

PROMOTING ACTIVITY FOR DIVERSE ABILITIES, CERTIFICATE

Are you looking for a great way to gain knowledge and hands-on experience that prepares you for a career in the fields of healthcare, education, fitness, public health, and corporate wellness? Are you interested in enhancing your graduate school application in any of the aforementioned fields?

If you answered “yes,” the Promoting Activity for Diverse Abilities (PADA) Certificate—offered through the Department of Kinesiology—is the perfect blend of coursework and experiential learning. The Kinesiology Department’s mission is to research, teach, and apply knowledge related to movement, exercise, and human occupation with the ultimate goal of enhancing human health, productivity, and quality of life. Students who have completed the PADA Certificate go on to graduate programs and careers in occupational or physical therapy, speech language pathology, genetics counseling, nursing, medicine, special education, adapted physical activity, clinical exercise physiology, physical activity epidemiology, athletic training, public health, and many other exciting and challenging fields.

With a combination of coursework and opportunities to gain hands-on experience working directly with individuals with disabilities, this certificate will prepare you with the specialized knowledge and skills to safely promote and develop physical activities to improve the health, wellness, and functioning of individuals with a wide range of diverse abilities. You will be able to address inclusive activities aimed to improve general activities of daily living, functional fitness, posture, mobility, breathing, nutrition, and falls prevention, as well as adapted sports, fitness and recreation.

Coursework (16–18 credits) in this certificate is made up of a core that includes the topics of anatomy, disability, specialized program planning, and hands-on practica in the UW’s Adapted Fitness Program (<https://kinesiology.education.wisc.edu/academics/certificates/adapted-fitness-and-personal-training/>). One of the UW’s most sought-after volunteer experiences, the Kinesiology Department’s Adapted Fitness Program, located in the heart of campus, offers fitness training and physical activities to community-dwelling clients with a wide variety of permanent and temporary disabilities from heritable disorders, chronic and neurological diseases, and accidental traumas. Students who pursue the PADA certificate receive priority placement for volunteer positions. Elective options for the certificate will also give you some flexibility to tailor the certificate to your specific educational and career interests. Examples of elective topics include dance therapy, communicative disorders, health behavior and diversity in special education.