life is an extension of the IMPACT program, designed to meet the physical activity needs of those who have aged out of IMPACT on Friday nights. Exercise programs are individualized to meet each participant's goals and interests. IMPACT for Life has community partnerships with local fitness facilities where the participant and their volunteers meet twice weekly to exercise. A new addition to the IMPACT for Life program is group fitness classes for participants and a support person with the participants.



~Kyle Tyler
(IMPACT for Life coordinator)

Wheelchair basketball Intramural League Makes it's Debut



Kyle Urban, A masters student in Exercise and Sport Science has used his thesis project to create an intramural wheelchair basketball team at Dixon Recreation Center. Wheelchair basketball has just completed it's first season as an intramural sport and was a huge success! Dixon Recreation Center's desire to add wheelchair basketball as an intramural sport is to promote inclusivity and provide an avenue for students and faculty/staff with mobility impairments to partake in accessible sports. The hope is that having student and faculty/staff with and without disabilities play in the intramural league together will bring people together and lead them to play adapted sports not only during the intramural season, but also during their free time. Dixon is hoping to have enough interest in adapted sports to add additional sports to their intramural program.

Congratulations!



IMPACT participant Patricia, was voted Prom Queen at Corvallis High School last spring. Patricia, who graduated from Corvallis High School last spring was nominated through write in votes by the senior class of 2013. Congratulations Patricia, you made a beautiful prom queen!

Oregon State University • College of Public Health and Human Sciences
OSU IMPACT • Joonkoo Yun, Program Director

Active Children • Jill Pawlowski

This is a publication of the OSU Movement Studies in Disability Program.
Your letters, suggestions, alumni news, and comments are encouraged.

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Don't let the Winter Weather Slow You Down!



Don't let the bad weather keep you and your family from being active this winter! The rain and cold temperatures may keep everyone inside, but that does not mean that your family can't continue to be physically active during the winter months. Here are some suggestions of easy indoor games and activities to help keep you and your children moving:

- **Balloon ball:** blow up a balloon and pass it back and fourth trying to keep it from touching the ground by any means necessary!
- **Animal races:** in a hallway or big room waddle like a duck, gallop like a horse, crawl like a cat, or any other animal movement you can think of!
- **Obstacle course:** create an obstacle course of furniture that is contained in one room or weaves around the house. To make it more fun create a story, like spacemen having an adventure in space to get from one side to the other.
- **Have a dance party:** turn on you child's favorite music and dance around the house
- **Bubble wrap attack:** if you receive bubble wrap in a package or have it lying around your house, jump on it until all the bubbles are popped.
- **Hallway bowling:** use water bottles (or any other bottles you have around your house) and set them up like bowling pins and use a soft ball to hit them down.

- **Play follow the leader:** take turns being the leader and take people around the house.
- **Learn how to juggle:** find a juggling how-to video online and learn how to juggle using tissues, balls, or fruit.
- **Use T.V. commercials to get active:** while watching a T.V. show, get up and jump, walk, or dance to get in more activity
- **Do a scavenger hunt:** put clues around the house to various locations. To increase physical activity, have the cards at each location in the scavenger hunt with an activity that has to be done before moving on to the next location.
- **Play a game of charades:** make a theme for this winter/holiday by making prompts that relate to you families favorite holiday story.



Welcome New IMPACT Participants:



Desirae H.
Rachel G
Nathan T
Ryan F
Eleuterio D
Iriney R
Aingelise M
Weston T
Colby V



Health Snack idea: Cinnamon Apple slices



1. Core and cut an apple into slices
2. Place apple slices into a Ziploc bag
3. sprinkle apple slices with cinnamon.
4. Seal with Ziploc and shake the bag to cover the apple slices with cinnamon

For a quick grab and go healthy snack, make these apple slices ahead of time and store them in the fridge.



Meet the new IMPACT Group Leaders



Tyler Phillips



I am from Turner, Oregon. I went to high school at Cascade high school and was a four sport athlete participating in soccer, wrestling, baseball and one season of kicking for the football team. I come from a family of educators. Growing up with a family full of teachers, I knew from an early age what I wanted to do — teach. I love to work with children and to help teach people something new.

I came to Oregon State University on a partial wrestling scholarship, but stopped after a few years and focused on my schooling. My family are all beavers. I choose the Oregon State masters program because it is the best around and everyone in the program are OSU graduates and we are already good friends making it a great environment to learn. I love to be outdoors hiking and camping. I will play any game or sport, but most enjoy disc golf, ultimate frisbee, golf, baseball, soccer and football to name a few.

During my undergraduate time here at OSU I was a volunteer for IMPACT and really enjoyed working with the children. I love seeing kids smile and have fun and IMPACT never has a shortage of smiles. I look forward to IMPACT this year and getting a chance to improve my teaching.

Colin Brooksby

I grew up just outside the Newport area. For my undergraduate degree, I attended Oregon State and got a degree in EXSS and a minor in health behavior and health promotion. I volunteered for IMPACT for a year in my undergraduate years. I chose OSU's Master's in physical education teacher education because I knew people that went through the program before me and was told that it was a solid program; the instructors associated with the program were great teachers; and I had a chance to learn a lot. I also wanted to become a PE teacher to get the chance to help the youth of America with the obesity epidemic in any way possible. My favorite song to karaoke is "I want it That Way" by the Backstreet Boys.



Kristina Strong



Hi, my name is Kristina! I grew up in Portland, and did my undergrad at Oregon State. I chose to get my masters here at Oregon State because I absolutely love Corvallis and this is a great program to be a part of. I volunteered with IMPACT for 2 terms during my undergrad and learned so much from the children I worked with along with my group leaders. Outside of school, I love camping, hiking and just being outside while spending time with friends and family. :)

Robert Hansmann

I am from Portland, OR and earned my bachelors degree in Physical Education here at Oregon State. I have been volunteering at IMPACT for the last two terms and have also had experience in APE classes throughout the Corvallis School District. I chose this program because I love OSU! The people involved with IMPACT and the MS PETE program are knowledgeable and committed to helping students be successful through physical activity, which is something I strongly believe in. Being outside, being active, and spending time with my friends and family are my favorite past times, and of course watching Beavers football!



Kasi Roth



Kasandra (Kasi) L. Roth, is from Dayton, Oregon. As an undergrad at Oregon State University, I have had a little bit of experience working with children with disabilities. I got the most experience when I was an EXSS 444 student who participated in the IMPACT program. I also was a volunteer for IMPACT a year after that. I enjoyed it a lot and got a great experience working with different individuals with a range of disabilities. As a graduate student, I get to be a group leader in the IMPACT program. Every Friday night I work with a young group of individuals and am having a blast. I mainly like to be up in the gym, because whenever we partake in a dance, the participants show so much enjoyment and it is amazing!

Karmen Tessier

I grew up in Corvallis, graduating from Corvallis High School in 2007. I then attended Oregon State University where I played softball and worked on a double degree in education and health promotion. I spent three years at OSU before transferring to Portland State and graduating with a double degree in health in 2011. I finished my final year of eligibility for softball and began working on my masters at PSU. I moved back to Corvallis and applied for the PETE program. I've spent the last year taking EXSS classes at Oregon State to prepare myself for the masters program while volunteering for the IMPACT program. I chose the Oregon State program because I love Corvallis and I know this program is the best program to lead me to success in teaching physical education and making a difference in students lives.



Stephanie Marchant



I grew up in the small town of Duvall, Washington and decided to come to Oregon State for my undergraduate and graduate work. I knew in high school that I wanted to be a physical education teacher, and Oregon State's MS PETE program was a perfect fit. Throughout my childhood and high school years, I developed a passion for working with kids with disabilities. I have been a volunteer for the Washington Special Olympics Summer Games for over 10 years and have volunteered for Bridge of Promise, my home town's summer day camp for children, teens and adults with disabilities. In my spare time, I enjoy spending time outdoors being active. I am very excited to be a part of IMPACT and look forward to meeting all of you!

Paige Niemi

I am from Sweet Home, OR and decided to come to Oregon State for my undergraduate and Masters work. I got my Bachelors Degree in Exercise and Sport Science. I was involved with IMPACT as a volunteer Spring term 2013 while concurrently enrolled in the Adapted Physical Activity course. I chose OSU's program because I grew up in the area, and wanted to have the opportunity to work with students I may have had as a practicum student in the past and students I may have in the future as a student teacher. I think it is important to build connections with students and help teach ways for everyone to stay active, and IMPACT at OSU is a great place to start.



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Meet the IMPACT Group Leaders (cont.)

Nicole Cook

I am Originally from Harrisville Michigan but for the past four years I have been living in Ann Arbor, Michigan attending the University of Michigan where I received my undergraduate degree in Movement Sciences. I am currently a second year masters student in the Movement Studies in Disability Program. I love being outdoors and going for hikes as well as playing in a pick-up game of basketball or volleyball.



Laynie Case

I am originally from San Diego, California. I just recently graduated from Cal Poly in San Luis Obispo, CA with a Bachelor's Degree in Kinesiology, and I am now in my first year at Oregon State to get my Master's Degree in Movement Studies in Disability. This past quarter, you might have seen me helping out at IMPACT in the pool area. At any time before or after IMPACT, please feel free to stop me and introduce yourself as I love getting to know the families of the participants! I look forward to more quarters with IMPACT, and am very excited to have the opportunity to learn from and become a part of the IMPACT community.



Aaron Mason

From the Eugene area, Aaron Mason is in his 5th and final year of his collegiate studies. Aaron currently is in the Oregon State Physical Education Teacher Education program with an endorsement in Adapted PE. He enjoys physical activity whether it is through running or playing basketball. Aaron has his sights set on becoming a Physical Education Teacher (general and/or adapted), as well as becoming a basketball coach at the High School level.



Another Great Term Comes to a Close

(Continued from page 1)

Also, I want to share two exciting pieces of news in the Movement Studies in Disabilities program. First we received a new master level training grant from the U.S. Department of Education at the beginning of this fall. The purpose of this grant is to reduce the critical shortage of qualified adapted physical education teachers. I am thrilled about this wonderful opportunity. We will be able to train 30 new adapted physical educators to teach and provide physical education services to children with disabilities in our public schools. The grant will allow us to recruit new master level students who will serve as IMPACT group leaders for the next 5 years. Children in IMPACT have been great teachers for our group leaders and I hope we all continue to get mutual benefits. Also, I am happy to let you all know that the Physical Education Teacher Education program and

Movement Studies in Disability program will be merging into a single academic program. This means all physical education teachers trained by Oregon State University will be ready to teach both children with and without disabilities and promote successful inclusion practice as either general educators or as specialists. Also, two additional faculty members will share their expertise with our group leaders and undergraduate volunteers. I want to welcome Drs. Heidi Wegis and Jennifer Beamer. I expect this merge will directly help IMPACT and our teacher physical education program train teachers better equipped to promote inclusion and physical activity for children with disabilities.

~Dr. Joonkoo Yun



Alumni Spotlight : Rebecca Bryan



Rebecca graduated from the Oregon State Movement Studies in Disability program in 2009 with a Ph.D. and took a position at Sonoma State University in California. Rebecca is now in her 5th year as a professor at SSU. As part of her position, Rebecca coordinates both the PETE and APE programs and supervises student teachers. Rebecca also serves on the State Council for Adapted Physical Education (SCAPE) as the higher education representative. Rebecca's research interests continue to include Para educator utilization and training, teacher training, and the inclusiveness of school health, wellness, and Physical Activity policies for students with disabilities. Rebecca says she greatly misses Oregon State and all the MSD programs and program participants. One day, Rebecca hopes to make her way back to the Pacific Northwest.



Smart Phone App Helps Find Available Accessible Parking Spaces



Don't forget about the accessible parking app for Oregon State. The app is called Parker that allows people to find available accessible parking spaces on campus in real time. Sensors that detect weight have been installed in the pavement of accessible parking spaces. When a car is parked in the space, the sensor sends a signal to the Parker app causing the space to show up as taken. If you are interested in downloading the Parker app, follow these easy steps:

1. Search Parker on your smart phone applications
2. Download Parker
3. Turn on accessible parking by clicking the gear icon on the top right corner and then click on the accessible icon
4. Zoom in on the map to get a detailed picture of Oregon State.



Corvallis Run For Your Life Raised Money for Oregon Sate's MS Clinic

On September 21st, 99 runners came together to participant in the 2 or 4 mile course at the Corvallis Run For Your Life Fun Run. The run was coordinated by OSU employee Rachel Robertson to raise money for the MS exercise clinic on behalf of her sister Andria who has MS. Robertson turned to a local running club, Heart of the Valley Runners, to help her put on the event that featured fully accessible 2 and 4 mile courses to encourage participation by all community members. Despite a rainy morning, there was a good turn out and participants and volunteers alike enjoyed participating in the event and cheering the runners on.

