

Students Participate in Special Olympics FUNfitness

On June 8, 2007 Sabrina Altema, Leslie White, Pete Tam, and Phil Smith, all 2nd year DPT students participated in **Special Olympics FUNfitness**. FUNfitness is a fitness screening developed by the American Physical Therapy Association. The Maryland Special Olympics Summer Games were held at Towson State University on June 8-10. The purposes of FUNfitness are to assess flexibility, functional strength and balance; to provide education for improvement; to educate participants and families about the importance of flexibility, strength and balance to overall fitness; and to provide a hands-on opportunity for participants to learn about physical therapy.



Leslie assessed dorsiflexion ROM



Sabrina assessed abdominal muscle endurance

“Overall the FUNfitness screening was a great opportunity to interact with the Special Olympic athletes and encourage them to stay healthy.” Pete Tam



Pete assessed upper extremity muscle strength with the seated push-up and Phil performed a timed sit to stand test

*“Truly amazing... hoping to help out again!”
Leslie White*

“The FUNfitness screening provided the opportunity to work with athletes with a variety of disabilities and learn in a hands on environment.” Phil Smith