The new Promoting Activity for Diverse Abilities Certificate is offered in the Department of Kinesiology. The department’s mission is to research, teach, and apply knowledge related to movement, exercise, and human occupation with the ultimate goal of enhancing human health, productivity, and quality of life.

This certificate will prepare students with the specialized knowledge and skills to safely promote and develop physical activities to improve the health, wellness, and functioning of individuals with a wide range of diverse abilities. Students will be able to address inclusive activities aimed to improve general activities of daily living, posture, mobility, breathing, nutrition, and fall prevention as well as adapted sports, fitness and recreation.

Coursework (16–18 credits) in this certificate is made up of a core that includes the topics of anatomy, disability, a hands-on practicum and specialized program planning. The electives options will give students some flexibility to tailor the program to their specific educational and career interests. Examples of elective topics include dance therapy, communicative disorders, health behavior and diversity in special education.

This experience will also provide students with important credentials to battle the disparity in poor health and fitness across populations with diverse abilities. Students can put these skills to use in adapted physical activity settings such as therapy facilities for spinal cord injury and neurological rehabilitation centers, hospitals, hospital sponsored adapted programs, adapted fitness programs in corporate settings, senior day and residential facilities, aquatic facilities, public and private recreation agencies, health and fitness clubs, disability sports programs and seasonal camps.

HOW TO GET IN

Complete KINES 300 Practicum in Kinesiology (adapted PE section) with a grade of B or better and RP & SE 300 Individuals with Disabilities prior to applying to the certificate program. Students will be allowed to retake KINES 300 Practicum in Kinesiology if they do not receive a B. Students intending to complete the Promoting Activity for Diverse Abilities Certificate should visit the School of Education’s Certificate Programs (https://education.wisc.edu/academics/certificates/) page to complete the declaration form.

Students declared in the Physical Education BS may not declare the Certificate in Promoting Activity for Diverse Abilities.

REQUIREMENTS

Students must complete 16-18 total credits. The 9-10 credits of core courses will provide the foundation content and instruction needed to be successful in subsequent certificate courses and will provide an upper-level course focusing on application and mastering knowledge. Students will also complete 7-8 credits of breadth elective courses that span the departments of Kinesiology, Rehabilitation Psychology and Special Education, Dance, and Communication Sciences and Disorders. Breadth courses give students from a wide array of backgrounds and majors to select courses that will be applicable to a variety of diverse career interests or the students will also have the ability to choose courses in a more narrowed and detailed focus. Allowing for a set of focused elective choices or range of elective topic areas will be a benefit and a draw to students pursuing a variety of career paths.

Certificate students must earn a minimum grade point average of 2.5 on required certificate coursework. At least 8 credits must be taken in residence.

CORE COURSES

Complete 9-10 credits from the following:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>KINES 300</td>
<td>Practicum in Kinesiology (adapted PE section)</td>
<td>1</td>
</tr>
<tr>
<td>KINES 227</td>
<td>Introduction to Clinical Anatomy of Human Movement or ANAT&amp;PHY 337 Human Anatomy</td>
<td>2</td>
</tr>
<tr>
<td>KINES 516</td>
<td>Physical Activity for Diverse Abilities</td>
<td>3</td>
</tr>
<tr>
<td>RP &amp; SE 300</td>
<td>Individuals with Disabilities</td>
<td>3</td>
</tr>
</tbody>
</table>

BREADTH ELECTIVE COURSES

Complete 7-8 credits from the following:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CS&amp;D 110</td>
<td>Introduction to Communicative Disorders</td>
<td>3</td>
</tr>
<tr>
<td>CS&amp;D 210</td>
<td>Neural Basis of Communication</td>
<td>3</td>
</tr>
<tr>
<td>CS&amp;D 424</td>
<td>Sign Language I</td>
<td>2</td>
</tr>
<tr>
<td>DANCE 231</td>
<td>Introduction to Dance/Movement Therapy</td>
<td>2</td>
</tr>
<tr>
<td>DANCE 232</td>
<td>Introduction to Dynamics of Dance Therapy</td>
<td>2</td>
</tr>
<tr>
<td>DANCE 331</td>
<td>Dynamics of Dance Therapy</td>
<td>3</td>
</tr>
<tr>
<td>KINES 100</td>
<td>Exercise, Nutrition, and Health</td>
<td>2</td>
</tr>
<tr>
<td>KINES 150</td>
<td>Foundations of Health Behavior and Health Equity</td>
<td>3</td>
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<tr>
<td>KINES 360</td>
<td>Lifespan Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>KINES 547</td>
<td>Skills for Health: Methods and Practicum of Teaching Health</td>
<td>3</td>
</tr>
<tr>
<td>RP &amp; SE 330</td>
<td>Behavior Analysis: Applications to Persons with Disabilities</td>
<td>3</td>
</tr>
<tr>
<td>RP &amp; SE 466</td>
<td>Diversity in Special Education</td>
<td>3</td>
</tr>
<tr>
<td>RP &amp; SE 560</td>
<td>Psychosocial Aspects of Chronic Illness and Disability</td>
<td>3</td>
</tr>
</tbody>
</table>

CERTIFICATE COMPLETION REQUIREMENT

This undergraduate certificate must be completed concurrently with the student’s undergraduate degree. Students cannot delay degree completion to complete the certificate.
LEARNING OUTCOMES

1. Demonstrate the ability to increase healthy behaviors and safe activities for persons with diverse abilities.

2. Obtain the skills and knowledge to encourage, empower, and prescribe activity for people who exhibit a wide array of disabling conditions.

3. Identify, create and expand opportunities where larger organizations can create more accessible physical activity programs for those who exhibit diverse abilities.

4. Develop practical skills and knowledge to modify and or adapt activities to minimize the effects of disabling conditions and maximize healthy movement opportunities.