After School Adapted Physical-Activity Program (ASAPP)

After a successful Fall session, ASAPP is scheduled to begin the Spring session on February 12th. We have all eight children returning plus three new kids. CSULB students in the Adapted Physical Education (APE) Program directed by Dr. Barry Lavay staff the program as part of their APE class practical experience. The program runs on Tuesdays and Thursdays from 3:45 to 4:45 consisting of 30 minutes of individual instruction followed by 30 minutes of group instruction. Activities are planned based on initial motor assessment (TGMD) of each child plus input from parents. For example, one child wanted to play on a soccer team and parents request additional support in that area. Another child was interested in having more success on the playground, so their CSULB staff member planned activities based on playground skills such as handball, kickball, tetherball, foursquare and basketball. Being successful on the playground is an important step in building friendships with typically developing peers.

Many families are interested in increasing their child’s level of fitness so various activities focusing on the four types of fitness (cardiovascular, muscular strength and endurance, flexibility and body composition) are woven throughout both the individual and group activities.

And always our focus is on improving basic motor movement skills to give children the tools to go out and play!

ASAPP Formerly Known as PDMC

The ASAPP formerly known as PMCD has been in existence since 1969 and is built on the strong conviction that physical activity is beneficial for everyone. Children with special needs should be afforded the same opportunities to enjoy and successfully participate in quality physical activity. The ASAPP program is designed to provide positive health-related physical fitness, movement skills, cooperative games and sport experiences for children with special needs ages 6-12. The program provides a positive, active and fun experience in a small student/staff ratio. The ASAPP program is administered by the Adapted Physical Education Option in the Department of Kinesiology.
**Who are our CSULB Students?**

We have an excellent group of CSULB Adapted Physical Education (APE) Students involved in ASAPP this year. ASAPP not only provides children fun, movement experiences, but it provides APE students with practical teaching experience. Our APE students are enthusiastic, energetic, experienced, hardworking, patient and fun teachers. They come to ASAPP each day with a prepared lesson plan for their individual teaching time. Each week, a different student is responsible for teaching a 30 minute group lesson that takes place after one-on-one teaching. A typical lesson will include warm-up, fitness, motor skills, cooperative games and relaxation. Here is a roster of our ASAPP student team:

- Melody
- Carolina
- Brandon
- Paul
- Chris
- Julie
- Anthony
- Andrew
- Jen

**Who are the ASAPP Kids?**

What a great group of ASAPP kids we have this semester! ASAPP kids can be ages 6-12 and this year’s group comes in all shapes, sizes and abilities. Most of the current group of children have been at ASAPP (formerly PMDC) last semester or have attended Camp Nugget in the summer. We have three new children this semester (two with previous Camp experience) and one first-timer. It is great to see how much the ASAPP kids look forward to seeing each other and their CSULB Adapted Physical Education teacher. Here is a roster of this semester’s ASAPP students:

- Kenny
- Chris
- Brandon
- Ibrahim
- James R.
- Sean
- Makailee
- Tea
- Christopher
- James M.
- Tucker

**What is the TGMD?**

The Test of Gross Motor Development (TGMD) is an assessment tool used at ASAPP to assist Adapted Physical Education specialists in determining gross-motor development level and to assist in the determination of program instruction decisions. The test is both norm and criterion referenced to enable teachers to assess students motor abilities in relation to same aged peers and to specific criteria required for each individual motor skill. The motor skills tested are broken into two categories: locomotor (run, jump, hop, gallop, slide, leap) and object control skills (throw, catch, kick, roll, strike, dribble).

The TGMD is administered at the beginning and end of the semester to each child in the ASAPP program.
An Afternoon at ASAPP

ASAPP kids enter the gym at 3:45 and meet with their CSULB Adapted Physical Education (APE) student. APE students greet their assigned child and discuss the activities that are planned for the afternoon. For the first 30 minutes, the APE student and child work on specific skills and activities from a prepared lesson plan. Many ASAPP kids work on refining basic motor skills in addition to skills requested by their parents; basketball skills for example. After individual time, the entire class gets together for a 30 minute group lesson. The lesson is taught by one of the APE students and generally will consist of a warm-up activity, lesson focus (for example, Frisbee toss), followed by a cooperative game (for example, Frisbee golf), then closure and wrap-up consisting of relaxation and a review of skills. ASAPP kids are encouraged to continue with activities learned throughout the week and parents are encouraged to participate in active family activities such as walking, swimming and bike riding. The ultimate goal of all ASAPP lessons are to improve movement skills, social skills and fitness and to inspire a love for physical activity. Our ASSAP kids leave the gym hot and sweaty but with big smiles on their faces. The lesson generally ends up with a group cheer, “Yeah ASAPP,” and high fives to friends.

Asapp Staff

The ASAPP program is administrated by Dr. Barry Lavay, Department of Kinesiology, CSU, Long Beach who has over 30 years of experience teaching adapted physical education.

Student assistants are Charlie Campos, an Adapted Physical Education graduate working toward his Master Degree and Nancy Martin an Adapted Physical Education Specialist working toward her teaching credential. Charlie and Nancy provide assistance to Dr. Lavay for program administration, provide mentoring to current CUSLB Adapted Physical Education students and assist in day-to-day teaching activities.

Often other Adapted Physical Education students drop by the gym to lend a hand between classes. Corinne, Chris, Julio can often be seen in the gym Tuesdays and Thursdays.

Lori Reich who instructs the Intro to APE class also helps out and encourages her students to stop and lend a hand.

We have an enthusiastic group of people working at ASAPP!

Fitness is Fun!

We see headlines almost daily about the increasing rate of obesity in our country’s youth and ASAPP has a mission to fight the obesity epidemic. ASAPP incorporates fitness activities into all of their weekly activities. The basic components of fitness are:

- cardiopulmonary (heart and lung fitness)
- muscular strength and endurance
- flexibility
- body composition (percentage of lean tissue vs. fat tissue)

ASAPP believes that building a healthy body also builds a healthy mind, so incorporating fitness into our weekly activities is important way to help our kids keep healthy and do better at school. Recent research shows that exercise actually makes you smarter; exercise helps to increase nerve tissue growth in the brain. So, if you and your family want to get smart, don’t just study, go out for a walk or a bike ride!
The benefits of camp are:
- Increased physical fitness
- Improved motor skills
- Improved swim ability
- Increased self esteem and confidence
- Increased social interaction with other children

The goal of CSULB’s Adapted Physical Education Program is to train students to become teachers with the skills necessary to inspire children to develop a healthy lifestyle and a lifelong love of physical activity.

Camp Nugget is a fun and positive movement experience for children ages 5 to 12.

Camp Nugget runs for 4 weeks, from 9:00 am to 12:00 pm. Registration fee is $375 with Regional Center funding available. Limited full and partial scholarships are also available. Camp space is based on a first-come basis and is limited to the first 40 applicants.

One of the many camp activities

Get Ready for Camp Nugget this Summer

Camp Nugget is built upon the strong conviction that movement is important and beneficial for everyone. The program is designed to provide positive health related fitness, fundamental motor skills, aquatics, cooperative games and sport experiences for children with special needs. The program is administered by Dr. Barry Lavay, Department of Kinesiology, CSU, Long Beach. Camp staff are credentialed (or in training) Adapted Physical Education teachers.

The program schedule starts with warm-up, health related fitness and fundamental motor skills. Next are cooperative games, sport activities and relaxation techniques and social time. Each day ends with one hour of instructional and recreational swimming from qualified instructors.