



Adapted Physical Ed.

Thomas's Journey






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Thumbs Down

Nothing in life is all roses
and cotton candy.

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Why It's My Passion

But this job is very close
to all roses and cotton
candy to me.

06

Conclusion

The End



01

A brief

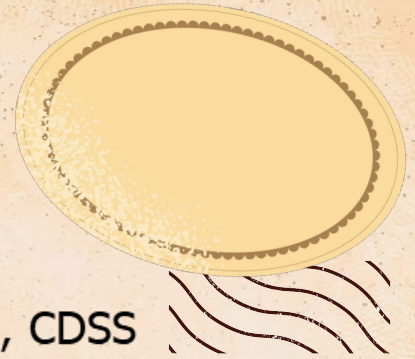
introduction

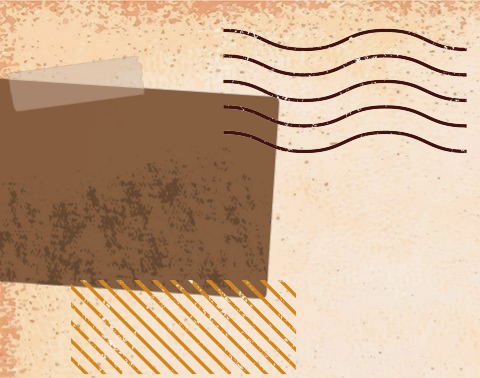
Who are you?






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02 My history

The story of Thomas and How I Got Where I Am.



A journey through my history





03

What is **Adapted PE**



Adapted PE

is the art and science of developing and implementing a carefully designed physical education instructional program for an individual with a disability, based on a comprehensive evaluation, **to give the individual the skills necessary for a lifetime of rich leisure, recreation, and sport experiences** (Auxter, Pyfer, and Huettig, 2001).





Some Research


Adults with Intellectual disabilities are more sedentary than individuals without disabilities.


Students with moderate to severe disabilities have an incredibly limited repertoire at recreational and lifetime leisure skills.

Over 75% of female adults with Intellectual Disabilities are obese.

Most students with moderate to severe disabilities will have what is called “enforced leisure”, especially post-graduation.

Students with moderate to severe disabilities will find more success in the physical and motor area than the academic and vocational areas.






First and foremost.....

Adapted Physical Ed.

Is a Quality of Life Issue





Mission of **APE**


Provide opportunities and experiences that develop skills that can be used to participate in independent recreational physical activity in community settings.



Secondly

Adapted Physical Ed.

Is a legal issue under IDEA.






04

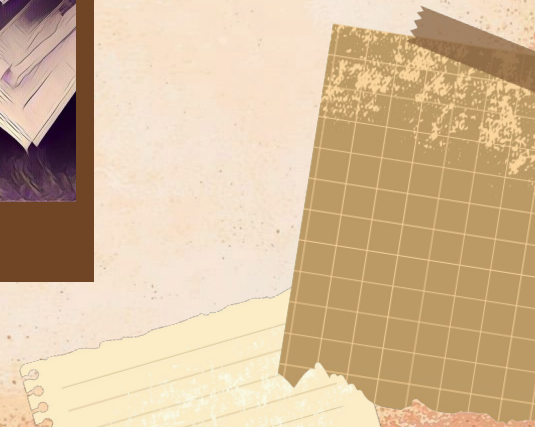
Things that **aren't very cool**

Things about the job that are not my favorite.



Paperwork Paperwork

And More Paperwork!

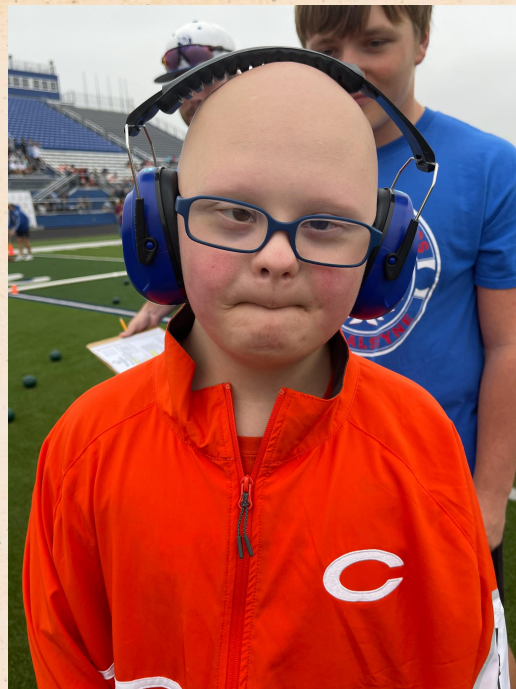


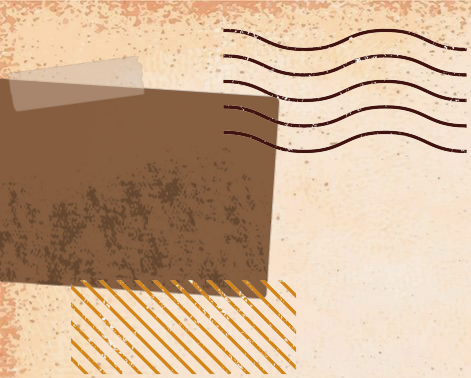


05

Why none
of that matters







06

Wrap it up Thomas





Thanks!

Do you have any questions?

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