

Advocate

NATIONAL CONSORTIUM FOR PHYSICAL EDUCATION AND
RECREATION FOR INDIVIDUALS WITH DISABILITIES

Winter/Spring 2002

NCPERID

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2002 NCPERID ANNUAL MEETING

July 13 – July 15, 2002 • Washington, D.C. – Crystal City Hilton

Call for Presentations

The 2002 Annual NCPERID Meeting will be held in conjunction with the meetings of the Council for Exceptional Children and the Office of Special Education Programs in Washington, D.C. This will provide NCPERID members with significant opportunities to interact with other professionals in both of these organizations whom are also committed to providing quality education services to learners with disabilities. The focus of this year's summer conference is "The Cutting Edge: Research in Adapted Physical Education."

The NCPERID Board of Directors invites proposals for free communication and poster presentations for the annual meeting. The Board of Directors is seeking research-based presentations that address the following:

- State of the art assessment, intervention, collaboration, and program implementation in Adapted Physical Education.
- New and innovative strategies to provide quality services to learners with disabilities and their families.

Instructions and abstract format:

All abstracts must conform to the following guidelines in order to be considered for the program:

1. The abstract must be typed on a single sheet of paper using Times New Roman font in 12 point. Laser print is highly preferred.
2. The title of the paper must be typed in all capital letters and in bold print. Authors names and institutional affiliations

should be typed in bold print two single-spaced lines below the title.

3. The abstract text must be typed in one continuous paragraph, flush left, and single-spaced.
4. **Please indicate on your abstract whether you would prefer to present in poster format or as an oral free communication.**
5. Please submit the original abstract and four copies omitting the authors' names, institutions, and addresses.

Abstracts should be sent to Carol Huettig, Ph.D., at chuettig@twu.edu.

All abstracts will be peer-reviewed by members of the Board of Directors; Dr. Daniel Webb, Dr. Chris Stopka, and Dr. Carol Ryan. Abstracts are due by May 1, 2002. Notification of abstract status will occur by May 15, 2002 to allow for adequate time to make flight/hotel reservations.

Please join us for this important meeting of our profession. Given current congressional priorities it is critical that we are perceived to be a positive, proactive force for educational rights for individuals with disabilities.

Carol Huettig, Ph.D.
Project INSPIRE Coordinator
Research Fellow, Institute for Women's Health
Texas Woman's University
940-898-2584

"Ultra-Stretch" Article Revisited

From the editor: In the Spring/Summer 2001 issue of the *Advocate* an article titled "Achieving the 'Ultra-Stretch:' A Method for Increasing Flexibility and Fitness for Everyone" Volume 29, Issue 3, pp. 4-5 was published. The article was authored by Christine Stopka and Kevin Morley, University of Florida. The following letter was received after the publication of the article and a response was solicited from the original authors. Both letters are printed in their entirety:

Dear Deborah,

The article, "Achieving the 'Ultra Stretch:' A Method for

Increasing Flexibility and Fitness for Everyone" in the NCPERID *Advocate* Spring/Summer 2001 is nothing more than an old rehab technique called proprioceptive neuromuscular facilitation or PNF stretching. It was a technique developed long ago and utilized heavily in physical therapy since the early 50's. The actual mechanism is not due to fatigue. It would be ludicrous to think that a muscle fatigues after a 5-10 sec contraction. Except in a very debilitated individual or someone with significant muscle disease or atrophy, fatigue is not a factor. The

See "Ultra Stretch," page 2

GTO or golgi tendon organ is found in the tendon. These sensory or proprioceptors respond to a change in the tension in the tendon. When the muscle contracts it generates tension on the tendon. When the muscle is stretched there is a mechanical load on the tendon, which increases the tension on the tendon thus stimulating the GTO. Once stimulated the GTO will bias the muscle toward a relax state or cause an inhibition on the alpha motor neuron. Thus the muscle is directed by the nervous system to relax. This neurological relaxation mediated by the GTO can be enhanced if the muscle is first stretched and then contracted. This maneuver causes an increase tension to be generated on the tendon thus fully stimulating the GTO. The greater the tension on the tendon the greater the response of the GTO. Thus by combining both contraction in a stretched or elongated position, the GTO while cause the muscle to relax. At the same time, the individual tries to relax the muscle it just contracted. This conscious effort to relax the muscle timed with the reaction of the GTO will enhance the relaxed state of the muscle. Once in this relaxed state, the muscle will be able to ‘give way’ and stretch better. This PNF stretching technique also known as the contract, relax hold technique, can be found sited in most POINT journals and textbooks including the APTA, MSSE, NSCA to name but a few. The technique is also described in most new Exercise Physiology textbooks. I believe that the authors should have given the technique recognition as a long-standing therapeutic intervention. In addition, the authors should have cited references other then their own papers. It appears as if this technique of ‘ultra stretch’ was something they had invented. This is very misleading as well as inaccurate. I hope this information is helpful to you.

Sincerely,

*Dr. Mary C. Trotto, PT
Long Island University – CW Post Campus*

In response:

Absolutely, no question this technique comes from the literature you mentioned! The objective of our research was to see if we could present some of the techniques of PNF, specifically, the hold-relax technique, in a simple to use format, so that people would be willing to try them out. Too many folks omit stretching because of the time or the pain involved. We wanted to let folks know, thanks to the work of Knott and Voss (1968), as well as the others you mention, that there may be another way worth trying. Their hold-relax technique (sometimes referred to as the inverse myotatic stretch reflex, or stress reflex) seems to be most useful in virtually any setting, and very easy to do. When someone carefully stretches a muscle group, contracts it 5-10 seconds, then relaxes, and sees that they can stretch farther without pain; it becomes more inviting to give the stretching aspect of the warm-up a try again. We used the 5-10 seconds isometric contraction time based on what Robert McAtee and Jeff Charland (RPT) mention (they mention 6-10 seconds) in their *Facilitated Stretching*, 2nd ed., text (1999); and because we were curious to see if it would work. Not only did we see results, but we found that our students with mental retardation grasped the technique easily. (We’ve also noticed

our students with cerebral palsy, and adults with strokes, seem to benefit noticeably with this technique). Therefore, our objective was simply to enlighten others to the techniques of the literature you most thoughtfully and accurately mentioned, as well as the other authors’ work we used such as Prentice (Ph.D,ATC, RPT), 1994 *Rehabilitation Techniques in Sports Medicine*, 2nd ed., and Alter’s *Science of Flexibility*, 2nd ed., text (1996). *Thank you for caring enough to respond; we sincerely apologize if we inadvertently implied any other meaning or “claim” to our “ultra-stretch” nick-name to our practical adaptation and presentation of this established hold-relax PNF technique.* We just wanted to get the word out, in an inviting, easy to comprehend manner, that the technique may be worth investigating by others. We regret the limited space a newsletter format provides for a full reference list. The sources we did list in the newsletter article certainly cite the literature we have both mentioned. As a matter of fact, we cite 61 of these sources in our publication just out, found in the February (2002) *Journal of Sport Rehabilitation*, Volume 11, #1, pp. 22-34. Indeed, the excellent PT literature has much to offer us all!

*Christine Stopka, Ph.D., ATC/L, CSCS
University of Florida*

New Exercise Videos

The following letter was recently received by the editor. Publication of this material should not be construed as endorsement of the product by NCPERID or by the editor and is published only to share information. A review of the videos by anyone purchasing them would be welcome.

Healthy All Over, Ltd.

P.O. Box 953 • Commack, N.Y. 11725
(631) 864-9173 • laura@healthy.com

March 19, 2002

NCPERID

Dept. of Health, Physical Education & Recreation
Southwest Texas State University
San Marcos, TX 78666

Dear Dr. Deborah Buswell,

Thank you for taking the time to read about our exciting new Exercise Videos. Healthy All Over, Ltd. is a small company who is very involved with people who have Special Developmental Disabilities. My name is Laura Guiliano, I have been in the Fitness field for over a decade as a Certified Fitness Specialist and I volunteer my time by teaching exercise classes to young adults with Down syndrome. Healthy All Over’s main goal is to help motivate people with certain Developmental Disabilities, such as Down Syndrome, Mental Retardation, and mild Cerebral Palsy into maintaining a Healthy lifestyle and fulfilling their individual potential.

The statistics of obesity and a sedentary lifestyle are overwhelming for our children in the United States. As you are well aware, The Surgeon General, Mr. David Satcher had announced his “Call To Action To Prevent and Decrease Overweight and Obesity” in December. Sadly most Americans do not meet the recommended minimum requirement of 30 minutes of physical

activity per day. I honestly feel that the people with Developmental Disabilities' need for daily exercise is extremely important and has been overlooked by mainstream society. More exercise programs should be made available for them to use on an everyday basis.

This has led Healthy All Over into developing these two wonderful Exercise Videos specifically designed for the Developmental Disability Community. Our videos include young adults with Down syndrome and our programs are unique, fun and effective. During the process of choreographing these important programs, we modified each exercise performed by separating each individual move (ex. Upper Body-Shoulder Pulls/**than** incorporating the Lower body with Low leg kicks), we also stimulate the imagination with Visuals Aids during our Low-Impact Aerobics. We listened to the **choices of exercises** that our students liked and easily followed and then implemented them into our videos. The final results are very uplifting and we also observed an increase in our student's self-confidence and self-esteem along with improved flexibility and strength.

We have contacted the N.D.S.S., N.D.S.C., and N.A.D.S., and they all have reviewed our programs and agree that they are extremely useful and effective. Dr. Siegfried Pueschel, M.D. and Director of the Child Development Center, Rhode Island Hospital also has reviewed them and has given us his Endorsement. He has stated that, "Such exercises will improve the individual's general health, confidence, body image and social interaction."

We firmly believe that our Exercise programs would be very beneficial to Adaptive Physical Education Teachers and the many different Organizations and Agencies associated with Developmental Disabilities. These exercise videos are very effective for the A.P.E. teaching in a group setting or for the individual student's home use. We need to educate our children and their parents to learn more about the importance of daily exercise. Undoubtedly, these activities together with appropriate well-balanced nutrition will avoid increased weight gain and disorders associated with obesity.

For further information our Website address is www.healthyltd.com. Your help in passing on this important information to the appropriate people would be greatly appreciated. I sincerely hope that together we can address the lack of public access on specific exercise programs and to help provide more safe and supervised physical activities. Please feel free to contact me with any questions that you may have.

Sincerely,

Laura Guiliano
President

NEWS from APENS

There are currently 449 CAPES – let's strive for 500 by the end of 2002!!!

New CAPES by Examination

Congratulations to the following individuals who have recently passed the APENS Examination and have been certified as CAPES:

Tonia R. Armstrong, Midland, TX
Candice E. McLeod, Birmingham, MI
Laine A. Meyers, Corpus Christi, TX
John J. Pellikan, Stafford, TX
Marcia Pope, Chico, CA
Alesa L. Ryker, Devine, TX
Lucinda A. Thelen, Richmond, TX

New CAPES by Options

Many individuals have also taken advantage of the two additional options that are currently available – 'for a limited time only' for individuals who do not meet current examination and certification criteria. One of these options is for general physical educators and the other is for professionals in higher education, agencies, and/or organizations. These individuals can apply to become a Certified Adapted Physical Educator (CAPE) without taking the examination if they meet the alternative criteria described in Section #2 of each of the applications for these professionals. Both of these options will only be available from 2001 until 2005. If you have any questions concerning the various applications or eligibility criteria, please contact the toll free message phone at 1-888-APENS-EXam (1-888-273-6739) or email apens@twu.edu. Be sure to leave a detailed message, which includes a phone number and the best time to return your call. Information is also available on the website www.twu.edu/apens.

Congratulations to the following individuals who have met the above criteria to become certified as CAPES without taking the examination:

Michael Abraham, Fairfield, CT
David Beaver, Macomb, IL
Stephen Butterfield, Bangor, ME
Maria Canabal, Guaynabo, PR
Karen Castagno, N. Stonington, CT
Gail Clark, Ruston, LA
Diane Craft, Cortland, NY
John Dunn, Salt Lake City, UT
Carl Eichstaedt, Las Cruces, NM
Walter Ersing, Columbus, OH
George Gayle, Dayton, OH
Ann Graziadei, Washington, DC
Irwin Handburger, Syosset, NY
Hester Henderson, Salt Lake City, UT
Paul Jansma, Smyrna, GA
Luke Kelly, Keswick, VA
Barry Lavay, Long Beach, CA
Monica Lepore, Wilmington, DE
Christoph Lienert, Riverdale, NY
William Merriman, Princeton Junction, NJ
Virginia Politano, Durham, NC
David Porretta, Westerville, OH
Jean Pyfer, Denton, TX
Paula Scraba, Waukegan, IL
Janet Seaman, Reston, VA
Claudine Sherrill, Frisco, TX
Reba Sims, Ozark, MO
Kathleen Stanton, Indianapolis, IN

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Julian Stein, Oliver Springs, TN
Christine Stopka, Gainesville, FL
April Tripp, Monkton, MD
Joseph Winnick, Brockport, NY
Jiabei Zhang, Pontage, MI

Ron French completes Three-Year Term

In the fall Ron French will be completing his three-year term as APENS Examination Coordinator and Tim Davis will be assuming these duties. Congratulations Tim. Ron French and his team of graduate students at Texas Woman's University have done an outstanding job of promoting APENS and increasing the number of CAPES. Ron has been extremely helpful to the APENS State Coordinators in the attempt to increase the number of CAPES. In the State of Texas we do not have a state certification in adapted physical education so we are making a strong push for APENS at a grassroots level. This past year we were able to complete two additional administrations of the exam at both our summer conference and our annual state conference. We have sent out letters to every college and university in the state encouraging HPERD department chairs and adapted physical activity specialists to endorse the examination and encourage their students to consider taking the exam. We have also sent letters to every Special Education Director in the state to consider hiring adapted physical education teachers who are CAPES and to encourage their current teachers to become certified. We currently have 46 CAPES in Texas and that number is continuing to grow. Although that may not seem like a lot for a state the size of Texas that is 46 times more people certified as adapted physical educators than we have ever had before.

In the fall Tim Davis, SUNY Cortland, is looking to continue this growth. The Department of Physical Education at Cortland is in full support of the APENS project and he has secured

office space and support for a phone and computer. He is also currently working on securing matching funds for a full time graduation assistant position with joint responsibility to APENS and the Adapted Physical Education Programs as well as three credits of release time dedicated to the project. His primary mission will be to continue to disseminate APENS materials and recruit teachers to sit for the exam. He has also targeted partnerships with other organizations to include the National PTA, CEC, TASH, and NASDSE. Finally, the exam and exam questions, as well as portions of the standards are up for review. Tim is excited by the opportunity and looks forward to collaborating with NCPERID members.

Missing CAPES

If your address as recently changed or if you know the current address for any of the following individuals would you please send that address to apens@twu.edu.

Ayers, Diana	Mills, Ann
Bayuk, Elizabeth	Morris, Rebecca
Billion, Dawn	Murray, Erynn
Binger, Jennifer	Paprocki, Carol
Bratton, James	Parish, Lesli Cherie
Capobianco, Gina	Pastor, Sue
Cappello, Michael	Penella, Diane
Cremer, Diana	Pitts, Elizabeth
Deserre, Joseph	Plott, Joseph
Hermima, Waldemar	Rauss, William
Hilborn, Lisa	Sanders, Margaret
Hurlman, Patricia	Smith, Ronald
Jaeck, Kathleen	Stawich, Laurie
Kent, Brian	Stearns, Dawn
Kruer, Paul	Stone, Brian
Mach, Michelle	Vogt, Michael
Martin, Chandra	VonOhlen, Patricia
McCarthy, Tara	Zell-Cherry, Katherine