

ADAPTED PHYSICAL ACTIVITY, PAC 100
Department of Exercise & Sport Science, Oregon State University

COURSE DESCRIPTION

The intent of this course is to encourage OSU students, faculty, or staff with a disability to be active by providing an individualized physical activity program developed and supervised by the Department of Exercise and Sport Science staff. This course is appropriate for anyone who has a permanent or temporary disability and who is not able to fully participate in other activity classes. Each exercise program is designed to meet the specific needs of the student. The goals of the student's program may include maintenance or improvement in cardiorespiratory fitness, muscular strength, muscular endurance, and/or flexibility. Every effort will be made to assist the student in implementing rehabilitation exercises prescribed by a physician, physical therapist, or athletic trainer. The goals may be accomplished using a variety of exercise equipment including: bicycle ergometers, treadmills, resistance exercise equipment, and the swimming pool. It is also hoped that each participant will gain an appreciation of exercise and make lifestyle changes that have a positive impact on overall health.

There is one credit for the course, and students may repeat the course for a total of eleven PAC credits to count towards graduation. The course is conducted in WB 009 or Dixon Pool. Students may acquire access to lockers and towels if desired. Times of the course offerings may change from term to term. Please check the [Schedule of Classes](#) for the current term schedule.

Participants in this course have included people with chronic physical limitations (recurrent back pain, knee pain, etc.), people with acute injuries requiring modification of current activity programs (fractures, sprained ankles, etc.), people with various types of disabilities (cerebral palsy, spinal cord injuries, post-head injuries, etc.) and people that do not feel comfortable in other activity course offerings due to physical or mental limitations. The participants are encouraged to bring guidelines and/or contraindications for exercise programs from appropriate medical personnel. These guidelines will be included in the exercise program. The program is not intended to be physical therapy; however, recommendations from therapists are encouraged so as to provide maintenance for on-going rehabilitation programs.

REFERRAL PROCESS

Students may register for the course at the beginning of the term or transfer in if an injury prevents completion of another PAC. See attached for student transfer forms.

Students that get injured during the term may transfer to PAC 100 without officially adding the class. This may either be a permanent or temporary transfer, but the student's name will remain on the original class roster. Students who transfer within the first two weeks of the term and intend to remain in PAC 100 should add PAC 100 and drop the original PAC. The PAC office can assist in fair management of the fees for doing this. Students not enrolled in a PAC that become injured during the term may be able to petition for a late add to PAC 100. After the fourth week of the term this process is probably not available.

The process for transfer is as follows:

- 1) The student and original instructor complete the form that is attached. Determination of what assignments must be completed is made.
- 2) The [Schedule of Classes](#) gives the times of the PAC 100 sections. The student reports to any PAC 100 section on the first date possible on or after the official date of transfer. If the water section is chosen, the student should contact Ann Asbell (contact information on reverse) prior to attending the first class.
- 3) The student continues to attend PAC 100 throughout the term or until he/she is able to return to the original class.
- 4) At the conclusion of the term, the PAC 100 instructor will send the grade for the portion of class attended to the original PAC instructor who will figure the overall grade.

CONSULTATION

For information contact Ann Asbell, coordinator, PAC Program, (737-6811) or the secretary in the PAC Office (737-3222). Instructors vary from term to term. The land-based sections are conducted by graduate students in the EXSS Movement Studies in Disabilities Program. Guido Van Ryssegem, certified athletic trainer/ certified strength and conditioning specialist, is available for initial consultation at no cost through Dixon Recreation Center, (737-3736). Physical therapists are available at Dixon Recreation Center (737-7556). Dr. Jeff McCubbin (737-3256) and Dr. J.K. Yun (737-8584), Department of Exercise and Sport Science, are available for consultation for people with permanent disabilities.

PAC 100 INSTRUCTOR INFORMATION, WINTER 2006

So-Yeun Kim

PAC 100 Classes: SEC 005, MW 1100-1215, WB 009
SEC 031, TR 1700-1815, WB 009
Office Location: WB 206
Office Phone: 737-3402
Email Address: kimsoye@onid.orst.edu

Ann Asbell

PAC 100 Classes: SEC 085, F 1100-1150, Dixon Pool
Office Location: 123C Langton
Office Phone: 737-6811
Email Address: Ann.Asbell@oregonstate.edu

ADAPTED PHYSICAL ACTIVITY, PAC 100
Department of Exercise and Sport Science, Oregon State University
REFERRAL FORM

Name of Injured Student: _____

Student Email: _____ Phone: _____

PAC Class (Name and course #): _____

Nature of injury or disability _____

Date of referral _____ Date of first expected PAC 100 class _____

Name of referring teacher _____

Office location _____ Phone _____

Will the student add PAC 100 and drop other PAC (if w/in first 2 weeks): yes no

FOR REFERRING INSTRUCTOR
(Keep for your records if student is not dropping your class)

Name of Injured Student: _____

Student Email: _____ Phone: _____

PAC Class (Name and course #): _____

Nature of Injury or Disability: _____

Was an Report of Injury Form Completed: yes no

Date of referral: _____ Date of first expected PAC 100 class: _____

Day and time of PAC 100 class (circle one)

WINTER 2006 SCHEDULE:

SEC 005, MW 1100-1215, WB 009, So-Yeun Kim

SEC 031, TR 1700-1815, WB 009, So-Yeun Kim

SEC 085, F 1100-1150, Dixon Pool, Ann Asbell