

Adapted Physical Ed. Model

- Purpose:
- To remediate **psychomotor problems** and reinforce psychomotor strengths, thereby facilitating **self-actualization**

Illustrative Goals:

Self-Concept, body image

Social Competency, inclusion

Physical and motor fitness, Motor skills and patterns, skills in sports, dance, games, and aquatics

Interacting domains for empowering change: **Cognitive, affective, and psychomotor**

Outcomes or benefits: Active, healthy lifestyle at all ages
Self-Actualization

What is Adapted Physical Activity?

3 Components:

Believing, Doing, and knowing

Believing: Attitude—an enduring set of beliefs charged with emotion that predisposes a person to certain kinds of behaviors. (Positive vs. Negative)

Doing: More than instruction – Service delivery system – a classroom, school, agency, or community model used to individualize the provision of services to people with different needs. (P.13) PAPTECA Model

Knowing: focus on problems within the psychomotor domains in individuals who perform below age-level expectations – Problem Solving skills (Hogan, 1990)

The PAP-TE-CA Model

- P= Planning Servicing
- A= Assessment of Individuals/Ecosystems
- P= Prescriptionplacement
- T= Teaching/Counseling/Coaching
- E= Evaluation of Services
- C= Coordination of Resources and Consulting
- A= Advocacy

Adapted vs. Adaptive

- Adapted: Process of modifying (activity, equipment, or facilities)
- Adaptive: Describes behaviors, skills, or functions and appears in the official definition of mental retardation.
- No interchangeable

Summary: Adapted = Education and service delivery

Adaptive = Behavior

Support Services

- Human Support Services
- No Human Support Services
- Advocacy(p.16,17)

Disability: The loss or reduction of functional ability
and or/activity (WHO, 1980) – B4 Handicaps
(p.17)

Think of specific Problem, not disabilities

- Use Person-First Terminology (individual with disabilities vs. Disabled persons)
- Be sensitive to Disability Language
- Avoid Thinking of Characteristics (p.18,19)

Philosophy and Ethics: Basic Beliefs

- Normal Curve distribution
- Zero-reject principle – right of all individuals
- Zero-fail principle- success-oriented programming with adaptations

Past-Present, and Future

- Crossdisciplinary knowledge roots
- Medical Roots
- Special Education Roots (p.21,22)

Stages of Adapted PA. History

- Stage 1, Medical Gymnastics: b4 1900
- Stage 2, Transition to Sports :1900-1930
- Stage 3, Corrective Physical Ed: 1930-1950
- Stage 4, Adapted Physical Ed: 1950-1970
- Stage 5, Adapted Physical Activity: 1970-Present

(p.23-25)

Models Guide Professional Preparation

1. Medical or categorical Model
2. Educational Model = Competency or generic model
3. Individual differences or social minority model

Combination of 1,2, 3 = Professional Preparation