Activity4All Activities

Disability is a Social Construction – Attitudes are the real disability

Activity4All delivers adapted physical activity programs to the local community through Cal Poly’s Kinesiology department as part of the STRIDE initiative (Science & Translational Research In Diet and Exercise). Activity4All offers programs in collaboration with the Central Coast Assistive Technology Center (CCATC) and Special Olympics. We have delivered our three main activity programs, the Adapted Paddling Program, the Friday Club and the EyeCycle program now for over ten years. We hope to grow our programs and expand our programming in the coming years. We also provide support to local special education programs by having students volunteer to help in school settings.

Activity4All collaborates with Cal Poly’s College of Engineering to design and build functional adaptations that enable people with disabilities to participate in recreational physical activity. Programs and projects are completed through multi-disciplinary collaboration between students from Kinesiology and the College of Engineering. If you have a need for a piece of equipment that we could design and build for you please let us know!

At some point we hope to produce and sell some of the adaptations we have designed to support the ongoing work of Activity4All.

Activity4All Mission

Activity4All works to promote physical activity and a healthy lifestyle within a community where disability is neutral; a community where services are integrated such that only unique and uncommon accommodations are not readily available. We envision a community in which opportunities for recreation and physical activity for citizens with disability are comparable to opportunities for the general population.
Collaborations with Engineering

**Foam Wars** - Foam Wars is a game designed for everyone, including people with full quadriplegia. It is being developed as a fully accessible game. It involves two teams with launchers, retrievers, and defenders. The object is to score the most balls from a pitching machine-like launcher. The game encourages inclusion, movement, teamwork, and fun. It will be a universally accessible game while still being fun for everyone. With this second version, one of our main goals was to create a better game package. We are well under way with the project and are beginning to build in the next few weeks!

**Adapted Paddling Launch Vehicle** - Our Adapted Paddling Program facilitates paddlers being as independent as possible; a goal that is sometimes hard to achieve when paddlers with disabilities are attempting to launch their kayak. To increase levels of independence in the launch process, students and faculty in Kinesiology and Mechanical Engineering have designed and are building an Adapted Paddling Launch Vehicle (APLV). We hope to launch the APLV in Spring of 2010!

**Quadricycle** - The Quadricycle is being designed for a client with a spinal cord injury. After extensive rehabilitation our client has reestablished partial movement in all four limbs. Our goal is to create a hand and foot powered cycle, allowing our client to continue his rehabilitation while enjoying the many health and recreational benefits of cycling. Using all four limbs simultaneously has been an important component of his rehabilitation; Quadricycle will provide a fun and engaging way to continue that rehabilitation.

**STRIDER** – The “Standing Rider” or STRIDER is being designed as an alternative to a standing wheelchair for a young boy with Spinal Muscular Atrophy (SMA). Existing standing wheelchairs are uncomfortable for our client and they severely restrict his movement. The STRIDER is designed to facilitate movement by suspending the users vertically in a climbing harness, affording the user greater comfort and mobility than a typical “standing wheelchair.”

Non-Profit Status

Activity4All is supported in part by donations and grant money administered through the Cal Poly foundation, a federal non-profit 501(c)3 organization. This means you can make “tax-deductible” donations to support our work! To make a donation contact the Cal Poly foundation at calpolyfoundation@calpoly.edu and tell them you want to support Activity4All (fund #80190).

Program Goals

1. **Community Connection** – All our programs are offered **free of charge** to the local community.
2. **Breaking stereotypes** – People with disabilities are ABLE. Our culture often projects people with disabilities as incapable, we work to dispel these fallacious stereotypes!
3. **Opening doors & creating opportunities** - We open our students’ minds and perspectives while creating increased opportunity for people with disabilities to participate in physical activity.
4. **Capacity Building** – We seek to help everyone achieve more of his or her potential. Cal Poly students learn to look past the disability and see the human being!