

## Project Description & Sites

**Areas of study:** 1) Education 2) Leadership 3) Advocacy

**Population:** Children and youth

**Sites:** Boys & Girls Club (BGC) of Troy, Crawl Walk Jump Run Therapy Clinic

**Description:** Adapting and modifying sports, games, and activities for children with disabilities (CWD). Adaptations were made to promote physical activity, social inclusion, and healthy behaviors among CWD and their peers at the BGC of Troy.



## Needs Assessment | Literature Review

### Needs Assessment:

- Adolescents (ages 6-17) should engage in 60 minutes or more of moderate-to-vigorous intensity levels of physical activity each day.
- Members reported that activities with peers, BGCT staff, and family made activities fun, inclusive, competitive, and promoted physical activity.

### Literature Review:

- Physical activity can help CWD feel a sense of inclusion, support physical functioning, and improve mental health and wellbeing.
- Commonly identified barriers to physical activity among CWD include programs unequipped to handle the nature of a disability and lack of access to sufficient programming.
- Children can learn adaptive and diverse activities with equal peers. This type of programming can result in enjoyment, mastery, social inclusion, and friendship.

## Christ | Scholarship | Service

“As each one has received a gift, use it to serve one another as good stewards of God’s varied grace.”

-1 Peter 4:10

## Project Completion and Outcomes

**Outcome Measure 1:** Incorporated evidence-based health and wellness program guide in collaboration with BGCT staff to promote physical activity and nutrition education.

**Related Learning Objectives:** Completion of CEU course, review of BGC of Troy health and wellness program guides, and collaborative teaching with BGC of Troy staff.

**Outcome Measure 2:** Designed educational resource to increase staff competence while working with children with adapted/modified activities and disseminated to members of the community for promotion of health and wellness.

**Related Learning Objectives:** Developed an educational resource tool, completed SWOT analysis and sustainability report, completed 5 activity analysis (play assessment) worksheets, and developed a resource guide for CWD.

## Mission & Vision Statements

**Mission Statement:** To promote and support physical activity, healthy eating habits, and adaptive activities for CWD through community-based interventions for them to adopt a healthier lifestyle.

**Vision Statement:** To foster and develop a healthy lifestyle in aspects related to nutrition education, physical activity, staff education, and social inclusion with BGCT members to decrease the prevalence of serious health-related issues among children.

## Deliverables

**Deliverable #1:** CEU certificate of completion

**Deliverable #2:** Documentation of teaching with BGC of Troy staff

**Deliverable #3:** Creation of educational resource tool

**Deliverable #4:** Completion of SWOT analysis and sustainability report

**Deliverable #5:** Completion of at least 1 activity analysis

**Deliverable #6:** Development of a resource guide



## Future Implications for OT

**Impact on OT:** Possible publication on BGCT of Troy staff on program development and implementation for CWD; self-regulating educational resource tool available; copy of adaptive resource book.

**Career Impact:** Aspirations have been strengthened to pursue a future in pediatrics. Developed a knowledge base that I look forward to growing in the future.

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KEY REFERENCES \*Full reference list and image reference list available upon request

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