

Investment on My Future

I joined the short-term study program implemented by Professor Matsushita in Ontario, Canada. The program was conducted in conjunction with Brock University in Canada. The students coming from Bunkyo Gakuin University and Tokyo University of Information Sciences participated in this program. Even though I felt three weeks was very short, I strongly believed that I got a lot of meaningful experience by participating in the program. Among those experiences, I hereby report some of my most impressive ones in this short essay.

Local Wheelchair Basketball

Brock university lends a gymnasium to a lot of club teams in nearby communities.



Among those, I had an opportunity to participate in “Naiagara Penguins” practice. It is a sports club team for people with disabilities. Brock University has been supporting this club from the standpoint of social inclusiveness. The team practices wheelchair basketball, Boccia and sitting volleyball.

Wheelchair basketball is a sport activity using special wheelchair as shown in the photo. For example, wheels are installed to inverted V shape to help people move quickly. It was made very light and many small casters are installed in it. When I participated in the practice, I sat on one of the wheel chairs and had opportunities to play the basketball with challenged players.

Boccia is like curling. Boccia is an attack and defend game, with two sides competing over a set number of ends. We threw six red balls and six blue balls targeting white balls each other. I have ever seen somebody playing Boccia on TV in Japan, but I

knew nothing about the rule until I participated in this program.



Every individual has some disabilities and preferences. By participating in this activity I became very interested in the way to be together, enjoy together and live together. I am not so long in the complicated concept such as “social inclusiveness”, but my gut feel told me the spirit of caring others was deeply embedded in such an activity.

Kinesiology and Taping Practices

I learned two taping methodologies based on Kinesiology in this program. First, I learned how to care for individuals when he or she broke arm. I was taught how to use

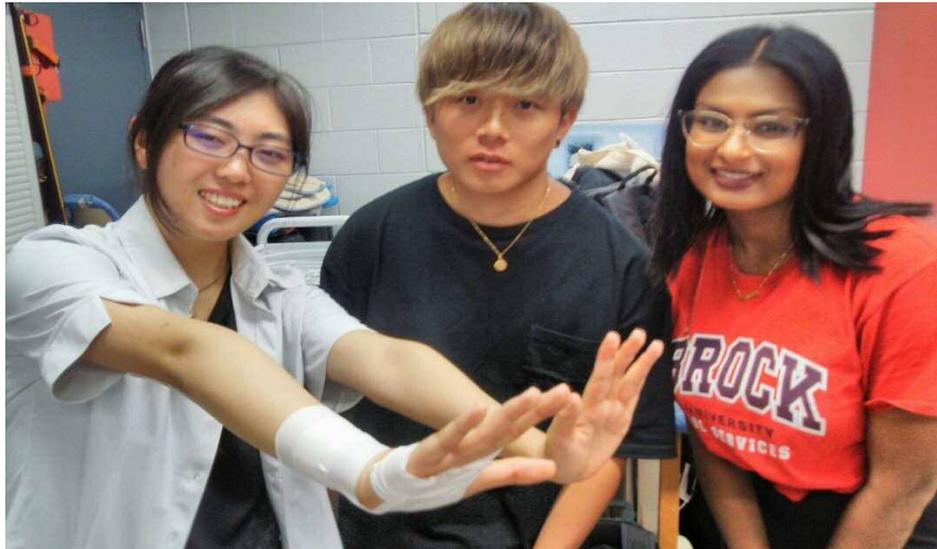
triangle bandage as shown in the photo. By appropriately wrapping elbow, the elbow can be fixed. I'm so surprised by actually practicing this intervention. By following simple instruction, one can easily accomplish this method. Before coming to Brock University Professor Matsushita explained what experiential learning was all about, I finally came to understand the essence of experiential learning; that was learning by doing.

Next I learned how to tape effectively when one twist wrist. Since this therapeutic intervention utilized specially designed surgical tape, I found it difficult in



appropriately

using the sticky tape. I required lots of training and efforts. Nevertheless, the instructor was very kindly taught us how to use this therapeutic approach. I think I should practice more hard. Yes, practice makes perfect! I used a lot of tapes to fix to avoid twisting in a painful direction, but as a result my hand was comfortably fixed.



Conclusion

In this short essay, I described what I experienced in participating in wheel chair basketball activity and Kinesiology. Besides those I was able to spend very good time every hour, every day during my stay at St. Catherines and Brock University. In a sense, this opportunity was like an investment for me; I would like to extend what I have experienced towards my future.

