

Division for Social Impact



Initiative by Faculty

Date: 2 November 2018

Number of Initiatives: 12

Initiative Title	Initiative Description	Initiative Owner
Stellenbosch Kinderkinetics: The key to improving developmental skills for movement (KIDSmove)	Stellenbosch Kinderkinetics: KIDSmove is aimed at improving gross motor skills of selected foundation phase children in the Kylemore Community. The programme will focus on developing the children holistically through movement. Gross motor development and sport specific skills will be the core components of the programme. This initiative will be in collaboration with AITSA! Aftercare Centres, a non profit organisation aimed at improving opportunities for children in the Kylemore community.	Africa, EK, Dr [africa@sun.ac.za]
Stellenbosch Kinderkinetics: KIDSmove (Autism Spectrum Disorder)	Stellenbosch Kinderkinetics: KIDSmove is aimed at improving gross motor skills of selected children diagnosed with Autism Spectrum Disorder in the Somerset West and Mitchell's Plain areas. The programme will focus on developing the children holistically through movement. Gross motor development and sensory-motor stimulation will be the core components of the programme. This initiative will be in collaboration with Beacon School for LSEN Learners. The school is aimed at improving quality of life for children with Autism Spectrum Disorder, as well as providing therapies.	Africa, EK, Dr [africa@sun.ac.za]
Stellenbosch Kinderkinetics: KIDSmove (Childhood Apraxia of Speech)	Stellenbosch Kinderkinetics: KIDSmove is aimed at improving fundamental gross motor skills of children who have Childhood Apraxia of Speech (CAS). This is a speech sound disorder in which children struggle to plan and execute exactly what they want to say. The programme that we as the Kinderkineticists will do focuses on developing the fundamental gross motor skills; including motor planning as a core component. This initiative will be in collaboration with Tygerberg Hospital School.	Africa, EK, Dr [africa@sun.ac.za]
Stellenbosch Kinderkinetics: KIDSmove (Down Syndrome)	Stellenbosch Kinderkinetics: KIDSmove is aimed at improving gross motor skills of selected Down Syndrome children in the Somerset West and Mitchell's Plain areas. The programme will focus on developing the children holistically through movement. Gross motor development and sensory-motor stimulation will be the core components of the programme. This initiative will be in collaboration with The Michael Parks Foundation, a non-profit organisation, as well as Beacon School for LSEN Learners. Both the organisation and school are aimed at improving quality of life for children with Down Syndrome, as well as providing therapies.	Africa, EK, Dr [africa@sun.ac.za]
Stellenbosch Kinderkinetics: KIDSmove (Wellness Programme)	Stellenbosch Kinderkinetics: KIDSmove is aimed at improving fundamental gross motor skills of children in the Jamestown and Bellville area. The programme will focus on developing the children holistically through wellness movement programmes. Gross motor development, sport-specific skills and dance will be the core	Africa, EK, Dr [africa@sun.ac.za]

	components of the programme. This initiative will be in collaboration with two schools, namely; Weber Gedenk NGK Primary School and Bellpark Primary School.	
Second chance learning in the Adult Education and training realm	This service learning initiative gives B Ed Honours students the opportunity to gain first-hand experience of AET. Students find placement and spend 5 sessions (or 12 hours minimum) in an Adult Education and Training Centre (AETC) or Community Learning Centre (CLC) where they observe in classes and work with adult learners. They critique policy, engage with adult learning theories and literature and then study the AET learning environment.	Daniels, D, Prof <doria@sun.ac.za>
Evaluating the Western Cape on Wellness (WoW!) Initiative: Co-creating a culture of wellness	Through the adoption of an all government and all society approach, the overarching goal of the WoW! Initiative is to co-create and sustain a culture of wellness at all levels of society in the Western Cape in order to prevent, reduce and better manage Non-Communicable Diseases (NCDs). This programme represents a collaboration between the Western Cape Department of Health (WCDoH), Western Cape Government (WCG) Department of the Premier, WCG Department of Education, WCG Department of Cultural Affairs and Sport, the Heart & Stroke Foundation SA, Times Media, Pharma Dynamics, Discovery Vitality and Eskom.	Dickie, KE, Mej <kdickie@sun.ac.za>
Adapt2move - FIT (Frequent Individual Training)	During the Sport Science course the students have an elective module - Applied kinesiology 324 and 344. This module focuses on physical activity for persons with disabilities and disability sport. During this module the students are required to work with clients from the community in groups of 2-3 to design intervention programmes that will enhance the clients health and wellness. The population groups are screened and cleared for physical activity. All clients have a recognized disability (various disabilities) and the age ranges from children to the elderly. All clients live within a 50km radius of Stellenbosch. Adapt2move (the students under supervision and guidance) commit to at least 18 individual training sessions per semester (36 hours in total per year) at no cost to the client. Facilities are provided by the Department Sport Science as well as Maties Gymnasium (collaboration between us). The programme asks the client to commit to this number of sessions. The sessions form part of the students engaged teaching and learning that is evaluated through individual reflections and group case study presentations to the class.	Ferreira, Suzanne [sferreira@sun.ac.za]
Enhancing Geographical and Environmental Literacy (EGEL)	This initiative is aimed at providing PGCE students first hand experience at different under-resourced secondary schools in and around Stellenbosch before entering the teaching profession. Through this initiative students will be able to observe the challenges experienced by geography and environmental teachers and learners and provide intensive support in addressing these challenges. Support will be offered to geography and environmental teachers and learners for teaching and learning challenging geographical and environmental concepts and skills such as map work, GIS, sustainability, place, environment etc. This is an opportunity for PGCE students to apply theory to practice, to build partnerships with teachers, subject advisors and the wider community in an attempt to improve geography and environmental education programmes and designs at both secondary and tertiary level.	Ontong, K, Dr <krystle@sun.ac.za>
SUNWELL Community Health Programme	Is centered on 'upliftment through knowledge and movement' and is inclusive of the entire life-span. In addition, the goal of the programme is: to encourage, educate and 'champion' both adult and child populations residing in medium to low social economic areas as to the benefits and ways to lead a healthy, active and safe lifestyle.	Terblanche, Elmarie, Prof <et2@sun.ac.za>

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The Movement Laboratory at the Sport Science Department focuses on developing and researching evidence-based exercise interventions for movement disorders as seen in elderly and neurological populations i.e. spinal cord injuries, strokes, Parkinson's disease as well as Dementia and Alzheimer's disease. Over the last few years the Movement Laboratory has established collaborations with various local communities, with the cooperation of previous research projects and associations like Bridging Abilities, Helderberg Stroke Foundation and the ACVV. Even though there are other community projects focusing on health and wellness in these areas, none specifically focus on individuals with movement disorders relating to neurological conditions. The Movement Laboratory has set out not to leave communities after research projects have been completed without establishing educational platforms and/or exercise groups for the benefit of the community members. Consequently, this also provides an opportunity for Biokinetics students to engage with these communities and to learn from them; while developing their clinical skills and attributes. This then establishes an interactive learning environment as well as a more sustainable impact. This project sets out to allocate post-graduate biokinetics students (i.e. clinical exercise therapist-in-training) to these communities twice a week over a year. The students will assist community volunteers in physical and health assessments, exercise intervention design and implementation, as well as health and wellness education. Initially the students will be supervised by the Biokinetics program coordinator (and qualified Biokineticist), however over time the project aims to involve community volunteers and eventually engage the community in taking responsibility and accountability for their own physical activity programs (while the students will continue to only assist these members). In addition, this projects also allows research projects on exercise interventions to develop – with community participation into the project designs.

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[Count-Me-In \(CMI\)](#)

Service learning initiative for Foundation Phase Mathematics Education students

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