

# PROMOTING ACTIVITY FOR DIVERSE ABILITIES, CERTIFICATE

Are you looking for a great way to gain knowledge and hands-on experience that prepares you for a career in the fields of healthcare, education, fitness, public health, and corporate wellness?

If you answered “yes,” the Promoting Activity for Diverse Abilities (PADA) Certificate – offered through the Department of Kinesiology – is the perfect blend of coursework and experiential learning. Students who have completed the PADA Certificate go on to graduate programs and careers in occupational or physical therapy, speech-language pathology, medicine, nursing, dentistry, counseling, special education, and many other exciting and challenging fields.

The PADA certificate will prepare you with the knowledge and skills to safely promote inclusive physical activities to improve the health and well-being of individuals with disabilities. Plus, you’ll have an opportunity to gain hands-on experience in the Adapted Fitness Program, (<https://kinesiology.education.wisc.edu/academics/certificates/adapted-fitness-and-personal-training/>) which is one of UW’s most sought-after volunteer experiences. Located on campus, Adapted Fitness offers physical activities and exercise training to community-dwelling clients and youth with a wide range of diverse abilities. Students who pursue the PADA certificate receive priority placement for volunteer positions in Adapted Fitness.

## HOW TO GET IN

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The SoE’s Undergraduate Academic Advising Services will administer the process that students will use to declare enrollment in the certificate. Students declaring in the Certificate must have a minimum grade point average of 2.50 to be eligible for the certificate to align with the School of Education’s requirement for good academic standing. 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

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Students must complete a minimum of 16 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:

Code	Title	Credits
KINES 225	Introduction to Physical Activity Programming for Diverse Abilities	2
KINES 227	Introduction to Clinical Anatomy of Human Movement or ANAT&PHY 337 Human Anatomy	2
KINES 516	Physical Activity for Diverse Abilities	3
RP & SE 300	Individuals with Disabilities	3

## BREADTH ELECTIVE COURSES

Complete 7-8 credits from the following:

Code	Title	Credits
CS&D 110	Introduction to Communicative Disorders	3
CS&D 210	Neural Basis of Communication	3
CS&D 424	Sign Language I	2
DANCE 231	Introduction to Dance/Movement Therapy	3
DANCE 232	Introduction to Dynamics of Dance Therapy	3
DANCE 331	Dynamics of Dance Therapy	3
KINES 100	Exercise, Nutrition, and Health	2
KINES 150	Foundations of Health Behavior and Health Equity	3
KINES 260	Inclusive Physical Activity, Sport & Rehabilitation in Ireland	3
KINES 360	Lifespan Motor Development	3
KINES 540	Diversity in Health and Physical Activity Settings	3
RP & SE 330	Behavior Analysis: Applications to Persons with Disabilities	3
RP & SE 466	Diversity in Special Education	3

## CERTIFICATE COMPLETION REQUIREMENTS

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

## LEARNING OUTCOMES

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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.