

**Delaware State University**  
SINCE 1891

Wesley College of Health  
and Behavioral Sciences



# Building Pathways to Careers in Occupational Therapy



# Advancing Health Lifestyles

## Objectives:

1. Build strength, build confidence, and improving coordination through creative play.
2. Create a safe environment for individuals with developmental delays and disorders to engage in gross motor activities.
3. Increased the likelihood of healthy eating and healthy beverage consumption.
4. Identify and promote opportunities for children with special needs to engage in physical activity.

# Gross Motor Assessment

- Objectives met: #1, #2, and #3.
- Assessment created and implemented by:
  - MOT students: Rajae Sephes and Alexcia Meadows



# Purpose & Concepts

- This assessment tool was created to identify and assess if a child presents with any gross motor deficits
- Understanding the deficits will help the test administer to modify/adapt the activities set fourth in order for the children to be able to participate
  
- **Locomotion**
  - directional movement that enables someone to move from one location to another
  - Ex: walking, running, marching, climbing, skipping, crawling
- **Object Control**
  - movement skills that require the ability to handle an object with control
  - Ex: throwing, catching, dribbling, striking



# EXAMPLE

## Object Control Testing

- Object control skills, also referred to as manipulative skills are movement skills that require the ability to handle an object with control refer.
- An individual's level of control can provide a baseline from where opportunities for progression or transfer of skills can result in more advanced skillful execution.

Skill	Can The Student Complete This Skill		
	Yes	W/ Assistance	No
Catching a ball with 2 hands			
Throwing a ball with 1 hand (upgrade)			
Rolling a ball (downgrade)			

**Activity Recommendations:** If participants can complete above activities, they can engage in catch, dodgeball, bowling, bean bag toss.



Catching a ball with 2 hands- ball is caught with 2 hands with arms extended or bent at the elbows	Throwing a ball with 1 hand- Elbows flexed to 90 degrees then extended to prompt release of the ball to be thrown	Rolling a ball with 1 hand- student can roll ball bending 1 knee or not at all, swinging 1 arm back to swing forward and releasing the ball upon roll
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- If participant is wheelchair bound check their object skills by having them complete slow, large arm circles while holding a tennis ball. The individual can be asked to keep their arms and back straight while making big circles with their arms.
- If the individual can complete 5 arm rotations counterclockwise, then have them complete 5 more arm rotations clockwise.

- In order to upgrade the activity, provide the participant with a 5lb weight or attach a 5lb wrist weight to their wrist, to hold while completing their arm circles. In doing so, the participants in hand manipulation and dexterity skills will be observed.

Skill	Can The Student Complete This Skill		
	Yes	W/ Assistance	No
5 arm circles with tennis ball in hand clockwise and counterclockwise			
5 arm circles with 5lb weight in hand or 5lb wrist weight clockwise and counterclockwise (upgrade)			
5 Arm Circles clockwise and counterclockwise (downgrade)			

**Activity Recommendations:** If participants can complete above activities, they can engage in seated yoga, seated card/ board games, seated hot potato.



**Additional Comments:**

# Gross Motor Assessment



“We’re Clinicians” -  
Rajae

# DATA

Gross Motor Assessment Tool Record- April 12<sup>th</sup>, 2023

	Locomotor Test #1			Locomotor Test #2			Object Control #1			Object Control #2		
	Sliding	Walking	Running	Straight	Zig-Zag	Snaking	Rolling Ball	2 Hand Catch	1 Hand Throw	Stationary Ball	Rolled Ball	Running to Ball
1	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	W/Assist	N/A	N/A	N/A	N/A	N/A	N/A
2	W/ Assist	Yes	W/Assist	Yes	W/ Assist	No	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
3	N/A	Yes	Yes	Yes	W/Assist	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
4	Absent			Absent			Absent			Absent		
5	Absent			Absent			Absent			Absent		
6	<u>Yes</u>	Yes	Yes	N/A	W/ Assist	W/Assist	N/A	N/A	N/A	N/A	N/A	N/A
7	<u>Yes</u>	Yes	Yes	W/ Assist	No	No	N/A	Yes	No	<u>Yes</u>	Yes	Yes
8	W/ Assist <u>For All</u>			W/ Assist <u>For All</u>			N/A	N/A	N/A	Yes	W/ Assist	W/ Assist
9	N/A	Yes	Yes	N/A	Yes	Yes	N/A	Yes	Yes	N/A	Yes	Yes
10	N/A	W/ Assist	W/Assist	W/ Assist <u>For All</u>			N/A	Yes	Yes	N/A	W/ Assist	W/Assist
11	N/A	Yes	Yes	N/A	Yes	Yes	N/A	Yes	No	N/A	Yes	Yes
12	No	W/Assist	W/ Assist	W/ Assist	No	W/ Assist	N/A	N/A	N/A	N/A	N/A	N/A

Yes- Student can complete  
 No- Student could not complete  
 N/A= Not tested on student  
 W/ Assist= With assistance  
 Absent= Student was not present

Gross Motor Assessment Tool Record (Post Assessment)- April 20<sup>th</sup>, 2023

	Locomotor Test #1			Locomotor Test #2			Object Control #1			Object Control #2		
	Sliding	Walking	Running	Straight	Zig-Zag	Snaking	Rolling Ball	2 Hand Catch	1 Hand Throw	Stationary Ball	Rolled Ball	Running to Ball
1	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	N/A	Yes	Yes	N/A	N/A	N/A
2	No	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
3	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	N/A	Yes	Yes	Yes	N/A	N/A
4	Absent			Absent			Absent			Absent		
5	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
6	Absent			Absent			Absent			Absent		
7	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	N/A	Yes	Yes	<u>Yes</u>	No	Yes
8	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
9	No	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
10	Absent			Absent			Absent			Absent		
11	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	N/A	N/A	N/A	<u>Yes</u>	No	No
12	W/ Assist	W/ Assist	No	W/ Assist <u>For All</u>			N/A	N/A	N/A	N/A	N/A	N/A

Notes:

Student 2 required verbal cuing with zig- zagging through the cones.  
 Student 8 required cuing for zig- zagging and snaking through the cones.  
 Student 9 required verbal cuing for zig- zagging and snaking through the cones. However, Landon did not require cuing for subtests in the object control #1 category.  
 Student 11 required assistance for all subtest in Locomotor Test #1 & #2 due to mobility in standing walker.

Yes- Student can complete  
 No- Student could not complete  
 N/A= Not tested on student  
 W/ Assist= With assistance  
 Absent= Student was not present

# DATA

Gross Motor Assessment Tool Record – March 29<sup>th</sup>, 2023

Student #	Locomotor Test #1			Locomotor Test #2			Object Control #1			Object Control #2		
	Sliding	Walking	Running	Straight	Zig-Zag	Snaking	Rolling Ball	2 Hand Catch	1 Hand Throw	Stationary Ball	Rolled Ball	Running to Ball
1	No	Yes	Yes	N/A	N/A	N/A	N/A	N/A	N/A	<u>Yes</u>	Yes	No
2	No	Yes	Yes	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	No	No	No	Yes
3	N/A	Yes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
4	Absent			Absent			Absent			Absent		
5	N/A	Yes	N/A	N/A	N/A	N/A	No	W/Assistance	No	N/A	N/A	N/A
6	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	N/A	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	No
7	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
8	<u>Yes</u>	Yes	No	N/A	N/A	N/A	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	N/A
9	N/A	N/A	N/A	N/A	N/A	N/A	No	Yes	Yes	<u>Yes</u>	Yes	No
10	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
11	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	W/VC	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	Yes
12	No	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	Yes
13	<u>Yes</u>	Yes	Yes	N/A	N/A	N/A	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
14	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	<u>Yes</u>	Yes	No
15	<u>Yes</u>	Yes	No	Yes	N/A	N/A	<u>Yes</u>	Yes	Yes	N/A	N/A	N/A
16	Absent			Absent			Absent			Absent		

Notes:  
 Student 2 required cuing for at least 1 subtest in each category.  
 Student 15 was capable of completing required tests after providing verbal and visual cues.  
 Student 11 could complete snaking, but required visual cuing.  
 4 out of 18 students could complete each subtest through the 4 categories.

Yes- Student can complete  
 No- Student could not complete  
 N/A= Not tested on student  
 VC= verbal cues

Post data was not collected because the gym was unexpectedly unavailable.

**Downtown Open Gym Will  
 be closed for the  
 remainder of the semester**

Main campus gym is still open from 7pm-8pm Monday 4/24 till  
 Thursday 4/27 and will be open from 10-6pm Monday 5/1 to  
 Friday 5/5

Contact [Wrc@desu.edu](mailto:Wrc@desu.edu) if you have any questions





# DATA

Gross Motor Assessment Tool Record – March 29<sup>th</sup>, 2023

Student #	Locomotor Test #1			Locomotor Test #2			Object Control #1			Object Control #2		
	Sliding	Walking	Running	Straight	Zig-Zag	Snaking	Rolling Ball	2 Hand Catch	1 Hand Throw	Stationary Ball	Rolled Ball	Running to Ball
1	No	Yes	Yes	N/A	N/A	N/A	N/A	N/A	N/A	<u>Yes</u>	Yes	No
2	No	Yes	Yes	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	No	No	No	Yes
3	N/A	Yes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
4	Absent			Absent			Absent			Absent		
5	N/A	Yes	N/A	N/A	N/A	N/A	No	W/Assistance	No	N/A	N/A	N/A
6	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	N/A	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	No
7	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
8	<u>Yes</u>	Yes	No	N/A	N/A	N/A	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	N/A
9	N/A	N/A	N/A	N/A	N/A	N/A	No	Yes	Yes	<u>Yes</u>	Yes	No
10	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
11	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	W/VC	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	Yes
12	No	Yes	Yes	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	No	<u>Yes</u>	Yes	Yes
13	<u>Yes</u>	Yes	Yes	N/A	N/A	N/A	<u>Yes</u>	Yes	Yes	<u>Yes</u>	Yes	Yes
14	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	<u>Yes</u>	Yes	No
15	<u>Yes</u>	Yes	No	Yes	N/A	N/A	<u>Yes</u>	Yes	Yes	N/A	N/A	N/A
16	Absent			Absent			Absent			Absent		

Notes:

Student 2 required cuing for at least 1 subtest in each category.  
 Student 15 was capable of completing required tests after providing verbal and visual cues.  
 Student 11 could complete snaking, but required visual cuing.  
 4 out of 18 students could complete each subtest through the 4 categories.

Yes- Student can complete  
 No- Student could not complete  
 N/A= Not tested on student  
 VC= verbal cues

Gross Motor Assessment Tool Record – April 26<sup>th</sup>, 2023

	Locomotor Test #1			Locomotor Test #2			Object Control #1			Object Control #2		
	Sliding	Walking	Running	Straight	Zig-Zag	Snaking	Rolling Ball	2 Hand Catch	1 Hand Throw	Stationary Ball	Rolled Ball	Running to Ball
Joey	No	Yes	Yes	Yes	Yes	Yes	N/A	N/A	N/A	Yes	Yes	No
Nicholas	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Benjy	N/A	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Logan	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No
Antonella	N/A	Yes	N/A	N/A	N/A	N/A	No	W/Assistance	No	N/A	N/A	N/A
Faith	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No
Andrew	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wafiq	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	N/A
Kevin	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Alexander	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Talya	Yes	Yes	Yes	Yes	Yes	W/VC	Yes	Yes	Yes	Yes	Yes	Yes
Aubrie	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Noah	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Mark	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Isabella	Yes	Yes	No	Yes	N/A	N/A	Yes	Yes	Yes	Yes	VC	VC
Wyatt	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Notes:

Nicholas required cuing for at least 1 subtest in each category.  
 Isabella was capable of completing required tests after providing verbal and visual cues.  
 Talya could complete snaking, but required visual cuing.  
 4 out of 18 students could complete each subtest through the 4 categories.

Yes- Student can complete  
 No- Student could not complete  
 N/A= Not tested on student  
 VC= verbal cues

# “How lucky am I to have something that makes saying goodbye so hard.” - Winnie the Pooh

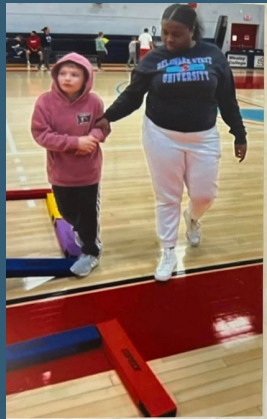
Ethan,  
Thank you for always making me laugh and the effort you put into learning new things. I had a great time working with and learning from you! I wish you the best! You're the coolest!  
Love,  
Tiana



Best Buddy  
EVER!  
Those cups got  
Nothing on you!



Dear Ar'Nez,  
You were the best partner ever! I looked forward to every Thursday, walking with you. You are brilliant! Enjoy your summer!  
- Your best bud,  
Joshlyn



I had the best time being your buddy! I wish you all the best with everything. Continue to be great the sky is the limit! Do well in school!  
- Your buddy  
Sianni!



Always remember →  
o Be yourself  
o Keep smiling  
o Have fun  
o Use your big boy voice  
Thank you for always being the best buddy!  
Love,  
Trey

Wyatt,  
You are an amazing kid. Seeing you every Thursday really made my day. You made my senior year great and I enjoyed spending it with you.  
You are the best hooper I seen.  
Good Job Wyatt!!



# Feedback and Positive Notes

**Bridget Ellison**  
3d · 🧑

So thankful for Amy, Knolan and their amazing students and for the partnership between DSU and our school ❤️🥰❤️ What a fun experience!!!



remember →

- o Be yourself
- o Keep smiling
- o Have fun
- o Use your big brain

have been  
great buddy

Thank you for always being the best buddy!

Love,  
Trey

att,  
you are an amazing kid  
making you every Thursday  
I made my day. You make  
me smile every day. You make  
me feel great and  
I love spending it with  
you.

you are the best helper  
I've ever seen

Good Job Wyatt!!

an,  
thank you for always  
making me laugh and  
the effort you put into  
trying new things.  
I had a great time  
being with and  
learning from you! I  
love you the best! You're  
the coolest!

Love,  
Tiana

Hello Jaden,  
Thank you for being a great buddy, I enjoyed  
your energy each time. Have a great rest of the  
school year!

From  
Jude +5

DSU & Wesley College Kinesiology Students and Alumni  
3d · 🧑

**JoAnn Nicole**  
Oh I love this .. makes my heart melt

Like Reply 3d

**Bridget Ellison**  
JoAnn Nicole the buddies were so awesome!! So great to see!

Like Reply 3d

**Allie Adams**  
🥰🥰🥰🥰🥰

Like Reply 3d

**Cathy Belton**  
We need this at KCCS BTW ima need Info lol

Like Reply 3d

**Bridget Ellison**  
Cathy Belton it's been so great!! I'll get you the details!!!

Like Reply 3d



# Next Steps



Collaborate with other Departments to expand to other schools.