

CampAbilitiesPA@WCU Celebrates 10 Years



This year, the Adapted Physical Activities Program celebrated its 10th year of hosting CampAbilitiesPA@WCU. This developmental sports camp is designed for school-age children who have visual impairments, including blindness or low vision. CampAbilitiesPA@WCU takes place every Memorial Day weekend; the 2016 camp brought 30 young athletes to WCU.

Students who are minoring in Physical Education for Individuals with Disabilities (PEID) teach the campers how to play beep

baseball and goalball, as well as participate in swimming, tandem biking, track and field, and triathlon activities. The camp is directed by Dr. Monica Lepore, a professor in the department of Kinesiology and the coordinator of the PEID minor.

The Adapted Physical Activities Program is focused not only on children but on individuals with disabilities of all ages, empowering them through physical activity, sport, fitness, swimming and general movement. In addition to CampAbilitiesPA@WCU, the program offers an Adapted Lifetime Fitness Program, which meets weekly in the Sturzebecker Fitness Center. In this program, PEID minors, as well as nutrition and exercise science majors, help adult participants with cognitive disabilities improve their cardiovascular endurance, flexibility, muscular strength and endurance. It also helps them improve their social skills and eating habits.

And the mainstay of the Adapted Physical Activities Program is the Wednesday Night Program, which has been taking place for 30 years. Every Wednesday night, throughout the academic year, youth aged 5 to 21 learn a variety of adapted sports, including adapted swimming.

The Digital Media Center assembled a photo montage from CampAbilitiesPA@WCU 2016. [CLICK HERE](#)