

Inclusive Experiential Activities in Adapted Physical Education

| **Event Time:** May 6, 2025, 1:00 PM – 3:00 PM

| **Event Venue:** Room 2F13, Commerce Building

| **Event Description:**

As part of this semester's Adapted Physical Education course, Professor Jin-Long Chen has organized an **Inclusive Activity Design and Experiential Learning** session. The event features a special guest speaker, **Mr. Sheng-Hsiung Wang** from **New Taipei Municipal Tamshui Industrial & Commercial Senior High School**, who will give a lecture on adapted physical education and lead the class in experiential activities involving **Bocce** and **Snowshoeing**.

Bocce is a sport that combines skill and strategy. Adapted by the **Special Olympics**, it emphasizes inclusivity and fosters team communication and cooperation. Mr. Wang explained the rules and strategies of Bocce, then guided students through hands-on group activities on the lawn, simulating both the typical player experience and that of individuals with visual impairments to highlight differences in perception and participation.

Snowshoeing, a competitive winter sport that involves running on snow while wearing snowshoes, is known for its inclusivity and emphasis on active participation. It also helps build team spirit, confidence, and a sense of accomplishment. Popular in the **Special Olympics Winter Games**, snowshoeing encourages outdoor engagement. In class, Mr. Wang demonstrated how beach terrain can be used to simulate snow conditions for training. Students then had the opportunity to try on snowshoes, learning how to distinguish left from right, put them on correctly, and practice walking and running in them. The experience was enriching and valuable for all participants.

