

# PEP 3660: Adaptive Physical Education

## Photovoice Project Guidelines

Part 1 Due Date: Wednesday September 7<sup>th</sup>!

Part 2 Due Date: Monday December 5<sup>th</sup>!

Format: Electronic!!!

One of the best ways to communicate is through pictures; we have all heard of “A picture is worth a 1000 words”! Now is your chance to communicate only through a lens. This project will ask you express your experiences, thoughts, feelings, vision, and beliefs about what it means to be disabled. Students will take a minimum of 30 pictures to communicate and see the world through each students’ perspective.

### **Course Evaluation/Assessment and Grading/Description of Evaluations/Assessments:**

Cognitive Assessment (1).....	100 points
Disability Presentations (1) .....	50 points
Teaching Reflections (5).....	50 points (10 points each)
<b>Photovoice Project (1).....</b>	<b>75 points</b>
Inclusion Poster (1).....	25 points
CAPES! Reflections (10).....	100 points
 Total Possible Points.....	 400 points

### **PART 1: Due Wednesday September 7<sup>th</sup>!**

1. **Take\*\*** 15 pictures of what it means to you to be disabled. Remember that you are trying to use pictures to communicate to your audience what “disabled/disability” means to **you**. NO PICTURES OF INDIVIDUALS!!! Dr Z. will create and invite you to a Drive folder for you to upload them to. (If that doesn’t work you can send them to me by email.)
2. Create a description explaining your experiences, thoughts, feelings, vision, and beliefs about what it means to be disabled. Be sure to tie your thoughts to specific images to help your audience see your world.

**\*\* = This means you actually take them! “Finding” them on the internet defeats the purpose of this project and you will not get credit.**

**Part 2: Due Monday December 5<sup>th</sup>!**

1. Throughout the semester, reflect and think about what it means to be disabled. Take 15 pictures which represent how you view “disabled/disability”. PICTURES OF INDIVIDUALS ALLOWED BUT **ONLY** FROM CAPES! PARTICIPANTS! Dr Z. will create and invite you to a Drive folder for you to upload them to. (If that doesn’t work you can send them to me by email.)
2. Create a description explaining your experiences, thoughts, feelings, vision, and beliefs about what about what “disabled/disability” means to you in this second group of 15 pictures. Be sure to tie your thoughts to specific images to help your audience see your world.
3. Come prepared to explain your pictures and how this project has influenced / means to you and what you want your audience to learn from it.
4. Come prepared to examine each other’s pictures and express the meanings you find in them by looking at what other people have done.
5. Come prepared with your 4 most meaningful pictures...2 at the beginning and 2 at the end of the course you took which could be used to sum up your experiences, thoughts, feelings, vision, and beliefs about what “disabled/disability” means to you and explain how/why each picture is so meaningful to you.

**NOTE: On Monday December 5<sup>th</sup> because of the size of our class you will want to bring and be prepared to discuss your most influential pre-post pictures that you can then describe how you have been shaped by this course and CAPES! and your teaching! So maybe only ~5 minutes of pictures total per person for “show and tell” in class. However, you will be graded on your ENTIRE photovoice project (all 30 pictures) as well.**

**Grading Checklist:**

1.83 points for each picture taken with descriptor attached (30 \* 1.83 = 55 points)

Up to 5 points for being able to express how this project has influenced / means to you and what you want your audience to learn from it.

Up to 5 points to be able to express the meanings you find by looking at what other people have done.

Up to 10 points to critically analyze and share your 4 pictures.

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1/17/2022

### Photovoice Project



1. One of the first things that I thought of when it came to what it means to me was a puzzle. I know this puzzle isn't finished but a disability makes me think of everything except a little piece missing. They are able to do most things but there is just a little piece that's missing that limits some of the things that they do. Which allows them to make up for it in other ways. It's still a beautiful picture and you can see what the image is.



2. The next picture that I had was a picture of the road. I liked this picture because I think people with disabilities are very dedicated and determined people. They have to manage a life with trials which means that they have a long road ahead of them. It's a lot of challenges with successes and mistakes.



3. The next picture that I have is a picture of an elevator. To me being disabled means that sometimes you need extra support even when you don't want it. You need something or

someone to lean on at times and that's ok and that is how we all are. We just have to be willing to ask for the help in the moments that we need it.



4. I have a picture of the ocean and I believe that it represents an opportunity to do things. It helps us to understand that there are an endless number of opportunities no matter the circumstance if we are looking in the right direction. It can be hard with any kind of disability but no matter what kind you have you are still able to have opportunities to accomplish the things that you want. That goes for all the aspects of life.

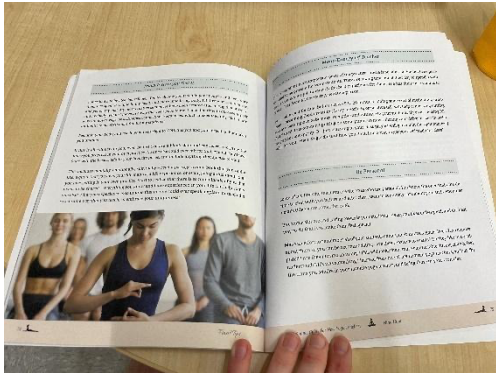


5. The picture of all the hands together is a representation of inclusion and being involved. I think having a disability sometimes can be really hard in a sense of you don't feel like everyone else or you think that people don't look at you as a normal person. But I believe that everyone should be included and treated the same no matter how you look or the things that they struggle with. Being able to have things that are included is important for everyone and makes everyone much happier and life better.



6. I have a picture of a lifting bar with a lot of weight on it because I believe that people that deal with these are really strong. They go through so much and most of the

time they never asked for anything like this to happen to them. But they go in day after day and learn how to fight and overcome the hard things and use them as ways to become even stronger.



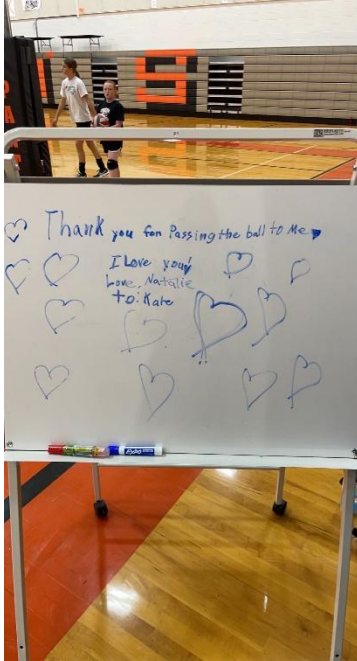
7. I chose a picture of a book because I believe this represents someone with a story. I think that everyone has a story but especially people with a disability. Whether it be all the things they work through or all the successes that they accomplish. They have a story and often times its pretty incredible to hear about it.



8. I took a picture of a school because I think that everyone associates a school with where you learn. I believe that there are so many lessons that can be learned from people with or managing disabilities. They help us to remember to have a perspective of the things that are really important in life. Just because they might be limited at times or it takes them longer, they make the best of the situations that are in front of them. And remember that there are bigger things in life that are more important.



9. I have a picture of the mountains because it symbolizes going through things that could be frightening but eventually always coming out on top. I think that no matter what we struggle with there is always a way to be able to overcome the hard things and come out on top. And I think that people that struggle with things like this show us that there is always a way to come out on top. Doesn't mean that it's going to be easy but it's possible.



10. I took a picture of this note that one of my volleyball girls left me one day at camp. I did this because when I think of people that have some sort of disability, I think of some of the happiest and sweetest kids. They have some sort of light about them that makes you want to be around them. You instantly love them even though sometimes I can be hard to understand or help them. They make you feel happy and they are supportive.



11. I did a set of stairs because I believe that sometimes you have to take one step at a time. Being able to overcome and learn how to get better at dealing with problems whether it be from anything or born with it, you have to be able to take one step at a time. It's not all going to happen at once and you aren't going to be better all of a sudden but over time you will be able to get to where you are going.



12. Sometimes we are limited with some of the things that we can do. There will be things that we are going to have to modify in order to accomplish so it makes us need to think



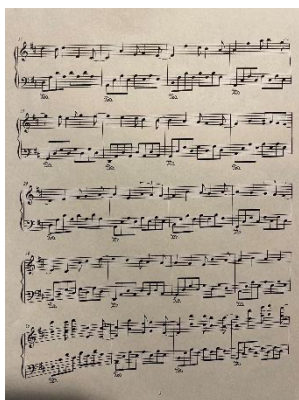
outside of the box. We have to be willing to find creative ways to do things so that we are able to do them. Or to try new things.



13. I think that sometimes having any kind of disability can often feel like you are being left on the inside and not being able to experience the world as a whole. It can limit the things that you are able to do at times and I think that can make people feel like they don't belong. Or that they aren't able to experience things like everyone else.



14. I think that a lot of times we get caught up with our inabilities or the struggles and hard things in our life. We tend to think that they define us. But that is not the case and we need to remember that. Everyone has things but that doesn't define them and so having a disability doesn't define someone but helps us to be able to relate to them better.



15. I have a picture of piano sheet music because I believe that with certain disabilities like learning ones, it can be hard to learn new skills. Whether they are cognitive, psychomotor, or affective. And that's ok that it takes people longer to learn new skills because they can still have the opportunity to learn them.