



## PE class adapts

**D**ancing, shooting baskets, dribbling basketballs, running under a rainbow parachute, and plenty of laughter and hugs were all part of Dr. Betty Block's Adapted PE Methods class last spring when it hosted adults from United Cerebral Palsy (UCP) of St. Joseph, Mo., in the Looney arena every week. The Western students were responsible for planning the activities for each class and figuring out how to adapt their lessons.

"This is fun. I'm out here having a good time and they are having a blast," said PE major Tommy Bone. He and fellow student Rachel Ricklefs were demonstrating dance steps to the group while music from the musical *Grease* rocked the gym.

Each Tuesday, the class offered physical education instruction to 20 adults from UCP, whose disabilities range from developmentally delayed to physically and mentally handicapped. On Thursdays, Western students taught 30 physically and mentally handicapped children from the Helen Davis State School in St. Joseph.

Betty said the classes benefit both her students and their guests.

Students learn how they need to adapt their teaching methods for handicapped people, and the adults and children from UCP and Helen Davis gain benefits not only from the PE instruction, but from the socialization with the students.

"It's a super opportunity for them," said Beverly Goldizen, adult learning consultant for UCP. "They get exercise, they meet new people, and they get so excited."

"I think it's great what Missouri Western is doing for our consumers," said Rhonda Brook, also an adult learning consultant at UCP. "They love the attention, and it's neat to see them build friendships in the community."

"We were all scared at first; we didn't know what to expect," said Rachel, a PE and health and wellness major. "Now it's amazing. I look forward to class, it's great."

"Every person is different," said PE major Sarah Watkins. "You have to figure out what they are interested in and how to get them motivated and active."

Rachel agreed. "And when they find something they like, their smile gets bigger and bigger." ■

