

Handicapped need PE, too

Regular exercise a must for muscle tone

By Marsha Crump

Believing that handicapped students do everything everybody else does, only differently, Jim Hayes, handicapped services director, promotes PE classes as a path to a well-rounded college experience for handicapped students here.

Seven men and two women are now participating in a physical exercise course for the handicapped, but Hayes wants to involve all of the 106 handicapped students here.

"In the past, blanket waivers for PE requirements were issued to all handicapped students, but physical exercise is an intricate part of developing both mind and body and should be required unless specified harmful by a doctor," Hayes said.

Hayes, who received his bachelor of arts in history here in 1974, is himself handicapped. He lost the use of his lower limbs in a swimming accident nine years ago.

In his second year as director, he doesn't claim to be a miracle worker. "We're not going to tell them that we can make them walk again, but they should be involved in exercise as a part of the college experience," he said.

Citing an example of the program's success, Hayes said Russ Howard, a quadriplegic, began the fall semester lifting a five-pound weight once or twice a day. By the completion of the course, he had progressed to 30 pounds a day at five times the repetition.

The increased muscle ability in his upper body now enables Howard to use a manual wheelchair 90 per cent of the time. Previously, he used an electric wheelchair.

The physical exercise course was started last spring after handicapped students expressed interest in volunteer recreational events like bowling, billiards and marksmanship. It was the first course of its type in the state.

"The class is going to get larger, but even if there was only one student involved there would be full justification for the course," said Chena Gilstrap,

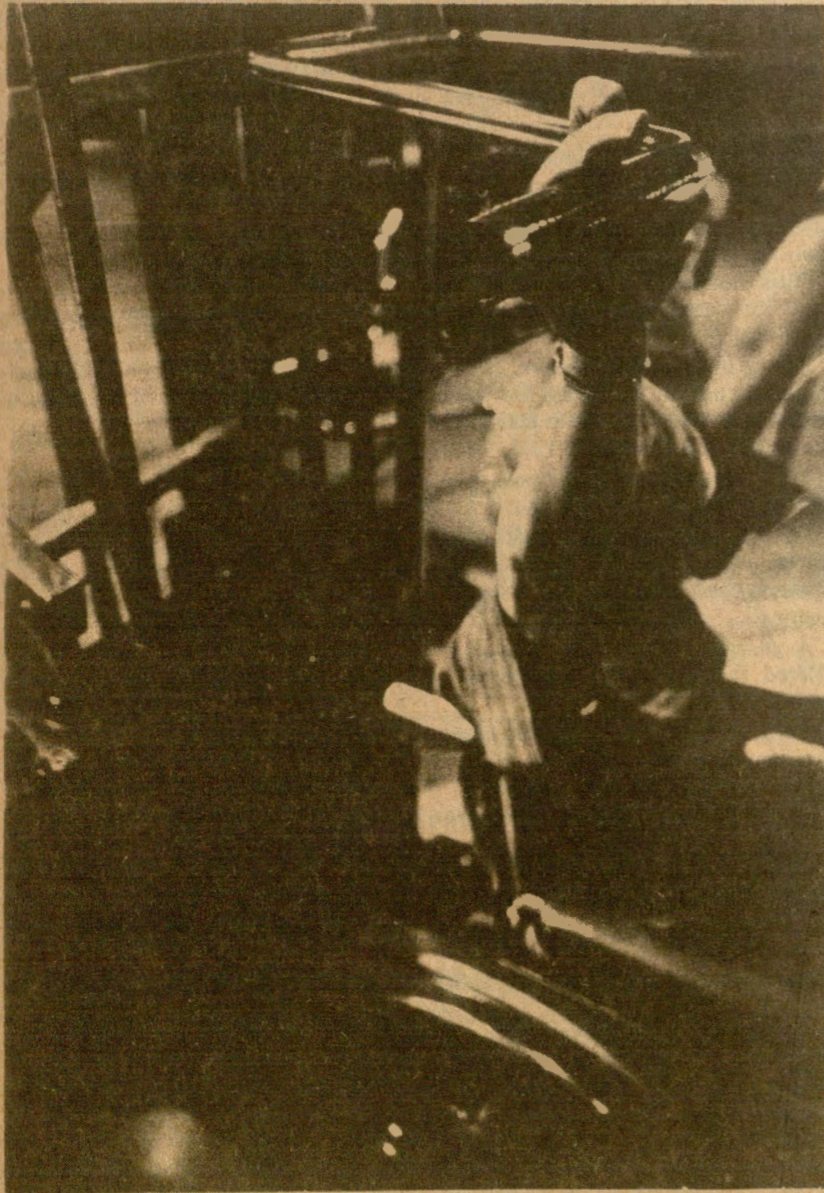
chairman of the PE Department.

"There is that definite benefit of improving the handicap's physical condition, but their enjoyment of the course is even more important than the physiological standpoint," added Gilstrap, who was behind the creation of the course.

Supported by a \$41,019 federal grant, UTA pays 10 per cent while the

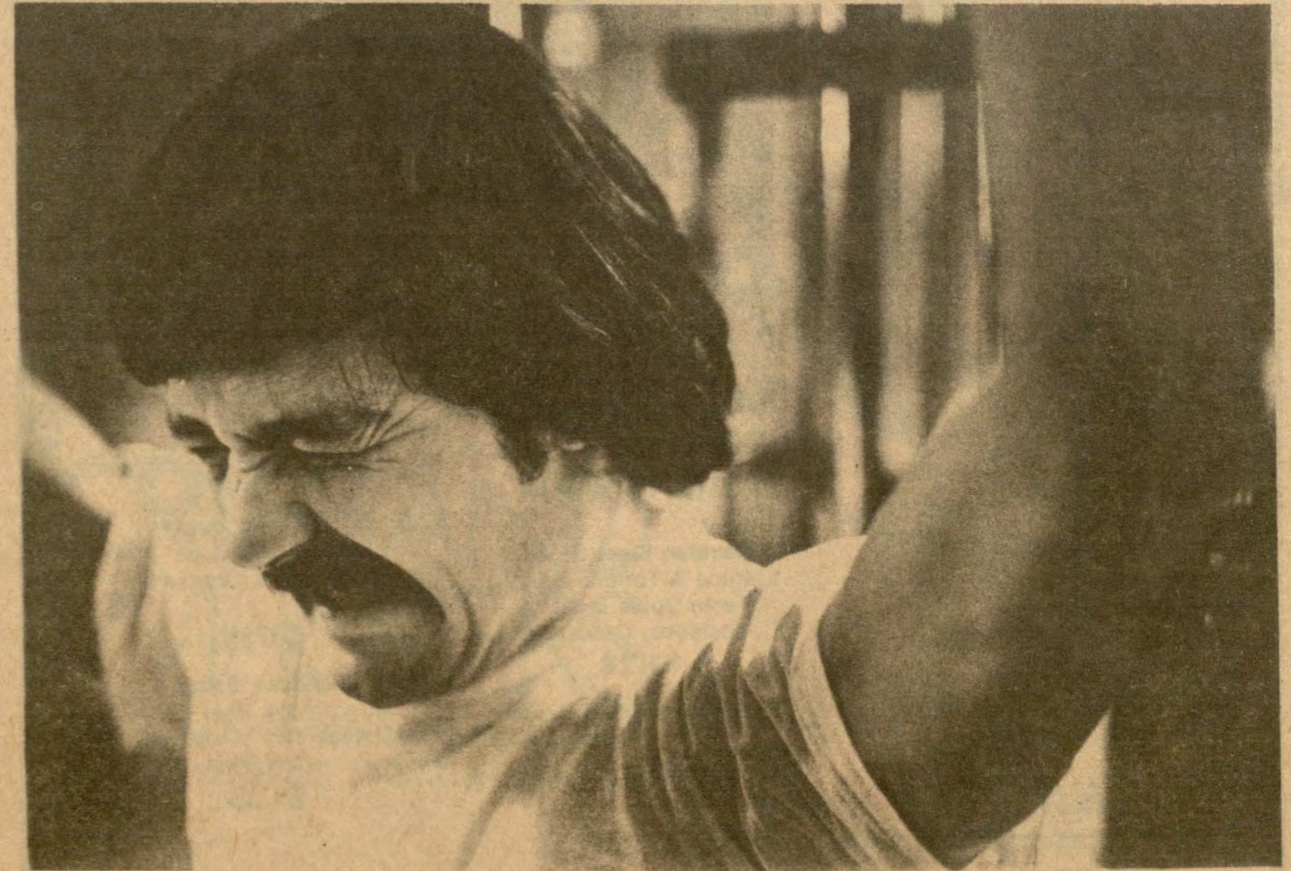
Texas Rehabilitation Commission, the administering agency, pays 90 per cent of the program's cost, including Hayes' annual salary of \$11,019.

Along with supervising the PE courses, Hayes manages the live-in tenant programs for handicapped, checks for architectural barriers on campus, counsels handicapped stu-
(See Handicapped, p. 2)



Shorthorn: Leighton McWilliams

WE HAVE LIFT-OFF — Handicapped services director Jim Hayes, right, works out on the weight machine that is part of the specially designed handicapped physical education course. Though only nine students are currently enrolled in the course, Hayes hopes all 106 handicapped students here will eventually participate.



Handicapped...

(Continued from p. 1)

dents and works to involve them in the community.

Stressing individual needs, the course is designed to provide for each student's individual strengths and weaknesses. Each student's physician supplies recommendations and information on his background and abilities.

A stationary bicycle and a treadmill are used by the legally blind and minor disabled to develop weak muscles. Ankle and wrist weights and an exercise mat are used by quadriplegic and paraplegic students to increase their muscle potential.

Included in the overall program is another Texas first, a wheelchair basketball team for credit.

Not only does the five-man team meet twice a week to work on technique and strategy, but the players spend

10-15 hours a week practicing on their own.

"It's not just an activity," Hayes said. "It's their sport and they work hard at it."

The team has a 5-1 record. Scrimmages are usually held every few weeks with one of the men's dorm teams and the public is invited.

"It's the roughest basketball game you will ever see," Hayes said.

In addition to the basketball team and general PE, plans are underway to create a swimming class for the handicapped.

A short volunteer program will be offered this spring, to determine interest.

"We already have the resources, they just have to be put to use," Hayes said.

The indoor pool will accommodate

the class and the necessary funds are included in the present grant.

"If there is a demand, the PE department will help us work something out," Hayes said. "They have been super and treated us fairly. The department believes in the need for physical exercise for everyone."

Meetings

Right-to-Life — organizational meeting, noon, Monday; University Hall 105.

Wesley Foundation — luncheon, noon today; Wesley Foundation. Morris Matson, Fort Worth assistant city manager, speaking on South Africa. Matson formerly taught school in South Africa.

Catholic Newman Club — activities meeting, 7 p.m. Monday; Wesley Foundation.

LEAD Council — general meeting, 5 p.m. Monday; College Hall 130.

Hillel Society — dinner and meeting, 7 p.m. Sunday; Pizza Inn, 1314 S. Cooper St.

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