

Providing and Promoting Physical Activity for People with Disabilities

Activity 4 All



*Disability is a Social Construction –
Attitudes are the real disability*

Activity4All delivers adapted physical activity programs to the local community through Cal Poly's Kinesiology department as part of its STRIDE initiative (Science & Translational Research In Diet and Exercise). Activity4All offers programs in collaboration with the Central Coast Assistive Technology Center (CCATC) and Special Olympics. We have delivered the Adapted Paddling Program, the Friday Club and EyeCycle for over ten years and recently started Envision Tango, a dance program for people with who have low vision. We hope to expand our programming in the coming years by increasing our community collaborations, including those with local special education programs and school districts.

Activity4All collaborates with Cal Poly's College of Engineering to design and build adaptations that facilitate inclusion of people with disabilities in all forms of physical activity. Programs and projects are completed through multi-disciplinary collaboration between students from Kinesiology and the College of Engineering. If you have a need for a piece of equipment that we could design and build for you please let us know! At some point we hope to produce and sell some of the adaptations we design to support the ongoing work of Activity4All through a locally based non-profit organization.

Activity4All Mission

The Mission of Activity4All is to provide and promote physical activity for all individuals with various abilities through inclusive and community-based programs.

Activity4All started at Cal Poly, supported by a combination of student fees, donations, and grant money. To support the long-term growth and survival of Activity4All we recently started a non-profit (501(c)(3) organization) to increase local community involvement and establish an off-campus funding source.

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Physical Activity Programs



Paddling for People with Disabilities? There's an APP for that! The Adapted Paddling Program; the APP, is designed for people with mobility impairments. Our participants have found the freedom of an aquatic environment can be very empowering!

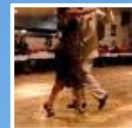


The Friday Club is a Special Olympics Program that brings athletes to the Cal Poly campus. Together the athletes and Cal Poly students engage in physical activity and discuss information to support a healthy diet. The Friday Club generates ideas for prototype equipment to be designed and built by students in the College of Engineering.



EyeCycle is a tandem bicycling program for people with low-vision. We are exploring ways to increase community participation

in this program and hope to make it a year round program with support from several community agencies.



Envision Tango: Envision Tango is a dancing program for people who are blind or low vision. Dance is a wonderful way for people to

express themselves while being physically active. We hope to make this a year round program as part of a local dance group.

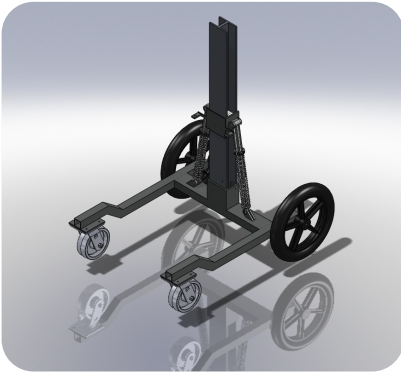
Collaborations with Engineering

Activity4All is engaged in ongoing collaboration with the College of Engineering at Cal Poly, San Luis Obispo. Collaboration started with a single project sponsored by a grant from the Christopher and Dana Reeve Foundation but has since flourished into an ongoing multi-project collaboration funded by the National Science Foundation. Collaboration recently expanded to include the Quality of Life Plus (QL+) Foundation. Some of our current and recent projects include:

Foam Wars - Foam Wars is a game designed for everyone! Played on a basketball court it involves two teams of three players, the object is to score through three hoops suspended from the basketball rim. Each team has three carts that can be operated by people with ability ranging from no disability through to a person using a joystick-controlled wheelchair; one cart is for shooting, one for retrieving balls and one for running defense. We hope to finish our second prototype Spring 2011.

Adapted Paddling Launch Vehicle (APLV) - Our Adapted Paddling Program facilitates paddlers being as independent as possible, we recently completed a launch vehicle that increases independence for paddler's as they load into their boat. The APLV also increases safety during the launch and makes for a more enjoyable experience for our paddlers. You can check out the APLV and meet the students who built it on *youtube* at: http://www.youtube.com/watch?v=t4_XxYpeulo

Quadricycle - We recently completed the second prototype of a hand **and** foot powered cycle designed for a client with a spinal cord injury. After extensive rehabilitation our client has reestablished partial movement in all four limbs and exercising with all four limbs simultaneously has become an important part of his rehabilitation. Although we are working through a couple of issues with the second prototype this remains an exciting potential form of rehabilitation.



STRIDER - We are working on two versions of a "Standing Rider" or *STRIDER*. This is being designed as an alternative to a standing wheelchair that facilitates increased mobility in vertical position by suspending the users in a harness designed for comfort and mobility.



Non-Profit Status

While we are transitioning to our local community based organization you can make a tax-deductible donation through the Cal Poly Foundation by contacting the foundation at calpolyfoundation@calpoly.edu and telling them you want to support *Activity4All*! Be sure to quote our fund number (#80190) to ensure that your donation is earmarked **ONLY** for use by Activity4All.

Program Goals

All our programs aim to increase access and promote inclusion through:

- 1. Community Connection** - All our programs are offered **free of charge** to the local community.
- 2. Breaking stereotypes** - People with disabilities are **ABLE**. Our culture often projects people with disabilities as incapable, we work to dispel these fallacious stereotypes!
- 3. Opening doors & creating opportunities** - We open our students' minds and perspectives while creating increased opportunity for people with disabilities to participate in physical activity.
- 4. Capacity Building** - We seek to help everyone achieve more of his or her potential. Cal Poly students learn to look past the disability and see the human being!