

ADAPTING "PHYSICAL EDUCATION" EXPERIENCES

1. Adjust the leader-participant relationship
 - a. Modify the leader's communication and interaction methods
 - b. Modify the degree of control by the leader
 - c. Use various intervention processes, such as reality
 - d. Regroup participants

2. Alter the behavioral expectations of the experience
 - a. Physical modifications
 - Coordinate fewer body parts
 - Reduce the number of items to be dealt with
 - Reduce the speed of the task
 - b. Cognitive modifications
 - Simplify the organizational pattern
 - Reduce the number of facts to be recalled
 - Alter the number of steps involved to complete the project
 - Select from fewer alternatives
 - c. Affective-social behaviors
 - Reduce the number of participants
 - Increase the structure
 - Modify the rewards, intrinsic to extrinsic
 - Allow more or less freedom of choice

3. Modify the procedures or rules
 - a. Adjust the size or the space in which the activity occurs
 - b. Alter the number of players or positions
 - c. Allow more time or a greater number of actions
 - d. Substitute actions
 - e. Adjust the number of body parts used
 - f. Alter distances
 - g. Permit assistants
 - h. Develop new ways to do the activity

4. Modify the resources
 - a. Supplies and equipment
 - Modify the size and weight of materials
 - Adjust the color of materials
 - Alter the grip of rackets
 - b. Areas and facilities
 - Modify texture of surface
 - Adjust size of geographic area used
 - Decrease noise within the area
 - Assure accessibility
 - Control heat, light, electricity
 - c. Supportive aspects
 - Adjust the number of staff and their assignments
 - Alter timing (daily, weekly) of experiences
 - Add rest intervals

Carter, Brown, LeConey, Nagle (1991). Designing Therapeutic Reactions Programs in the community. Reston, Va: AAHPERD.