

CampAbilitiesPA@WCU Celebrates 10 Years



In 2016, 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) taught 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 sport, fitness, swimming and general movement. For example, the Adapted Lifetime Fitness Program helps adults with cognitive disabilities improve their cardiovascular endurance, flexibility, and muscular strength, as well as their social skills and eating habits.

And the mainstay of the Adapted Physical Activities Program is the Wednesday Night Program, which has operated for 30 years. Youth from ages 5 to 21 learn a variety of adapted sports weekly throughout the academic year.