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ABSTRACT

This directory is designed to help its users locate colleges and universities in the United States that offer physical fitness programs for older adults. The directory's annotations include: program area, scope of activities comprising the program, target population, duration of program, and special comments. The focus of the listed programs is on physical fitness activity, rehabilitation, and health/fitness education. Target populations include the healthy elderly as well as those who are blind, deaf, mentally disabled, arthritic, or have limited movement capacity. (JD)

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ED202808

# A NATIONAL DIRECTORY OF PHYSICAL FITNESS PROGRAMS FOR OLDER ADULTS

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A NATIONAL DIRECTORY  
of  
PHYSICAL FITNESS PROGRAMS  
FOR OLDER ADULTS

College and University Sponsored Programs

Produced By

American Alliance for Health,  
Physical Education, Recreation  
and Dance  
1900 Association Drive  
Reston, VA 22091  
(703) 476-3430

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North Country Community College  
Saranac Lake, N.Y. 12983  
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COMMITTEE ON AGING  
AAHPERD

## PREFACE

Physical fitness is a growing area of interest and concern for those who work with today's aging population. The rapid increase in the number of people over 65 has brought more attention to helping people develop and maintain optimal health throughout their entire life span.

One of the major ways this is being accomplished is through the creation of physical fitness programs aimed specifically at older persons and their special needs. Professionals at colleges and universities throughout the country are aware of the demand for such programs and are incorporating both educational and activity based physical fitness programs into their health education, gerontology, and physical education departments. They are training students and service providers to work closely with the elderly as well as training the elderly to work with their peers.

### The Project Development

In response to this need for physical fitness training and direct provision of fitness programs to older community members, North Country Community College's Center of Gerontology embarked on the venture of developing a series of exciting and beneficial fitness workshops and courses in the northeastern tier of New York State. Prior to designing the program, a national survey was conducted of other colleges to learn what types of innovative ideas were being put into practice. The search was also designed to answer questions such as: what types of activities are best suited for the needs of older people; what legal obligations are binding on the sponsoring organization; what qualifications should be required to lead such a group; and in what manner the program fits into the college's organizational structure. We were unable to find a comprehensive source of information which could help us locate schools involved in this type of program.

One result of this experience was the Center of Gerontology's decision to undertake the compilation of a national directory of college and university based fitness programs for older adults. Over a period of a year and hundreds of inquiries later, we gathered a wealth of information from academic institutions across the United States and Canada.

During this process it was brought to our attention that the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) had indeed begun such a directory but had not yet completed it. We contacted AAHPERD with the suggestion to combine our efforts in the publication of this national directory. With their gracious acceptance of the idea and subsequent help and support, we now present to the reader the culmination of our joint efforts.

### Format and Usage

A National Directory of Physical Fitness Programs For Older Adults has been designed to help its users locate colleges and universities in particular geographic locations offering fitness programs with specific programatic emphases. It is a revision of an earlier, preliminary publication of this same project, bearing a similar title, Physical Fitness Directory for the Older Adult. The original directory, however, contained only names and addresses of the participating schools. The present directory has been updated, expanded in number of entries and contains descriptive information regarding each program.

The Directory's annotation includes: program area, activities comprising program, target population, duration of program, and special comments. An explanation of each designation follows.

Program Area - The most general focus of the program as being in one of three areas.

Physical Fitness Activity - actual teaching of and participation in fitness exercises of some type.

Rehabilitation - exercise and/or education aimed solely at the rehabilitation of participants who have suffered stroke, various cardiac problems, severe arthritis or other crippling diseases.

Health/Fitness Education - teaching participants how to maintain and improve health especially through fitness exercises.

Activities Comprising Program - An explicit listing of the scope of activities involved in any of the three program areas. The list includes:

Aquatics	Jogging	Rhythm Based Movement
Dance	Mobility Exercises	Sports/Athletics
Games	Motor Skills	Wheelchair Exercises
Gymnastics/Exercise		Yoga

Target Population - The health status of the participating group in each program.

Duration of Program - Gives the reader an indication of whether the program is continuous or a series of individual events.

Ongoing - a continuous or recurrent program which is usually an ongoing dimension of the institution's programming.

Limited - a workshop/conference or course which is scheduled for a specific time without planned repetition.

Comments - The actual responses of the contact person at each institution. Because of space limitations every comment has not been reproduced in full; instead the important points have been emphasized in each case.

It is expected that the reader will use this information to select programs of interest thus allowing contact with the individual school for specific and detailed questions and answers. Many of the colleges and universities listed have excellent written materials which, we have found, they are glad to share upon request.

Because of the lengthy indexing needed for the variety of topics included in the Directory, the listings have been presented in chart form. In addition to steering the reader to the appropriate page, the chart itself provides much of the needed information in a convenient manner.

We hope you will find A National Directory of Physical Fitness Programs For Older Adults a valuable resource document. Your comments as to its usefulness or deficiencies are most welcome and encouraged. It is You, the users, who will allow us to make future changes in the Directory so that it will better serve fitness information needs of all of us.

Lesley B. Lyon  
Project Director

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# INDEX

PROGRAM AREA	PAGE #	ACTIVITIES COMPRISING PROGRAM										TARGET POPULATION									
		HEALTH/FITNESS ED.	REHABILITATION	FITNESS ACTIVITY	WHEELCHAIR ATHLETICS	SPORTS/ATHLETICS	RHYTHM BASED MOVEMENT	WHEELCHAIR EXERCISES	YOGA	OTHER	WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DIST.	LIMITED MOVEMENT	OTHER		
Alabama	1	X	X		X	X	X	X		X									X		
Arizona	2	X			X	X		X	X					X		X					
California																					
Long Bch.	3	X				X	X	X		X	X	X		X	X	X					
Polytech U.	4	X						X	X					X							
Gege	5-6	X		X	X	X			X	X	X	X	X	X	X				X	X	
College	7	X		X	X	X	X		X		X	X	X	X	X		X		X		
Gege	8	X	X		X									X	X	X	X	X		X	
Comm.Col.	9							X						X	X	X		X		X	
Univ.	10		X						X							X					
Comm.Col.	11				X	X		X	X	X	X	X	X	X	X				X	X	

PROGRAM AREA	PAGE #	ACTIVITIES COMPRISING PROGRAM														TARGET POPULATION									
		PHYS. FITNESS ACTIVITY	HEALTH/FITNESS ED.	REHABILITATION	AQUATICS	DANCE	GYMNASIICS/GAMES	JOGGING/WALKING	MOBILITY EXERCISES	RYTHM. BASED SKILLS	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	YOGA	OTHER	WELL ELDERLY	CARDIAC/STROKE	ASTHMITIC	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DIST.	LIMITED MOVEMENT	OTHER		
CANADA																									
Laval Univ.	12	X		X					X	X															
Univ. of Regina	13-14	X		X		X	X	X	X	X			X			X									
COLORADO																									
Colorado State U.	15	X	X	X		X						X	X				X		X	X	X				
Univ. of Denver	16															X									X
Univ. of Northern Co.	17	X		X					X	X		X													X
Western State Col.	18	X		X			X					X		X				X							X
CONNECTICUT																									
S.Conn.State Col.	19	X	X							X	X								X						X
Univ.of Bridgeport	20	X		X		X	X		X	X				X	X			X							X
DIST. OF COLUMBIA																									
U. of Dist.of Columb.	21	X		X		X	X	X	X		X		X		X			X	X						X



PHYS. FITNESS ACTIVITY	HEALTH/FITNESS ED.	REHABILITATION	DANCE	GYMNASTICS/GAMES	JOGGING/WALKING	MOBILITY EXERCISES	RHYTHM BASED MOVEMENT	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	YOGA	OTHER	WELL ELDERLY	CARDIAC/STROKE	ARTHRITIC	BLIND	DEAF	MENTALLY DISABLED	LIMITED MOVEMENT	OTHER
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PAGE #

KANSAS

Colby Comm. Col.	31	X	X		X			X	X	X		X	X	X			X	X		X		
Kansas State U.	32	X	X		X	X		X	X	X		X	X	X	X					X	X	
Saint Mary College	33							X		X		X		X							X	
Washburn Univ.	34	X										X	X		X							X
Wichita State Univ.	35	X	X		X	X		X	X				X									X

KENTUCKY

Berea College	36-37	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X				X
Eastern KY Univ.	38		X	X	X		X	X			X			X								
Southern Baptist Theological Seminary	39																					

LOUISIANA

Univ. of New Orleans	40	X	X		X	X	X	X	X		X	X										X
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MAINE

Lifeline - U.S.M.	41-42	X	X	X		X	X	X	X	X	X		X	X	X	X						X
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PROGRAM AREA	PAGE #	ACTIVITIES COMPRISING PROGRAM											TARGET POPULATION														
		PHYSICAL FITNESS ACTIVITY	REHABILITATION	HEALTH/FITNESS ED.	BOUNTING	DANCE	GYMNASICS/GAMES	JOGGING/EXERCISES	MOBILITY/WALKING	RHYTHM BASED EXERCISES	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	OTHER	YOGA	WELL ELDERLY	ARTHROITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DISABLED	LIMITED MOVEMENT	OTHER				
<b>MICHIGAN</b>																											
Delta College	56	X		X			X	X				X											X	X	X		
Lk. Superior St. Col.	57	X					X	X	X			X		X											X	X	
Lansing Comm. Co.	58	X	X	X			X	X	X	X	X				X												
Muskegon Comm. Col.	59	X							X		X		X		X										X		
Western Michigan Univ.	60	X	X	X					X	X	X		X		X	X							X		X		
Univ. of Michigan	61	X											X			X									X		
<b>MINNESOTA</b>																											
Mankato State Univ.	62	X	X						X		X													X		X	
<b>MISSISSIPPI</b>																											
Mississippi Valley St.	63	X		X			X	X	X		X		X	X	X								X			X	X
Univ. of Southern Ms.	64	X		X			X	X			X	X		X										X			
<b>MISSOURI</b>																											
Missouri Western St.	65	X		X			X	X			X												X			X	



PROGRAM AREA	PAGE #	ACTIVITIES COMPRISING PROGRAM										TARGET POPULATION										
		PHYS. FITNESS ACTIVITY	HEALTH/FITNESS REHABILITATION	REHABILITATION ACTIVITY	AQUATICS	DANCE	GYMNASTICS/GAMES	JOGGING/WALKING EXERCISES	MOBILITY/WALKING EXERCISES	RHYTHM BASED MOTOR SKILLS EXERCISES	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	OTHER	WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DISABLED	LIMITED MOVEMENT	OTHER
NEW JERSEY (CONT)																						
Trenton State Col.	77	X		X			X				X	X	X	X								X
William Paterson Col.	78	X		X			X	X		X				X								X
NEW YORK																						
Albany State Univ.	79	X				X		X					X		X							X
John Jay College	80	X													X	X						X
La Guardia Comm.	81			X											X	X						
Molloy College	82					X	X	X		X		X	X	X	X							
North Country Comm.	83	X		X		X	X	X		X												X
State Univ. Buffalo	84			X																		X
Syracuse Univ.	85	X					X			X	X			X								X
York College	86			X						X	X											X
NORTH CAROLINA																						
Central Piedmont Comm.	87	X		X		X	X		X	X	X		X	X	X	X	X	X				X
Duke Univ.	88	X	X	X		X	X	X	X	X			X	X			X	X				X

		PHYS. FITNESS ACTIVITIES	HEALTH/FITNESS ED. REHABILITATION	AQUATICS	DANCE	GYMNASTICS/GAMES	JOGGING/WALKING	MOBILITY EXERCISES	RHYTHM BASED MOTOR SKILLS	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	OTHER	WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DISABLED	LIMITED MOVEMENT	OTHER		
PAGE #																							
NORTH CAROLINA (CONT)																							
Mars Hill College	89	X	X			X	X	X	X		X	X									X	X	X
NORTH DAKOTA																							
Mayville St. Col.	90	X	X	X		X		X		X	X		X			X							X
Univ. of N. Dakota	91	X							X	X	X					X							
OHIO																							
Bowling Green St.U.	92	X						X		X													X
Kent State Univ.	93	X				X				X	X												X
Univ. of Akron	94	X	X	X			X	X			X	X			X	X							
OKLAHOMA																							
Cameron Univ.	95	X		X			X	X	X	X	X		X			X	X					X	X
Oklahoma St. Univ.	96	X		X										X	X								
S.Okla.City Junior	97-98	X		X		X	X		X	X	X					X	X	X					X



		PHYS. FITNESS ACTIVITY	REHABILITATION	HEALTH/FITNESS	AQUATICS	DANCE	GYMNASICS	GAULS	JOGGING/WALKING	MOBILITY EXERCISES	RHYTHM BASED MOVEMENT	MOTOR SKILLS	SPORTS/ATHLETICS	WHEEL CHAIR EXERCISES	OTHER	YOGA	WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DIST.	LIMITED MOVEMENT	OTHER
PAGE #																									
SOUTH CAROLINA																									
Dept. H.E.C.--not college affiliated	110			X								X				X		X	X						
SOUTH DAKOTA																									
South Dakota State Univ.	111	X		X	X	X	X	X				X	X	X	X	X	X	X	X	X	X	X	X	X	X
TENNESSEE																									
Memphis State Univ.	112			X					X	X	X			X				X	X	X	X	X			X
Tennessee Tech. Univ.	113	X							X	X								X							
TEXAS																									
Navarro College	114	X		X						X	X								X						
Texas Women's Univ.	115	X	X	X					X	X	X	X	X	X					X						
Univ. of Houston	116	X		X								X	X						X						X
UTAH																									
Univ. of Utah	117	X	X	X	X	X	X	X					X	X					X	X	X	X	X	X	X

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PROGRAM AREA	PAGE #	ACTIVITIES COMPRISING PROGRAM												TARGET POPULATION									
		PHYS. FITNESS ACTIVITY	HEALTH/FITNESS REHABILITATION	ACROBATICS	DANCE	GYMNASIICS/GAMES	JOGGING/WALKING	MOBILITY EXERCISES	RHYTHM BASED MOTOR SKILLS	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	YOGA	OTHER	WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DISABLED	LIMITED MOVEMENT	OTHER	
UTAH (CONT.)																							
Utah State Univ.	118	X	X	X	X			X	X	X		X				X		X					
VERMONT																							
St. Joseph the Prov.	119	X					X	X	X	X						X				X	X		
VIRGINIA																							
University of Va.	120-1	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		
Virginia Tech.	122		X	X					X	X				X			X				X		
WASHINGTON																							
Central Washington Un.	123	X	X	X	X	X	X	X	X	X		X			X	X	X	X	X	X	X		
Washington St. Univ.	124	X	X	X	X	X	X			X	X	X	X										
WISCONSIN																							
Univ. of Wisconsin-Madison	125	X	X	X												X		X			X		

ALABAMA

UNIVERSITY OF ALABAMA

1717 11th Avenue South      Glenn H. Hughes  
Birmingham, AL 35294      Glenda Barnes

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Games  
Gymnastics/Exercises  
Jogging  
Motor Skills  
Sports/Athletics

TARGET POPULATION:

Cardiac/Stroke

ONGOING PROGRAM

\* \* \*

ARIZONA

UNIVERSITY OF ARIZONA

Tucson, AR 85721      Dr. R.A. Munroe

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Gymnastics/Exercises  
Jogging  
Sports/Athletics

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke

COMMENTS:

Adult Fitness--not exclusively elderly. Also have two recreation and two physical education faculty active in lecturing and workshops for elderly. The department head is a member of the University Committee on Aging

ONGOING PROGRAM

\* \* \*

CALIFORNIA

CALIFORNIA STATE UNIVERSITY--LONG BEACH

Long Beach, CA 90840 Dr. Ruth Lindsey

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

- Dance
- Games
- Exercises
- Mobility Exercises
- Motor Skills
- Rhythm Based Movement
- Walking
- Relaxation

TARGET POPULATION:

- Well Elderly
- Arthritic
- Cardiac/Stroke

COMMENTS:

This is a physical fitness class for students over the age of 60. It mainly includes exercises but also a wide variety of other activities.

\* \* \*

CALIFORNIA STATE POLYTECHNIC UNIVERSITY

3801 West Temple Avenue Leo H. Tegtmeyer  
Pomona, CA 91768

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

- Exercises
- Jogging

TARGET POPULATION:

Well

COMMENTS:

The present program is concerned only with University faculty and staff members. Participation is quite limited.

ONGOING PROGRAM

\* \* \*

CHABOT COLLEGE

25555 Hesperian Boulevard Carolyn Larsen  
Hayward, CA 94545

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education  
Training Program for Exercise leaders for  
live in centers and recreation depart-  
ments

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Walking  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Sports/Athletics  
Yoga  
Cardio-vascular Fitness

TARGET POPULATION:

Well Elderly  
Limited Movement Capacity  
In-service for those working with Senior  
populations

COMMENTS:

This college offers a variety of physical education experiences especially designed for older adults at a number of locations in the district. Off-campus sites are chosen to be convenient for transportation and access, and many programs are co-sponsored by recreational centers and residential facilities serving adults.

(con't)

Many students participate in two or more activities per week. Classes are free of charge and enrollment is the first class meeting of each quarter.

ONGOING PROGRAM

\* \* \*

COASTLINE COLLEGE

10231 Slater Avenue  
Fountain Valley, CA 92708  
Neel Buell

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Mobility Exercises  
Rhythm Based Movement  
Sports/Athletics  
Wheelchair Exercises  
Yoga

TARGET POPULATION:

Well Elderly  
Arthritic  
Deaf  
Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

CUESTA COLLEGE

P.O. Box J  
San Luis Obispo, CA 93406  
Warren E. Hansen

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Aquatics

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Deaf  
Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

EL CAMINO COMMUNITY COLLEGE

16007 Crenshaw Boulevard Mary Martin  
Torrance, CA 90506

\* \* \*

PROGRAM AREA:

Adaptive Physical Education  
Correctives/Exercise

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Deaf  
Limited Movement Capacity

REMARKS:

Currently there are 3 sections of Correctives/Exercise classes, and an Adaptive physical education program, not exclusively for the elderly. The Adaptive program is designed to meet the needs of the physically and learning disabled students. It has not been decided whether to open a section just for elderly. Sessions will be held in the pool, various sports, and recreational activities and eventually a wheelchair program--all open to any handicapped student.

ONGOING PROGRAM

\* \* \*

HUMBOLDT STATE UNIVERSITY

Arcata, CA 95521 Ford Hess, Ed. Dir.  
Richard Gilchrist, Ph.D.

\* \* \*

PROGRAM AREA:

Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Jogging/Walking/Non-weight bearing flexibility exercises

TARGET POPULATION:

Cardiac/Stroke

ONGOING PROGRAM

\* \* \*

SADDLEBACK COMMUNITY COLLEGE

28000 Marguerite Parkway Lee McGrew  
Mission Viejo, CA 92692

\* \* \*

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Sports/Athletics  
Yoga

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Limited Movement Capacity  
Broad variety of classes involve  
exercise and/or dance

ONGOING PROGRAM

\* \* \*

QUEBEC, CANADA

LAVAL UNIVERSITY

Quebec, Canada GIW-3G2 F. Landry, M.D.

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises  
Jogging  
Sports

TARGET POPULATION:

Well Elderly

COMMENTS:

Master's thesis on the effects of a  
physical activity program on male and female  
adults aged 65 and above.

LIMITED DURATION

\* \* \*

REGINA, SASK

UNIVERSITY OF REGINA

(con't)

Physical Education Department Neil Sherlock  
Regina, Sask 5450A2

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ONGOING PROGRAM

\* \* \*

ACTIVITIES COMPRISING PROGRAM:

- Aquatics
- Dance
- Games
- Exercises
- Jogging
- Mobility Exercises
- Rhythm Based Movement
- Yoga

TARGET POPULATION:

Well Elderly

COMMENTS:

Currently, our program is limited to the offering of a single class of 25 senior citizens under the heading Vitality Unlimited.

Future plans include the opening of a Fitness Testing and Exercise Prescription Centre in summer of 1980. In conjunction with this program we intend to offer the elderly and handicapped exercise testing, fitness prescription and rehabilitation services.

COLORADO

COLORADO STATE UNIVERSITY

Fort Collins, CO 80523 Dr. Max Morton

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Jogging  
Mobility Exercises

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Blind  
Deaf

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

UNIVERSITY OF DENVER

Denver, CO 80208

Clarence L.H. Baer, Jr., Ph.

\* \* \*

PROGRAM AREA:

Course for future professionals entitled,  
"Physical Activity and Aging"

ACTIVITIES COMPRISING PROGRAM:

Sociology, Psychology and Physiology of  
Physical Activity for Aging

TARGET POPULATION:

Future Physical Education and Gerontology  
professionals

COMMENTS:

Present course is a three credit hour lecture  
course with some field observation experience. Other  
Programs are possible in future especially fitness  
education, well elderly and cardiac.

ONGOING PROGRAM

\* \* \*

UNIVERSITY OF NORTHERN COLORADO

Greeley, CO 80639 Dr. William Barnes

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises  
Jogging  
Motor Skills

TARGET POPULATION:

Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

WESTERN STATE COLLEGE

Gunnison, CO 81230 Ernest Degutis

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Mobility Exercises  
Rhythm Based Movement

TARGET POPULATION:

Weil Elderly  
Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

CONNECTICUT

SOUTHERN CONNECTICUT STATE COLLEGE

Crescent Street  
New Haven, CT 06515

Thomas Manfredi, Ph.D.

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Jogging  
Mobility Exercises

TARGET POPULATION:

Cardiac/Stroke  
Adult Fitness

COMMENTS:

Two programs: 1) Exercise for a Healthy Heart--Post MI--Cardiac Rehabilitation and 2) Adult Fitness. Both meet 3 times a week--mostly jogging. Some nutrition counseling, body composition assessment.

ONGOING PROGRAM

\* \* \*

UNIVERSITY OF BRIDGEPORT

Room 135 North Hall UB  
Bridgeport, CT 06602

David K. Carboni, Ph.D.

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Gymnastics/Exercises  
Jogging  
Sports/Athletics  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Limited Movement Capacity

COMMENTS:

The Physical Educational Division will also be sponsoring, along with the Center for the Study of Aging, a "Senior Olympiad", in Spring 1980.

LIMITED DURATION  
PROPOSED JOGGING PROGRAM

\* \* \*

DISTRICT OF COLUMBIA

UNIVERSITY OF THE DISTRICT OF COLUMBIA

1606 Q. Street, N.W. Mr. R.J. Fleming  
Northeast, DC 20002

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

FLORIDA

ECKERN COLLEGE

P.O. Box 12560 Claire Stiles  
St. Petersburg, FL 33733

\* \* \*

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Games  
Jogging/Walking  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly

COMMENTS:

"Fitness Has No Age" was a mini-course at the Elderhostel Winter Session last year--this is not an on-going program and may or may not be offered again.

LIMITED DURATION

\* \* \*

ILLINOIS

EASTERN ILLINOIS UNIVERSITY

McAfee #10                      Eswathe Johnson  
Charleston, IL 61920

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Recreation

ACTIVITIES COMPRISING PROGRAM:

Games  
Gymnastics/Exercises  
Sports/Athletics

TARGET POPULATION:

Well Elderly  
Mentally Disabled

COMMENTS:

Our activities are part of our educational program for students taking part in our gerontology emphasis.

ONGOING PROGRAM

\* \* \*

GEORGE WILLIAMS COLLEGE

19 Thirty First Street                      Jack J. Joseph  
Downers Grove, IL 60515

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Games  
Gymnastics/Exercises  
Jogging  
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Our program started 11 years ago as a fitness program for well, middle-aged men. The enrollment has been so constant that at least one-half of the group can now be considered as elderly. The elderly are swimming in Masters meets, running middle distances races and working out at least 3 times a week/all year.

ONGOING PROGRAM

\* \* \*

MORaine VALLEY COMMUNITY COLLEGE

10900 South 88th Avenue      Lou Brackett  
Palos Hills, IL 60465

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Gymnastics/Exercises  
Jogging  
Motor Skills  
Sports/Athletics

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Mentally Disabled  
Limited Movement Capacity

COMMENTS:

This response includes information re:  
Adaptive Physical Education and Therapeutic  
Recreation programs on campus and in the  
community as well.

\* \* \*

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

306 Huff Gym                      Ben Massey  
Urbana, IL 61801                  Jim Misner

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Research

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Games  
Exercises  
Jogging

TARGET POPULATION:

Well Elderly

COMMENTS:

This is a fitness-recreation program which  
allows individual exploration into many types  
of physical fitness activities.

ONGOING PROGRAM

\* \* \*



UNIVERSITY OF EVANSVILLE

P.O. Box 329  
Evansville, IN 47702  
Dora Hess  
Dorothy Hausmann

\* \* \*

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Student-directed programs in Health and Physical Education to elderly in a variety of settings. Supervised by faculty, teaching Community Health in baccalaureate nursing program. Also, "Dancercial" class for senior citizens--taught by retired teacher.

LIMITED DURATION

\* \* \*

IOWA

UNIVERSITY OF IOWA

Room 205 FH  
Iowa City, IA 52242  
Dr. David K. Leslie

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Deaf  
Limited Movement Capacity

COMMENTS:

The TOES Program focuses on range of motion and muscle toning for a heterogeneous group of elderly (in existence since 1972). Leadership is both by my students and the elderly themselves. My class "Physical Activity and Aging" is concerned with the biology of aging, limitations and advantages to exercising, and program development.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

KANSAS

COLBY COMMUNITY COLLEGE

1255 South Range  
Colby, KS 67701

Joyce Hansen

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Games  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Deaf  
Mentally Disabled  
Limited Movement Capacity

COMMENTS:

Our classes include relaxation, flexibility exercises, games, aerobic exercise to music. We have two levels, the well elderly and the nursing home. We also offer a summer workshop to train instructors for these programs.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

KANSAS STATE UNIVERSITY

Waters 239  
Manhattan, KS 66506

Edith Stunkel

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education  
Music Synchronized Program

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Wheelchair Exercises  
Non-Aerobic Program

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Limited Movement Capacity  
Exceptionally Fit and Frail Elderly

ONGOING PROGRAM

\* \* \*

SAINT MARY COLLEGE

Leavenworth, KS 66048 Dr. Sandra Hick

\* \* \*

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Limited Movement Capacity

COMMENTS:

This is a minimal program growing out of a special course in physical activity for over 60's taught last year. Student's have continued to volunteer time to provide physical activities throughout this school year (1979-80) with guidance from Dr. S. Hock.

\* \* \*

WASHBURN UNIVERSITY GERONTOLOGY INSTITUTE

Topeka, KS 66621 Jeanne C. Tucker

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Academic Aerobics

ACTIVITIES COMPRISING PROGRAM:

Body/Mind Stimulation

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Heart

ONGOING PROGRAM

\* \* \*

WICHITA STATE UNIVERSITY

Wichita, KS 67208 Dr. Richard E. Laptad

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Jogging  
Mobility Exercises

TARGET POPULATION:

Well Elderly  
Limited Movement Capacity

COMMENTS:

The program started with a two-day workshop, then with the help of a Federal Grant, it trained 60 volunteers to give exercises and advice at 30 different center/sites where meals were served. The exercise programs were generally done before lunch.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

KENTUCKY

BEREA COLLEGE

Berea, KY 40404 Dorothy C. Chrisman

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education  
Outreach--Lecture demonstrations

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Jogging  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Sports/Athletics  
Wheelchair Exercises  
Aerobics

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Deaf  
Limited Movement Capacity

COMMENTS:

The Body Recall program began in 1978 at Berea College. Two classes are offered each semester with the cooperation of the Continuing Education and Physical Education departments. Classes are for both beginners and those at a more advanced level.

(con't)

There are 40-45 students in each class with an average age of 68. Women outnumber men 5 to 1 with the men in the most consistent category of over 70.

Also offered is a class and workhops to train future teachers in this area. An active outreach program consists of lectures with demonstration groups of senior citizens showing the development and potential of a realistic fitness program.

ONGOING PROGRAM

\* \* \*

EASTERN KENTUCKY UNIVERSITY

Richmond, KY 40475

Dorothy Harkins

\* \* \*

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

- Aquatics
- Dance
- Gymnastics/Exercises
- Jogging
- Rhythm Based Movement

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

\* \* \*

SOUTHERN BAPTIST THEOLOGICAL SEMINARY

2825 Lexington Road Robin K. Rogers  
Louisville, KY 40206

\* \* \*

LIMITED DURATION

\* \* \*

LOUISIANA

UNIVERSITY OF NEW ORLEANS

New Orleans, LA 70122 Dr. Vane T. Wilson

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Gymnastics/Exercises  
Walking  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Leaders among the elderly in all movement programs

COMMENTS:

The training is to develop leaders among the elderly for leading all in movement programs.

ONGOING PROGRAM

\* \* \*

MAINE

(con't)

LIFELINE - USM GYMNASIUM

96 Falmouth Street                    Kathy Malachowski  
Portland, ME 04101

Each person works with a target heart rate and 120 bpm is not exceeded. Prior entrance requirements are medical clearance, interview and orientation.

\* \* \*

ONGOING PROGRAM

PROGRAM AREA:

\* \* \*

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Exercises  
Jogging  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Yoga  
Relaxation

TARGET POPULATION:

Well Elderly  
Arthritic  
Limited Movement Capacity

COMMENTS:

Senior lifeline has over seventy-five elderly participants with an age range of 50-80 years old. It is held in the university gymnasium three times weekly for 45 minute periods. It includes a warm-up, cardiovascular workout, calisthenics and cool-down with relaxation exercises included.

UNIVERSITY OF SOUTHERN MAINE

96 Falmouth Street  
Portland, ME 04103

Dr. James. V. Sullivan

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises  
Jogging  
Motor Skills

TARGET POPULATION:

Well Elderly

COMMENTS:

Only two courses in Physical Education for the elderly are presently offered during the summer sessions.

ONGOING PROGRAM

\* \* \*

MARYLAND

ANNE ARUNDEL COMMUNITY COLLEGE

101 College Pkwy.  
Arnold, MD 21012

Terry D. Carpenter

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Gymnastics/Exercises

TARGET POPULATION:

Well Elderly  
Limited Movement Capacity

\* \* \*

CHESAPEAKE COLLEGE

Wye Mills, MD 21679 Mercedes Lesser, Ph.D.

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education  
Recreation

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Jogging, Walking  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Sports/Athletics--Modified  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Mentally Disabled  
Emotionally Disturbed  
Limited Movement Capacity  
Over 60

COMMENTS:

Older Adults are people FIRST and old LAST!

ONGOING PROGRAM

\* \* \*

DUNDALK COMMUNITY COLLEGE

7200 Sollers Point Road Norma S. Tucker  
Dundalk, MD 21222

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Sports/Athletics  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Blind  
Deaf  
Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

DUNDALK COMMUNITY COLLEGE

7200 Sollers Point Road      Asst. Professor Harrison  
Dundalk, MD 21222

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education  
Workshops/Adult Ed. Seniors

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Games  
Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Sports/Athletics

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Limited Movement Capacity

COMMENTS:

I work with two centers and conduct classes  
to teach those in nursing homes.

ONGOING PROGRAM

\* \* \*

HARFORD COMMUNITY COLLEGE

401 Thomas Run Road      John Haggerty,  
Bel Air, MD 21014      Assoc. Dean

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Exercises  
Mobility Exercises  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Mentally Disabled

ONGOING PROGRAM

\* \* \*

PRINCE GEORGE'S COMMUNITY COLLEGE

301 Largo Road Dr. Richard Mance  
Largo, MD 20870

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Mobility Exercises  
Motor Skills (Golf)  
Rhythm Based Movement  
Sports/Athletics  
Walking/Cycling Program

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

\* \* \*

UNIVERSITY OF MARYLAND

Adults Health & Developmental Dr. D. Leviton  
Program  
College Park, MD 20740

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Sports/Athletics  
Wheelchair Exercises  
Yoga

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Deaf  
Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

MASSACHUSETTS

BRIDGEWATER STATE COLLEGE

Kelly Gym                    Dr. C.E. Comeau  
Park Avenue  
Bridgewater, MA 02324

\* \* \*

PROGRAM AREA:

Health or Fitness Education

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

\* \* \*

NORTHEASTERN UNIVERSITY

Huntington Avenue  
Boston, MA 02115

Dr. Dorett Hope

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Jogging

TARGET POPULATION:

Well Elderly  
Arthritic

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

NORTHERN ESSEX COMMUNITY COLLEGE

SOUTHEASTERN MASSACHUSETTS UNIVERSITY

Dept. of Sport & Leisure      Carl Beal  
Studies  
100 Elliott Street  
Haverhill, MA 01830

P.O. Box A-2076      Adrienne Goss  
New Bedford, MA 02741

\* \* \*

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Games  
Gymnastics/Exercises  
Jogging/Walking  
Mobility Exercises  
Rhythm Based Movement

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises

TARGET POPULATION:

Well Elderly

TARGET POPULATION:

Well Elderly

COMMENTS:

A course for Gerontology majors is also provided entitled, "Leisure and Aging" (has also been taken by elderly members of the community).

COMMENTS:

Institute activities are organized around 3 categories; 1) educational/cultural enrichment programs for elders, 2) training for agency personnel working with elders, and 3) academic programs for students of gerontology. Under the first category, we have, on occasion, sponsored health and fitness programs and we are likely to continue to do so in the future.

ONGOING PROGRAM  
LIMITED DURATION

LIMITED DURATION

\* \* \*

\* \* \*

WESTFIELD STATE COLLEGE

Western Avenue  
Westfield, MA 01086  
Mr. Gerry Gravel

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics

TARGET POPULATION:

Mentally Disabled  
Emotionally Disturbed

COMMENTS:

The main emphasis at this point in time is with our combined special ed. and physical education programs rather than a specific program geared for the elderly--also we offer field work type experiences in nursing homes, YMCA's, etc. where the student teachers/interns have opportunities to work with elderly.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

MICHIGAN

DELTA COLLEGE

University Center, MI 48710 David Demko

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Mobility Exercises  
Yoga  
Slimnastics  
Speed Walking

TARGET POPULATION:

Well Elderly

COMMENTS:

Please write for brochure.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

LAKE SUPERIOR STATE COLLEGE

Sault Street  
Marie, MI 49783

Debra McPherson

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Recreation for the Elderly

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games/Bowling  
Mobility Exercises  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Arthritic

COMMENTS:

The program is designed to meet the needs of area senior citizens, as well as provide opportunities for college students to organize and get involved in this type of recreational experience.

ONGOING PROGRAM

\* \* \*

LANSING COMMUNITY COLLEGE

Box 40010  
401 N. Capital Avenue  
Lansing, MI 48901

John McPhail

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education  
Older Adult Sessions

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Wheelchair Exercises

COMMENTS:

Fit For Life Ex (ARC 170 )--designed for older adults--involves range of motion--continuous activity even for wheelchair, bed and older patients.

ONGOING PROGRAM

\* \* \*

MUSKEGON COMMUNITY COLLEGE

221 S. Quarterline Road Judith Brooky  
Muskegon, MI 49442

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Exercises  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

We usually offer 2 classes per semester at 2 locations--class is offered through our Continuing Education Program, free of tuition to Senior Citizens. Class is described as "mild exercise for the Senior Citizens, designed to increase flexibility, strength and muscle tone." Classes run from 1/2 - 1 hour in length Instructor teaches it as part of her teaching load at college. Has been ongoing since 1975.

ONGOING PROGRAM

\* \* \*

WESTERN MICHIGAN UNIVERSITY

Calamazoo, MI 49108 Dr. Billye Ann Cheatum

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises  
Yoga

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Limited Movement Capacity

COMMENTS:

Works with nursing homes establishing exercise programs for ambulatory and non-ambulatory residents. Now have a course Rec. Programs for Elderly--1981 will have a course in Physical Fitness for Elderly men and women. Also do programming in Elderhostel program at W.M.U.

\* \* \*

UNIVERSITY OF MICHIGAN

Ann Arbor, MI 48109 Phyllis Weikart

\* \* \*

AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Rhythm Based Movement  
Exercise/Dance

POPULATION:

All Elderly  
Arthritic  
Limited Movement Capacity

REMARKS:

The exercise and modified dance is  
synchronized to the underlying beat of

ONGOING PROGRAM

\* \* \*

MINNESOTA

MANKATO STATE UNIVERSITY

Mankato, MN 56001 Clem Thompson

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Dance  
Jogging

TARGET POPULATION:

Well Elderly  
Cardiac/Post-Cardiac

COMMENTS:

We are getting started. Jogging class (offered  
at night) attracts older adults. Post-Cardiac exercise  
rehabilitation to start in Fall 1980.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

MISSISSIPPI

MISSISSIPPI VALLEY STATE UNIVERSITY

P.O. Box 991  
Itta Bena, MS 38941

Dr. Alfred Arrington

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Jogging  
Motor Skills  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Emotionally Disturbed  
Limited Movement Capacity

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

UNIVERSITY OF SOUTHERN MISSISSIPPI

Box 5034 Southern Sta.  
Hattiesburg, MS 39401

Bill Larson  
David Cundiff

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Jogging  
Mobility Exercises  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly

COMMENTS:

We have two program: 1) The largest is the Physical Fitness Institute which serves a wide range of participants; 2) is in conjunction with the Mississippi Council on Aging we conduct workshops for the purpose of training exercise leaders who return to their home town and conduct various fitness programs.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

MISSOURI

MISSOURI WESTERN STATE COLLEGE

St. Joseph, MO 64507 Dr. Charles R. Erickson

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Jogging  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Normal Adult

ONGOING PROGRAM

\* \* \*

UNIVERSITY OF MISSOURI

8001 Natural Bridge Road Bruce A. Clark  
St. Louis, MO 63121

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Jogging  
Mobility Exercises  
Rhythm Based Movement  
Yoga

TARGET POPULATION:

Well Elderly  
Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

NEBRASKA

KEARNEY STATE COLLEGE

Kearney, NB 68847 Dr. Doyle E. Fyfe

\* \* \*

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

- Aquatics
- Dance
- Games
- Jogging
- Mobility Exercises
- Sports/Athletics
- Yoga

TARGET POPULATION:

- Well Elderly
- Limited Movement Capacity

COMMENTS:

We attempt to involve our students in Phys. Ed./Rec. in Field Experiences that permit them to become aware of the elderly, and their physical fitness needs. This summer, we will offer three experiences in the Elderhostel setting.

LIMITED DURATION

\* \* \*

KEARNEY STATE COLLEGE

Kearney, NE 68847 Joe Donnelly

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

- Jogging
- Mobility Exercises

TARGET POPULATION:

Cardiac/Stroke

COMMENTS:

Geared mostly for adults 20 - 60 years old.

ONGOING PROGRAM

\* \* \*

UNIVERSITY OF NEBRASKA

Fl 206 Kip Hulvershorn  
Lincoln, NE

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Consultation

TARGET POPULATION:

Well Elderly  
Blind  
Emotionally Disturbed  
Limited Movement Capacity

COMMENTS:

Provide consultive and planning services  
to both communities and individuals in facilities  
and programming.

ONGOING PROGRAM

\* \* \*

WAYNE STATE COLLEGE

Wayne, NE 68787 Ralph Barclay

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Jogging  
Mobility Exercises  
Sports/Athletics

TARGET POPULATION:

All Ages

ONGOING PROGRAM

\* \* \*

NEVADA

UNIVERSITY OF NEVADA

4505 Maryland Parkway      Bonnie Rannald  
Las Vegas, NV 89154

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Jogging  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Blind  
Deaf

ONGOING PROGRAM

\* \* \*

NEW JERSEY

GLASSBORO STATE COLLEGE

Dep't. of Health and      Carolyn F. Addison  
Physical Education  
Glassboro, NJ 08028

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Gymnastics  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Arthritic  
Cardiac/Stroke  
Limited Movement Capacity Elderly

COMMENTS:

Practical Pointers, a booklet published by AAHPERD contains the exercises -- "FIFTY POSITIVE VIGOR EXERCISES." This is available to all for \$2.00 from the AAHPERD OFFICE.

ONGOING PROGRAM

\* \* \*

KEAN COLLEGE OF NEW JERSEY

Union, NJ 07083

Robert Famighetti

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education  
Gerontology Certificate Program  
Professional Training Program

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Jogging  
Motor Skills  
Sports/Athletics  
Wheelchair Exercises  
Yoga

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Mentally Disabled  
Limited Movement Capacity

ONGOING PROGRAM

\* \* \*

MONTCLAIR STATE COLLEGE

Upper Montclair, NJ 07043

Dr. Richard N. Tews

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement

TARGET POPULATION:

. College Students

COMMENTS:

The course has been offered for the second time for physical education students who may be interested in fitness programs for the aged. We have found the National Adult Education Clearinghouse--National Multi-media Center on campus very helpful with an excellent library on aging and related topics. They also sponsor an Older Adult and Assistance Program (peer counseling for adults over 50). Essex County Parks and Recreation have an excellent activity program for seniors which we will be involved in.

ONGOING PROGRAM

\* \* \*

RAMAPO COLLEGE OF NEW JERSEY

505 Ramapo Valley Road Rosabel S. Koss  
Mahwah, NJ 07430

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises  
Rhythm Based Movement  
Yoga

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Limited Movement Capacity

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

RIDER COLLEGE

Lawrenceville, NJ 00648 Dr. P.C. Sharma

\* \* \*

PROGRAM AREA:

Academic courses in Aging

TARGET POPULATION:

College Students

ONGOING PROGRAM

\* \* \*

TRENTON STATE COLLEGE

Box 940 Dr. Ken Tillman  
Trenton, NJ 08625

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Jogging  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

\* \* \*

WILLIAM PATERSON COLLEGE

Dep't of Movement Science Thomas Jable  
and Leisure Studies  
Wayne, NJ 07470

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Games  
Gymnastics/Exercises  
Mobility Exercises  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

PEROP-Physical Exercises and Recreation for Older Persons is our ongoing program in which physical education majors are taught to lead older persons in exercises and recreational activities. The students meet with the older persons twice each week for twelve weeks each semester.

ONGOING PROGRAM

\* \* \*

NEW YORK

ALBANY - STATE UNIVERSITY OF

Richardson 281 Nancy Gordon  
135 Western Avenue  
Albany, NY 12222

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Gymnastics/Exercises  
Rhythm Based Movement  
Yoga

TARGET POPULATION:

Well Elderly 60+

COMMENTS:

SUNYA offers "Non-strenuous Exercise for Mature Adults" through the Elderhostel program during the summer. The College Continuing Studies offers "Beginning Hatha Yoga for Senior Citizens" one semester each year, usually Spring semester. The Red Cross and the Dept. of Physical Education co-sponsor a swimming program for Senior Citizens.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

JOHN JAY COLLEGE OF CRIMINAL JUSTICE

444 West 56 Street Professor Pina  
New York, NY 10019

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Circuit Training

TARGET POPULATION:

Well Elderly  
All Students

COMMENTS:

Write for brochure and orientation bulletin. Interested people are invited to visit this unique cardio-vascular fitness center. Future plans include making the facility available to outside groups, including the elderly--at a fee.

ONGOING PROGRAM

\* \* \*

LA GUARDIA COMMUNITY COLLEGE

31-10 Thomson Avenue Naomi S. Greenberg  
West Hempstead, NY 11552

\* \* \*

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Simulation Education

TARGET POPULATION:

Well Elderly

COMMENTS:

Movement experiences are incorporated  
in course called, "Aging and Health."

ONGOING PROGRAM

\* \* \*

MOLLOY COLLEGE

1000 Hempstead Avenue Eleanor B. Wapner  
Rockville Center, NY 11570

\* \* \*

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Gymnastics/Exercises  
Mobility Exercises  
Rhythm Based Movement  
Sports/Athletic  
Wheelchair Exercises  
Yoga  
Movement Therapy

COMMENTS:

We have a Gerontology Major; we also give a  
series of workshops each year. Faculty and students  
volunteer services; Senior Citizens come to Molloy  
to participate in special events.

ONGOING PROGRAM

\* \* \*

NORTH COUNTRY COMMUNITY COLLEGE

North Country Center of Gerontology Elizabeth Hudak  
20 Winona Avenue  
Saranac Lake, NY 12983

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Gymnastics/Exercises  
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

We offer: 1) an exercise program at low intensity to increase flexibility mobility and coordination for the older adult; and 2) a training program to teach others the concepts and techniques of low intensity exercises.

ONGOING PROGRAM

\* \* \*

STATE UNIVERSITY OF NEW YORK AT BUFFALO

309 Clark Hall Dr. John Piscopo  
Main Street Campus  
Buffalo, NY 14214

\* \* \*

PROGRAM AREA:

Health or Fitness Education

TARGET POPULATION:

Well Elderly

COMMENTS:

We offer Master's degree in physical education tract entitled, "Fitness and Leisure Programs for the Aging" students may also pursue the Doctoral degree in this area under the sponsorship of Department of Physical Education with an Interdisciplinary approach.

ONGOING PROGRAM

\* \* \*

SYRACUSE UNIVERSITY  
ALL-UNIVERSITY GERONTOLOGY CENTER

Brockway Hall Mary Montague  
Syracuse, NY 13210

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Games  
Mobility Exercises  
Motor Skills  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

The program offers a field learning experience to students in the Department of Health, Recreation & Physical Education; the field experience is a requirement of the Gerontology Center certification program.

ONGOING PROGRAM

\* \* \*

YORK COLLEGE

Jamaica, NY 11451 Dr. Ivan Kusinitz

\* \* \*

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Jogging  
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Two credits, 3 hours consisting of lecture and activity--many York students are older--as old as 73 years.

ONGOING PROGRAM

\* \* \*

NORTH CAROLINA

CENTRAL PIEDMONT COMMUNITY COLLEGE

P.O. Box 4009  
Charlotte, NC 28204

John A. Needy, Jr.,  
Dept. Chairman  
Carolyn M. Allred  
David B. Cash  
Peggy P. McDonald

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Exercises  
Jogging  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises  
Yoga  
Water Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Limited Movement Capacity

COMMENTS:

A slide tape of Water Exercise is available  
and video tape. Contact us if interested in  
procuring these.

ONGOING PROGRAM

\* \* \*

DUKE UNIVERSITY

105 Card Gymnasium  
Durham, NC 27710

John Friedrich

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Jogging  
Rhythm Based Movement  
Sports/Athletics  
Rehabilitation--Cardiology Dept.--Dr. Wallace

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke

ONGOING PROGRAM

\* \* \*

MARS HILL COLLEGE

Recreation Department      Thomas Wood  
Mars Hill, NC 28754

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Mobility Exercises  
Motor Skills  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Mentally Disabled  
Emotionally Disturbed  
Limited Movement Capacity

COMMENTS:

Recreation majors who specialize in special populations spend an extensive amount of time working with the elderly.

ONGOING PROGRAM

\* \* \*

NORTH DAKOTA

MAYVILLE STATE COLLEGE

Mayville, ND 58257      Susan Schultz

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Games  
Jogging  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Limited Movement Capacity

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

UNIVERSITY OF NORTH DAKOTA

Fieldhouse Dr. Carl Miller  
Grand Forks, ND 58202

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Exercises  
Jogging  
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

This is an early risers class, with a mixture of students and elderly people from within the community.

\* \* \*

OHIO

BOWLING GREEN STATE UNIVERSITY

201 North Eppler Dr. Nora Liu  
School of HPER  
Bowling Green, OH 43403

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises  
Jogging

TARGET POPULATION:

Middle age to elderly

ONGOING PROGRAM

\* \* \*

KENT STATE UNIVERSITY

Applied Physiology Research Wayne E. Sinning  
Laboratory  
Kent, OH 44242

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Jogging  
Mobility Exercises

TARGET POPULATION:

All well people--present enrollment  
ages 22 to 79 years old

COMMENTS:

Our program is for "well" adults of all ages. It requires medical clearance including a stress test to maximum work tolerance. The exercise sessions are offered five days per week early in the morning (6:45 a.m.) or at noon. Participants exercise at their own capacity. Cardio-vascular exercise intensity is monitored by heart rate. Participants may jog or swim for aerobic training. Bicycle ergometers are also used when necessary. This is a service for fee program. Clearance costs \$75.00; therefore, participants pay \$100.00 per year.

ONGOING PROGRAM

\* \* \*

UNIVERSITY OF AKRON

Herman Performance Laboratory Robert N. Candee  
Akron, OH 44325

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Mobility Exercises  
Motor Skills  
Range of Motion

TARGET POPULATION:

Well Elderly

COMMENTS:

We operate our program in conjunction with the Department of Physical Education and Institute for the Life-Span Development and Gerontology. This program is an ongoing training and service delivery model.

ONGOING PROGRAM

\* \* \*

OKLAHOMA

CAMERON UNIVERSITY

2800 Gore Boulevard  
Lawton, OK 73505

Dr. Charles E. Andrus

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Arthritic  
Emotionally Disturbed  
Limited Movement Capacity

COMMENTS:

Our program is in its infancy. Instrumental developments are expected in the near future.

LIMITED DURATION

\* \* \*

OKLAHOMA STATE UNIVERSITY

School of HPELS  
Stillwater, OK 74074

Dr. A.B. Harrison

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Fitness Evaluation

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

\* \* \*

SOUTH OKLAHOMA CITY JUNIOR COLLEGE

7777 South May Avenue            Connie Crew  
Oklahoma City, OK    73159

\* \* \*

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Jogging  
Mobility Exercises

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

SOUTH OKLAHOMA CITY JUNIOR COLLEGE

7777 South May Avenue            Jane Carney  
Oklahoma City, OK    73159            Dale Johnson

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Gymnastics  
Mobility Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Limited Movement Capacity

COMMENTS:

Programs are funded through grant sources and from College Community Service budget; Short courses, speakers bureau, short seminars, etc. Also, activities and skills upgrading for persons working with elderly. Also have associate degree program in Aging.

LIMITED DURATION

\* \* \*

OREGON

CLACKAMAS COMMUNITY COLLEGE

19600 South Molalla Avenue    Johnette Peery  
Oregon City, OR 97222

\* \* \*

PROGRAM AREA:

Community Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Deaf  
Mentally Disabled  
Emotionally Disturbed  
Limited Movement Capacity

COMMENTS:

This is the sixth year of the program, which consists of appropriate activity/movement and is conducted in a retirement center, and nursing home facilities.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

OREGON STATE UNIVERSITY

Dept. of Physical Education    Dr. Marie Boarman  
Corvallis, OR 97331            Dr. Donald Campbell

\* \* \*

PROGRAM AREA:

Health or Fitness Education  
Option in Undergraduate Major Program  
for Physical Education Students

ACTIVITIES COMPRISING PROGRAM:

Physical Activities for Older Adults  
Gerokinesiatrics

TARGET POPULATION:

Undergraduate Major

ONGOING PROGRAM

\* \* \*

PORTLAND COMMUNITY COLLEGE

12000 Sev 49th Bill MacDonald  
Portland, OR 97219

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Jogging  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly  
Arthritic

COMMENTS:

There is no specific program, instead we  
set aside classes that cater to the elderly.

\* \* \*

PORTLAND STATE UNIVERSITY

P.O. Box 751 Dr. Michael W. Tichy  
Portland, OR 97207

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Games  
Jogging  
Mobility Exercises

TARGET POPULATION:

Well Elderly  
Adult Population

ONGOING PROGRAM

\* \* \*

PENNSYLVANIA

BLOOMSBURG STATE COLLEGE

Bloomsburg, PA 17815 Dr. Stephen Bresett

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Jogging  
Mobility Exercises  
Range of Movement  
Flexibility and Strength

TARGET POPULATION:

Well Adults  
Rehabilitation

COMMENTS:

We offer individualized exercises to faculty, family, and staff of the college--students also use the service--facility is an adapted physical education lab 30' X 80' equipped with staff bars, pulley weights, benches, bicycle ergometers, running machines, tread mill, mirrors, wands, hand weights, over head ladders, and mats.

ONGOING PROGRAM

\* \* \*

CALIFORNIA STATE COLLEGE

Third Street Ms. M. Isobel Knill  
World Culture Building  
California, PA 15419

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Mobility Exercises  
Neuromuscular Relaxation

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Limited Movement Capacity

COMMENTS:

The fitness/recreation program began two years ago with recreational swimming and swimming lessons. This semester it has been given a small multi-purpose room for dancing, active and passive games, as well as exercise classes and discussions on a variety of mental and physical health problems.

ONGOING PROGRAM

\* \* \*

PENNSYLVANIA STATE UNIVERSITY

University Park, PA 16802 E.R. Buskirle  
K. Stoedefalke

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Limited Movement Capacity

COMMENTS:

Primarily a research program--but Dr. K. Stoedefalke runs a noon exercise program on a regular basis. The others have set up special programs.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

SLIPPERY ROCK STATE COLLEGE

Slippery Rock, PA 16057 Helen Knierim

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education  
Regional Workshops

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Limited Movement Capacity

COMMENTS:

Our program was started 5 years ago and has expanded. Our Center for Study of Aging was opened in Fall, 1979. This is an interdisciplinary program with fitness and exercise as one part.

ONGOING PROGRAM  
LIMITED DURATION

\* \* \*

TEMPLE UNIVERSITY

Broad and Montgomery Dr. Z. Kendrick  
Philadelphia, PA 19122

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Jogging

TARGET POPULATION:

Well Elderly

COMMENTS:

We have an "in house" program. At this time we are developing programs for "out house" activities.

ONGOING PROGRAM

\* \* \*

WEST CHESTER STATE COLLEGE

West Chester, PA 19380 Carol Matz

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Limited Movement Capacity

COMMENTS:

Students also conduct small group discussions for health education. Subjects include nutrition, sleep habits, coping with pain, relaxation techniques, etc.

LIMITED DURATION

\* \* \*

RHODE ISLAND

UNIVERSITY OF RHODE ISLAND

Keaney, Kingston, RI 02881 Prof. Emeritus Slader

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Course; Physical Aging and Leisure Skills:  
Have 3 sessions at Rec. Center for 1 hour divided  
into mini lecture; Seated Ex., Stand Ex., Recumbent  
and Relaxation and Line Dancing.

ONGOING PROGRAM

\* \* \*

SOUTH CAROLINA

DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL

2600 Bull Street Jim LaBonte  
Columbia, SC 29201

\* \* \*

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises  
Wheelchair Exercises  
Stretching/Strength and Aerobic Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

We are involved in promoting fitness for all  
age groups. We recognize the needs of the elderly  
and serve as consultants for those groups interested  
in involving them in movement fitness programs. We  
have several articles which deal with how to begin  
a fitness program and fitness for older adults.  
Presently working on a fitness manual for older adults.

ONGOING PROGRAM

\* \* \*

SOUTH DAKOTA

SOUTH DAKOTA STATE UNIVERSITY

Dept. of HPER                      Jan Flynn  
Brookings, SD 57007

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Mobility Exercises  
Rhythm Based Movement  
Wheelchair Exercises  
Walking

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Deaf  
Emotionally Disturbed (very seldom)  
Limited Movement Capacity

COMMENTS:

Main emphasis: effective gains in flexibility, range of motion, and neuromuscular coordination thus improving the mobility of older Americans.

ONGOING PROGRAM

\* \* \*

TENNESSEE

MEMPHIS STATE UNIVERSITY

Memphis, TN 38152                      Frank Rosato

\* \* \*

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Deaf  
Limited Movement Capacity

COMMENTS:

The thrust of our workshop is aimed at preparing or as in-service training for exercise leaders in a variety of settings (nursing homes, retirement homes, adult housing, etc).

LIMITED DURATION

\* \* \*

TENNESSEE TECHNICAL UNIVERSITY

Cookeville, TN 38501 Robert C. Fort

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Senior Citizens Center

ACTIVITIES COMPRISING PROGRAM:

Games  
Gymnastics/Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

We use volunteers from a gerontology class for work at the senior citizens center and occasionally nutrition centers. The class is a joint numbered 421-521 health education class required of under graduate health majors. It is an elective for graduate students.

INTERMITTENT

\* \* \*

TEXAS

NAVARRO COLLEGE

Box 1170 James Spirey  
Corsicana, TX 75110

\* \* \*

PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises  
Jogging

TARGET POPULATION:

Well Elderly

COMMENTS:

Our program is for anyone 60 years of age or older. We offer short courses and the members may take college credit courses free.

ONGOING PROGRAM

\* \* \*

TEXAS WOMEN'S UNIVERSITY

Box 23717 TWU Station Dr. Joseph D. Teaff  
Denton, TX 76204

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PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance  
Games  
Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Motor Skills

TARGET POPULATION:

Well Elderly

COMMENTS:

A Senior Center adjoins our campus, and students do practicums and affiliations there. A retirement community is nearby and students also do practicums and affiliations there.

ONGOING PROGRAM

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UNIVERSITY OF HOUSTON - CLEAR LAKE CITY

2700 Bay Area Boulevard Dr. A.E. Coleman  
Houston, TX 77058

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PROGRAM AREA:

Physical Fitness Activity  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Jogging  
Mobility Exercises

TARGET POPULATION:

Well Elderly  
Pre-retirement of Government Employees

COMMENTS:

Preparation for retirement. Maintenance of health, fitness, mobility and nutrition.

LIMITED DURATION

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UTAH

UNIVERSITY OF UTAH - COLLEGE OF HEALTH

Leisure Studies Division      George Fenstermacher  
Salt Lake City, UT 84112

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PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education  
Recreation

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Mobility Exercises  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Deaf  
Mentally Disabled  
Emotionally Disturbed  
Limited Movement Capacity

ONGOING PROGRAM  
LIMITED DURATION

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UTAH STATE UNIVERSITY

Logan, UT 84322

Dale Nelson

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PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Gymnastics/Exercises  
Jogging/Walking  
Mobility Exercises  
Rhythm Based Movement

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke

COMMENTS:

We have a post coronary and adult fitness program. Big summer involvement with retired people.

ONGOING PROGRAM  
LIMITED DURATION

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VERMONT

COLLEGE OF ST. JOSEPH THE PROVIDER

Rutland, VT 05701 Dr. Allen Sher

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PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

- Folk Dance
- Games
- Exercises
- Jogging

TARGET POPULATION:

- Well Elderly
- Mentally Disabled
- Emotionally Disturbed

COMMENTS:

I have led workshops in "Dances Without Partners" for Senior Citizens. Our College has a new program in Human Services. As part of Recreation in general. We are building an Exercise Trail on our College property. We give attention to recreational activities (games, dance) for Senior Citizens. We expect the Trail to be used by Senior Citizens for Hiking, Jogging, and Exercise at the different Exercise Stations.

LIMITED DURATION

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VIRGINIA

UNIVERSITY OF VIRGINIA

Dept. of Health & Dr. Robert Rotella  
 Physical Education  
 201 Memorial Gymnasium  
 Charlottesville, VA 22901

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PROGRAM AREA:

- Physical Fitness Activity
- Rehabilitation
- Health or Fitness Education
- Counseling

ACTIVITIES COMPRISING PROGRAM:

- Aquatics
- Dance
- Games
- Gymnastics/Exercises
- Jogging
- Mobility Exercises
- Motor Skills
- Rhythm Based Movement
- Sports/Athletics
- Wheelchair Exercises
- Stress Management
- Relaxation Training

TARGET POPULATION:

- Well Elderly
- Arthritic
- Cardiac/Stroke
- Blind
- Mentally Disabled
- Limited Movement Capacity
- Pre-Retirement 50-60

(con't) University of Virginia

COMMENTS:

We have 50-70 older adults who meet every Saturday 10:00 a.m. - 12:30 p.m. at the University. A variety of related programs are presented during the week at community agencies. Most of our participants are the well elderly. We do have a manual (approx. 300 pages), "Planning for the Recreational Needs of the Elderly," which is available for \$12.00.

ONGOING PROGRAM

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VIRGINIA TECH

Cardiac & Intervention Program William G. Herbert, Ph.D.  
112 War Memorial Gym  
Blacksburg, VA 24061

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PROGRAM AREA:

Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Jogging  
Mobility Exercises  
Muscular Endurance Activities

TARGET POPULATION:

Cardiac/Stroke  
CHD High Risk

COMMENTS:

Our Center is devoted to providing rehabilitation activities for CHD Patients and exercise programs for other adults at risk for heart disease development.

ONGOING PROGRAM

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WASHINGTON

CENTRAL WASHINGTON UNIVERSITY

Dept. of Physical Education    Jan Boyungs  
Ellensburg, WA 98926            Karen Jenison

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PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Gymnastics/Exercises  
Jogging  
Mobility Exercises  
Rhythm Based Movement  
Travel

TARGET POPULATION:

Well Elderly  
Arthritic  
Cardiac/Stroke  
Blind  
Deaf  
Mentally Disabled  
Emotionally Disturbed  
Limited Movement Capacity

ONGOING PROGRAM

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WASHINGTON STATE UNIVERSITY

Dept. of Physical Education    Dr. Marlene Adrian  
for Women  
Pullman, WA 99164

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PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education  
Research

ACTIVITIES COMPRISING PROGRAM:

Aquatics  
Dance  
Games  
Mobility Exercises  
Motor Skills  
Rhythm Based Movement  
Sports/Athletics

ONGOING PROGRAM

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WISCONSIN

UNIVERSITY OF WISCONSIN

504 N. Walnut Street                      Everett L. Smith, Ph.D.  
Preventive Medicine Bldg.  
Madison, WI    53706

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PROGRAM AREA:

Physical Fitness Activity  
Rehabilitation  
Health or Fitness Education

TARGET POPULATION:

Well Elderly  
Cardiac/Stroke  
Limited Movement Capacity

LIMITED DURATION

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