

The Visually Impaired Jogger: Enhancing Interaction and Fitness through the Fun Run

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Abstract : This poster will detail the importance of physical activity for the Visually Impaired students and how to promote inclusion in fitness through way of social gatherings and jogging. Furthermore, it will demonstrate how a Health & Kinesiology University Club cooperated in the journey of visually impaired students from participating in physical activity to completing their first 10K fun run. Purpose: The poster will detail how a university's Health & Kinesiology Club developed a program to promote participation in fitness activities for visually impaired individuals. Also, it will detail their journey from participation in physical activity to completing a 10K fun run. Methods: In an effort to promote inclusion of all into physical activity, a university's Health & Kinesiology Club developed a non-profit program to challenge visually impaired students to train and complete a 10 kilometer fun run in a South Texas town. The idea was to promote physical fitness through way of social interaction. In order to maintain runners interested, Club students developed training plans and strategies to be able to navigate in a race that was attended by over 18,000 runners. The idea was to promote interaction and life-long fitness amongst participants. Implications: This strategy was done in collaboration with different non-profit institutions to create awareness and provide opportunities for physical fitness, social interaction and life-long fitness skills associated with the jogging. The workshop provided collaboration amongst different entities and novel ideas to create opportunities for a typically underserved population.

Keywords : inclusion, participation, management, disability, fitness

Conference Title : ICDD 2015 : International Conference on Disability and Diversity

Conference Location : London, United Kingdom

Conference Dates : February 16-17, 2015