



# Children's Physical Developmental Clinic

A Program  
Designed...

To Serve  
Children and  
Youth with  
Disabilities

To Prepare  
Tomorrow's  
Professionals  
and  
Community  
Leaders



BRIDGEWATER

STATE UNIVERSITY

## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC



*"The Children's Physical Developmental Clinic (CPDC) has given countless children the opportunity to participate in vital physical and motor programs that provide an immeasurable sense of personal accomplishment, self-esteem and hope."*

EXCERPT FROM THE CITATION OF RECOGNITION  
PRESENTED BY MR. LOUIS RICCIARDI,  
CHAIRMAN OF THE BOARD OF TRUSTEES OF  
BRIDGEWATER STATE COLLEGE IN  
1994 DURING SPRING COMMENCEMENT.



## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC



### The Mission

#### The CPDC

- Addresses physical, motor and social needs of children and youth with disabilities;
- Enhances aspirations of society by assisting individuals with disabilities to live independent and productive lives;
- Prepares professionals for teaching, human service, as well as community service and leadership roles;
- Strengthens the human potential of communities throughout New England.



## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC

# The Children's Physical Developmental Clinic

Children and youth with disabilities need to:

- Improve physical fitness and acquire sufficient motor skills to be productive members of society.
- Learn fundamental and motor patterns, as well as sport, swimming and recreation skills to lead a life of active leisure pursuits.

The Children's Physical Developmental Clinic is a unique community service program sponsored by Bridgewater State University. The clinic is designed specifically for children and youth with disabilities, ages 18 months through 18 years. The clinic seeks to provide children with the opportunity to participate in vital programs that address their physical and motor development as well as their self-esteem. Children attend the program in two eight-week sessions during the fall and spring semesters each academic year. Undergraduate students from 12 academic majors serve as clinicians and group leaders in the program.

The clinic is held at the John J. Kelly Gymnasium on the campus of Bridgewater State University. The clinic utilizes an Olympic-size swimming pool, two gymnasiums, an early childhood intervention center and a physical-fitness training room.



## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC

## History of the Program

The clinic was founded at Bridgewater State University in spring 1974 and has been the recipient of two major awards. In 1985, Gov. Michael Dukakis presented the clinic the "Manuel Carballo Governor's Award for Excellence in Public Service" - the commonwealth's highest award for public service. In April 1999, the clinic received the "Adapted Physical Education Committee Service Award" given at the American Alliance for Health, Physical Education, Recreation and Dance National Convention in Boston. In addition, Bridgewater State University's CPDC has served as a model program for other colleges and universities throughout the country but remains the only one of its kind in New England.



## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC

## Overview of the Program

*The clinic seeks to improve the "total development" of children and youth with disabilities.*

Through observation and assessment, a child's developmental needs are identified. A comprehensive individual program is then designed to ameliorate physical, motor and social deficiencies. Each child works one-on-one with an assigned clinician who addresses a child's specific goals and objectives throughout a semester.

To achieve the goals of each child's individual motor program, experiences vary, but may include:

- Early intervention and water orientation skills;
- Physical fitness activities to improve muscular strength, muscle endurance and flexibility;
- Perceptual motor programs to enhance the development of body awareness and spatial awareness through the more sophisticated areas of laterality and directionality;
- Fundamental motor patterns and sport skills;
- Swimming and diving skills;
- Rhythmic and dance skills.

The clinic also addresses the recreational needs of children and youth. The program fosters social skills by teaching children to use their leisure time in a satisfying and constructive manner, thereby opening doors for fuller participation in society now and ultimately as adults. This goal is achieved through group activity in which children become aware of their ability to function successfully with others, learn the rules of games and demonstrate cooperative and competitive behaviors according to the type of game and nature of the social involvement.

In addition, the program stresses the improvement of self-esteem by strengthening the emotional-social aspects of children's personalities through successes at play. All children need and desire to participate with others in games, activities and sports. Moreover, children need to perform and succeed in an acceptable manner. Success and the enhancement of self-esteem are equally important considerations in the development of each child's program.



## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC

## Goals for Professional Development

The goals for professional development, which were established in 1974, remain key to the clinic's success today, and those principles are:

- to provide an educational climate that enhances both the personal confidence and professional competence of undergraduate students;
- to foster an atmosphere in which communication between students and faculty is both recognized as important and nurtured; and
- to assist students to be competitive professionals, yet instill in them an appreciation for developing both positive and cooperative relationships among those with whom they work.



## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC

## The Clinicians

The clinicians are highly motivated students who show an eagerness to work in the program, and demonstrate a willingness to accept the educational challenge of teaching and reinforcing children with various disabilities. To ensure the quality of the program, orientation and in-service training sessions as well as weekly staff meetings are conducted with clinicians. These sessions are complemented with weekly guest lecturers from the fields of medicine, education and psychology within and around Boston, who present topics pertaining to medical, developmental and rehabilitation needs.

These efforts enable clinicians to learn strategies to draw children into play activities, provide insight on how to maintain a consistent level of engagement, and develop methods to guide children to higher levels of performance and self-appreciation. The self-enrichment and educational value of the experience attracts many excellent students to the clinic program.

The clinic also supports volunteerism by offering student clinicians the opportunity to experience community service of a high order. BSU student clinicians gain confidence, knowledge and experience by working as members of an interdisciplinary team. Clinicians become thoroughly trained to develop a wide range of key competencies and skills which are directly applicable to their own personal and professional development.





## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC

## Leadership Development



One common denominator for the success of the clinic is the establishment of the role of administrative assistant, or what is more commonly known as a group leader. Students aspiring to this role have served a minimum of one year in the clinic and have performed at an exemplary level to warrant an opportunity to assist with the training and ongoing supervision of less experienced clinicians.

Over the years, clinicians have responded quite enthusiastically to the technical support and assistance offered by their experienced group leader. Clinicians see their group leader as a backup, resource, friend and not just a "supervisor." Group leaders coach their clinicians to see and understand each child's special problems, developmental level and needs with sensitivity and respect. Clinicians gain confidence and grow professionally because of their peer relationship with group leaders.



## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC

## Parental Involvement



Parents play a very important role in the success of the clinic. The program emphasizes the need for developing and maintaining close lines of communication between parents and their child's clinician. This close relationship is designed to enhance the child's involvement and progress in the program. This goal is achieved through dialogue with parents at the close of each session or by telephone during the week. Parents are also invited and encouraged to observe their child's progress during Saturday sessions.

Clinicians are asked to learn from parents, to keep them informed, to introduce them to play equipment and activities, and to assist them in meeting their child's play and developmental needs. The value of this parent contact is to develop a "fun-fitness" attitude in the home.

## CHILDREN'S PHYSICAL DEVELOPMENTAL CLINIC

### Referrals

Parent inquiries and requests for applications tend to be numerous. Inquiries and referrals are also received from medical centers and school systems. Physicians, psychologists, therapists, educators and social workers refer children to the clinic because the program supports and facilitates rehabilitation and educational efforts.

### Selection and Retention Policy

The Children's Physical Developmental Clinic is a program of community service and professional development. To achieve a representative population, children of various ages, disabilities and levels of disabilities are selected to reflect the wide range of challenges undergraduate students will encounter during their professional career.

### Applications

Inquiries and applications for enrolling children in the clinic can be obtained by contacting:

Sheila Campbell, *administrative director*  
Dr. Joseph H. Huber, *program director*

Children's Physical Developmental Clinic  
Kelly Gymnasium, Room 107  
Bridgewater State University  
Bridgewater, MA 02325  
scampbell@bridgew.edu

Telephone: 508.531.1776  
Monday through Friday  
8 AM-5 PM

The cost of the clinic is \$85/child  
per eight-week session  
(cost is subject to change).



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