PHYSICAL ACTIVITY MENTORING PROGRAM

The Physical Activity Mentoring Program for Persons with Disabilities pairs a college student mentor with a participant (mentee) for a minimum of two, one-hour sessions each week for eight consecutive weeks. The program serves persons with disabilities ages five and above. Activities take place on- or off-campus based on the interests, needs and goals of mentees. Activity sessions are arranged between the college student mentor and parents/guardians of participants, and take place on days and times to fit schedules. Sessions take place during UWL’s fall, spring and summer semesters. There is a minimal fee for the program. See website for details and applications.

www.uwlax.edu/Physical-Activity-Mentoring

Contact us for information and applications.

Garth Tymeson, Director
608.785.5415
gtymeson@uwlax.edu

Abbie Lee, Coordinator
608.785.8691
alee2@uwlax.edu

Kayah-Bah Malacek
Program Assistant
608.785.8690
kmalacek@uwlax.edu

Information in this brochure is subject to change. Visit our website for current information — www.uwlax.edu/cdhapa

Center on Disability Health and Adapted Physical Activity

UNIVERSITY OF WISCONSIN-LA CROSSE
Department of Exercise and Sport Science

Center on Disability Health and Adapted Physical Activity

108 Mitchell Hall | 1725 State St. | La Crosse, WI 54601 USA
608.785.8690 or 8691

The contents of this brochure were developed under a grant from the U.S. Department of Education, #H325K100305. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Louise Tripoli.
ADULT PHYSICAL FITNESS PROGRAM

This program provides personalized fitness instruction for adults with disabilities, ages 18 and older. Participants perform functional exercises in aquatics and/or fitness center environments to enhance cardiorespiratory function, muscular strength and endurance, flexibility and weight management. Trained staff members assess fitness levels, design and assist with exercise programs, and monitor progress for each participant. The program meets year-round in conjunction with the UW-La Crosse academic calendar. Approximately 22 sessions are held each semester. Participants can attend the program either one or two times per week. The program is generally offered for one-hour sessions on Tuesdays and Thursdays from 12-4 p.m. There is a fee for this program.

The MDP provides instruction in aquatics, health-related physical fitness, motor skill development, and community-based physical activity to children and youth with disabilities, ages 3-21. Through 1:1 and small group instruction, trained staff members implement focused lessons to achieve participant goals. Where appropriate, instructional programming may consider social, behavioral and functional needs.

CHILDREN’S MOTOR DEVELOPMENT PROGRAM (MDP)

The MDP is scheduled in conjunction with the UW-La Crosse academic calendar. Approximately 11, two-hour sessions are held in the Fall and Spring semesters at Mitchell Hall. MDP takes place on Thursdays from 5:30-7:30 p.m. There is a fee for this program.

Center on Disability Health and Adapted Physical Activity

The Center, established in 1972 as the Special Populations Program, serves vital roles for the health and physical activity needs of persons with disabilities. The primary mission of the Center is to provide quality physical activity, sport and wellness programs to improve the health of individuals with disabilities. The Center sponsors several professional preparation and community service programs in affiliation with the College of Science and Health, Department of Exercise and Sport Science, and the School of Education. Instruction is provided year-round to persons who may not be able to fully participate in or benefit from inclusive programs in the community.

Physical activity programs include:
- Children’s Motor Development Program
- Adult Physical Fitness Program
- Physical Activity Mentoring Program
- Adapted Aquatics Program
- Adapted Sport Programs

Under the supervision of Center staff, UWL students from numerous disciplines receive meaningful professional development experiences. The Center is also a site for applied research and evaluation initiatives that contribute to the evidence base for physical activity and health interventions for persons with disabilities.