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ONLINE ISAPA2021

BOOK OF ABSTRACTS

JUNE 15–18, 2021
JYVÄSKYLÄ, FINLAND



UNIVERSITY OF JYVÄSKYLÄ

SYMPOSIUM THEME:
"STRONGER TOGETHER"

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INTERNATIONAL SYMPOSIUM OF ADAPTED PHYSICAL ACTIVITY

ISAPA2021
INTERNATIONAL SYMPOSIUM OF ADAPTED PHYSICAL ACTIVITY

Online ISAPA 2021

Quality partnerships in Adapted Physical Activity: Stronger Together!

Book of abstracts

Editors: Kwok Ng, Pauli Rintala, Aada Kandzia, Anni Lindeman

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The 23rd International Symposium of Adapted Physical Activity (Online ISAPA 2021) and the Nordic Congress of Adapted Physical Activity, hosted by University of Jyväskylä, Finland. 15th-18th June 2021.

Organising committee

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Professor MARIT SØRENSEN, Norwegian School of Sports Sciences, Oslo

Pauli Rintala

Chair of organising committee Online ISAPA 2021

Welcome to Online ISAPA 2021 Symposium and the Nordic Congress of Adapted Physical Activity

Dear Symposium participants

It is my great pleasure to invite you to the first Online ISAPA (International Symposium of Adapted Physical Activity) at this strange, pandemic affected year of 2021. We, as organizers, are so pleased to be able to organize this symposium even if we are still suffering of COVID-19 in many countries of the world. I am a little bit disappointed that you are not able, physically to be here in Jyväskylä, Finland due to current circumstances, but at the same time I am delighted that so many of you are able to participate because of the virtual symposium.

The theme of the Symposium is "Quality Partnerships in Adapted Physical Activity: Stronger Together!" which conveys the message that we need each other in life, as professionals but also as human beings. We become stronger in whatever we do when we are able to cooperate and choose to learn from each other. Again, in the symposium we want to help you to be able share reliable, latest knowledge, but also to take new ideas back to your own countries.

This book of abstracts will introduce to you all the oral and poster presentations, as well as the abstracts of innovative sessions and the mini symposia. We thank you for submitting your abstract, and trust that this book of abstracts helps you to pick the sessions you would like to participate in. Moreover, it will serve as a tangible memory of Online ISAPA 2021.

Online ISAPA 2021 is organized by the Faculty of Sport and Health Sciences, University of Jyväskylä with the joint effort with Finnish Society of Sport Sciences (www.lts.fi) and our other Finnish partners. We are all pleased that International Federation of Adapted Physical Activity (IFAPA) granted us this symposium. We will do our best to make this event successful!

Again, I want to extend my warmest welcome to you, and wish you a memorable symposium.

Sincerely,

Pauli Rintala, PhD

Professor of Adapted Physical Activity

Chair of the Organizing Committee

Chair of the Scientific Committee

David Legg, President of IFAPA

On behalf of the IFAPA Board of Directors please accept my warmest and most sincere welcome to ISAPA 2021.

The past year has certainly been interesting and required us to be at our adaptive and creative best and the scholarship presented to you this week will be a reflection of our expertise and willingness to challenge assumptions and push boundaries.

My heartfelt thanks and appreciation to those who have helped make this edition of ISAPA an outstanding, enjoyable and productive experience.

Respectfully,

David Legg

David Legg, Ph.D., Professor

President, International Federation of Adapted Physical Activity (IFAPA)

Department of Health and Physical Edcuation

Mount Royal University

Calgary, Canada

ISAPA2021
INTERNATIONAL SYMPOSIUM OF ADAPTED PHYSICAL ACTIVITY

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INTERNATIONAL SYMPOSIUM OF ADAPTED PHYSICAL ACTIVITY

Programme

Time (24h clock)			Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
New York (EST)	Finland (EEST)	Beijing (CST)				
2:30	09:30	14:30		**Opening the day 2**		**Opening the day 4**
3:00	10:00	15:00		Parallel Sessions 3 Mini-Symposium, Innovative, Oral		Parallel Sessions 7 Mini-Symposium, Innovative, Oral
3:30	10:30	15:30				
4:00	11:00	16:00		**BREAK**		**BREAK**
4:30	11:30	16:30		Keynote 3 Erwin Borremans	**Opening the day 3**	Keynote 6 Mina Mojahedi
5:00	12:00	17:00			Nordic Panel 2	
5:30	12:30	17:30		**BREAK**		**BREAK**
6:00	13:00	18:00		Nordic panel 1		Parallel Sessions 8 Mini-Symposium, Innovative, Oral
6:30	13:30	18:30	**ONLINE ISAPA Opening Ceremony**		**Special Olympics SOCIAL EVENT**	
7:00	14:00	19:00		**BREAK**		**BREAK**
7:30	14:30	19:30	Keynote 1 Erja Portegijs	Parallel Sessions 4 Mini-Symposium, Innovative, Oral	**BREAK**	Keynote 7 Ian Brittain
8:00	15:00	20:00			Parallel Sessions 5 Mini-Symposium, Innovative, Oral	
8:30	15:30	20:30	**BREAK**	**BREAK**		**BREAK**
9:00	16:00	21:00	Parallel Sessions 1 Innovative, Oral	**ICCSPE SOCIAL EVENT**	**BREAK**	**ONLINE ISAPA Closing Ceremony**
9:30	16:30	21:30			Keynote 4 Janine Coates	
10:00	17:00	22:00	**BREAK**	**IFAPA General Assembly**		
10:30	17:30	22:30	Keynote 2 TA Loeffler & Kim White		**BREAK**	
11:00	18:00	23:00			Rarick Lecture Keynote 5 Viviene Temple	
11:30	18:30	23:30	**BREAK**			
12:00	19:00	00:00	Parallel Sessions 2 Mini-Symposium, Innovative, Oral		**BREAK**	
12:30	19:30	00:30			Parallel Sessions 6 Mini-Symposium, Innovative, Oral	
13:00	20:00	01:00	**IFAPA STUDENT CHAIR EVENT**			
13:30	20:30	01:30				

ISAPA2021

TUESDAY 15th

Parallel sessions 1

Time (24h clock)			ORAL SESSION	Session 1 Chair: Pauli Rintala		ORAL SESSION	Session 2 Chair: Meghann Lloyd		INNOVATIVE SESSION	Session 3 Chair: Ali Brian		INNOVATIVE SESSION	Session 4 Chair: Katja Borodulin	
New York (EST)	Finland (EEST)	Beijing (CST)	**Keywords:** Aging, Municipal services of adapted physical activity, Exercise			**Keywords:** ASD			**Keywords**: Visual impairment, Adapted physical activity, Inclusion			**Keywords**: Elderly people, outdoor activities, functional capacity		
			Title	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**
9.00	16.00	21.00	Self-Reported Walking Capability and Changes in Outdoor Mobility among Older People during COVID-19 Social Distancing	**86**	Heidi Leppä	A community-based motor skill intervention for children with ASD ages 4-6: An exploratory pilot investigation	**92**	Meghann Lloyd	Institute On Movement Studies for Individuals with Visual Impairments or Deafblindness: Research and Practice	**45**	Lauren Lieberman	Good practices to activate the inactive elderly at their homes and outdoors	**112**	Saila Hänninen
9.15	16.15	21.15	Municipal services of adapted physical activities – Case Finland	**157**	Timo Ala-Vähälä	Adapted physical activities propose to the student with autism to support pedagogical and social activities during the quarantine of COVID-19	**102**	Gabriela Gallucci Toloi						
9.30	16.30	21.30	The dynamic interplay between physical activity, affects and symptoms among psychiatric patients	**165**	Marit Sørensen	Portuguese and Brazilian parents' perspectives on physical activity programs designed to children with Autism Spectrum Disorder	**104**	Carla Lourenço	Moving Towards Inclusive Community Partnerships	**178**	Lily Jagodzinski			
9.45	16.45	21.45				The Effects of a Multi-Component Technology-Based Intervention on Independent Performance of Three Resistance-Training Exercise Tasks by Adults with Autism	**173**	Iva Obrusnikova						

Parallel sessions 2

Time (24h clock)			ORAL SESSION	Session 1 Chair: Susan Eriksson		ORAL SESSION	Session 2 Chair: Lauren Lieberman		INNOVATIVE SESSION	Session 3 Chair: Aija Saari		MINI SYMPOSIUM	Session 4 Chair: Jennifer Leo	
New York (EST)	Finland (EEST)	Beijing (CST)	**Keywords:** Wheelchair, Adaptive snowsports, health promotion, wheelchair tennis, ableism, institutional practices			**Keywords:** Visual impairment			**Keywords:** Scuba diving, People with disability			**Keywords**: Inclusion, Quality Participation, Children experiencing disability		
			Title	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**
12.00	19.00	00.00	Provide a support for the wheelchair athlete's lumbar spine by adjusting the wheelchair backrest.	**224**	Jiahui Wang	Do parental beliefs and support predict the motor competence of youth with visual impairments?	**100**	Alexanda Stribing	Adapted recreational diving: an option of leisure and adventure	**97**	Lucia Sodré	Inclusion on the Playground- Examining spaces, design, and capacity for children experiencing disability	**74**	**Chair:** Jennifer Leo Kelly Arbour- Nicitopoulos; Carrie Millar; Maeghan James
12.15	19.15	00.15	Predictors of quality of participation in adaptive snowsports for individuals with disabilities of all ages	**76**	Delphine Labbé	Physical Activity Experiences of Families of Children with Visual Impairments after a Parent-Mediated Physical Activity Program	**171**	Laura Prieto						
12.30	19.30	00.30	Youth Participation in a Wheelchair Tennis Program	**26**	Michelle Grenier	Supine-to-Stand as a predictor of body weight status for youth with and without visual impairments	**79**	Ali Brian						
12.45	19.45	00.45	Institutional practices in the lives of young people with profound intellectual and multiple disabilities and their potential to physical exercise	**41**	Susan Eriksson	Standing long jump performance in youth with visual impairments: A multidimensional examination	**71**	Adam Pennell						

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WEDNESDAY 16th

Parallel sessions 3

Time (24h clock)			ORAL SESSION	Session 1 Chair: Susan Marron		ORAL SESSION	Session 2 Chair: Kajsa Jerlinder		INNOVATIVE SESSION	Session 3 Chair: Kieran Wall		MINI SYMPOSIUM	Session 4 Chair: Kwok Ng	
New York (EST)	Finland (EEST)	Beijing (CST)	**Keywords:** Adapted physical education, motor learning			**Keywords:** Adapted physical education, Inclusion, Deaf sport			**Keywords:** Inclusion, Outdoor			**Keywords**: Functional limitations, Adapted physical education, Washington group, Questionnaire development, Data		
			Title	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**
03.00	10.00	15.00	Inclusion in primary physical education in Europe through the lens of an Erasmus+ partnership: so what now?	**72**	Susan Marron	Improving the learning environment in physical education - a systematic review focusing on students who meet difficulties in social interaction	**28**	Kajsa Jerlinder	Meaningful Sport - The inclusion through sport of theory to practice	**32**	Ana Barradas	Adolescents with functional difficulties in national physical activity surveys: case study of Finland with data from the special educational settings	**68**	**Chair**: Kwok Ng Piritta Asunta Anni Lindeman Niko Leppä Erwin Borremans
03.15	10.15	15.15	Inclusive physical education in Germany from the perspectives of students with intellectual disabilities – a qualitative study	**62**	Matthias Zimlich& Christiane Reuter	Inclusive physical education: Love, Rights and Solidarity	**51**	Terese Wilhelmsen						
03.30	10.30	15.30	Contact Anxiety and Attitudes Toward Including Peers with Physical Disabilities in Inclusive Physical Education: The Role of Empathy	**57**	Chunxiao Li	Sport psychological Skills Training (PST) in Elite Deaf Sport: Diagnostic and other Intervention-related Challenges	**52**	Alon Glezer	Te Kaiwhakatere – Trail Rider	**242**	Kieran Wall			
03.45	10.45	15.45	Counteracting Motor Delay: A father and child playfulness experience	**142**	Delmark Aseron	Perceptions from children with disabilities and their PE teachers about learning and inclusion in the subject of PE in Sweden	**129**	Lars Kristén						

Parallel sessions 4

Time (24h clock)			ORAL SESSION	Session 1 Chair: Mey van Munster		ORAL SESSION	Session 2 Chair: Aija Klavina		INNOVATIVE SESSION	Session 3 Chair: Pauli Rintala		INNOVATIVE SESSION	Session 4 Chair: Raul Reina		MINI SYMPOSIUM	Session 5 Chair: Lars Kristén	
New York (EST)	Finland (EEST)	Beijing (CST)	**Keywords:** COVID-19, Online physical activity, Inclusion			**Keywords:** Emancipatory research, Healthy lifestyle behaviors, Online, Elderly, Lockdown			**Keywords:** Parasport, excergaming, stigma			**Keywords:** Sustainable development, Adapted physical education, educational technology, COVID-19			**Keywords:** Accessibility, Inclusion, Physical Education		
			Title	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**
07.30	14.30	19.30	Results of a physical training program in ambulant children with cerebral palsy: retention of outcomes post COVID-19 lock-down	**215**	Gaela Kilgour	Emancipatory research in APA when persons have severe or profound intellectual disabilities	**95**	Kristin Vindhol Evensen	From global to local: Paralympic education in Malawi	**120**	Damian Haslett, Jennifer Wong	Implementing Sustainable Development Goals from Adapted Physical Activity at Higher-Education	**163**	Raul Reina	Inclusion in physical education from the perspective of children and young people	**65**	**Chair:** Lars Kristén Lena Hammar; Kajsa Jerlinder Kim Wickman
07.45	14.45	19.45	Online physical activity program for children with special needs during the COVID-19 pandemic: parents' views	**168**	Sibel Nalbant	Physical Activity and Problematic Internet Use Related Health Risks in Adolescents	**139**	Aija Klavina									
08.00	15.00	20.00	Constraints caused by COVID-19 in the period of Confinement to Athletes of the Portuguese Paralympic Preparation and Hope Projects	**128**	Carla Lourenco	"I really didn't think that virtual ride would be that good": Perceptions on the benefits of online Leisure-Time Physical Activity (LTPA) for people with disabilities	**60**	Delphine Labbé	"Pure" Play vs Exergaming: A Conceptual Analysis as to Why Exergaming is not Play	**109**	Maria Kosma	Towards a sustainable and technological APA in the light of good practices	**174**	Ayşegül Rosa Aksoy			
08.15	15.15	20.15	Associations of Technological Pedagogical Content Knowledge with stress of adapted physical educators during COVID-19 lockdown	**111**	Kwok Ng	Quality of Life and Levels of Physical Activity in Elderly during COVID-19 Lockdowns	**53**	Julie Wittmannová									

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THURSDAY 17th

Parallel sessions 5

Time (24h clock)			ORAL SESSION	Session 1 Chair: Mike Loovis		ORAL SESSION	Session 2 Chair: Scott McNamara		INNOVATIVE SESSION	Session 3 Chair: Fiona Murray		MINI SYMPOSIUM	Session 4 Chair: G. Doll-Tepper	
New York (EST)	Finland (EEST)	Beijing (CST)	**Keywords:** Intellectual disabilities			**Keywords:** Adapted physical education, COVID-19, Professional training, Inclusion, Intellectual disabilities			**Keywords:** Coaching, health, Physical functional capacity, Adapted physical education			**Keywords**: Special Olympics, Berlin 2023, Partnerships, Major sports events		
			Title	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**
08.00	15.00	20.00	Physical activity recommendations of direct care providers for people with intellectual disabilities	**14**	Christoph Kreinbucher-Bekerle	Health Promoting through Inclusive Shuttle Time Badminton Lessons for Young Adults with Intellectual Disabilities	**8**	Chih-Chia (JJ) Chen	Special Olympics Online Learning Portal: Leveraging technology to extend the reach of multi-disciplinary education programs to a global volunteer community	**110**	Fiona Murray, Jamie Valis	Partnerships as catalysts for inclusion in the context of major sports events	**43**	**Chair: Prof. Dr. Gudrun Doll-Tepper** Mark Solomeyer Sven Albrecht Katrin Koenen Christoph Weber Daniela Schwarz Elke Langbein
08.15	15.15	20.15	Effects of online training programme on the quality of life and physical activity levels of individuals with intellectual disabilities and their mothers who stay at home due to COVID-19	**96**	Dilara Özer	Students' perception on working with people with disability: influence of extension projects	**101**	Marina Brasiliano Salerno						
08.30	15.30	20.30	Feasibility and effectiveness of a home delivered 6 - week combined training program for adults with intellectual disability	**106**	Enrico Zanusso	Before and During COVID-19: Parent Experiences, Perceptions, and Preferences Regarding Community-Based Physical Activity.	**73**	Kyra Cooper	Developing adapted measurements of the physical functional capacity of children and adolescents with disabilities	**154**	Anni Lindeman			
08.45	15.45	20.45	Review and enhancement of a home delivered 6-week combined training program for adults with intellectual disability	**99**	Artur Buchner	College students' characteristics associated with familiarity with adapted physical activity terms	**19**	Scott McNamara						

Parallel sessions 6

Time (24h clock)			ORAL SESSION	Session 1 Chair: Piritta Asunta		ORAL SESSION	Session 2 Chair: David Legg		INNOVATIVE SESSION	Session 3 Chair: A. Colombo Dougovito		MINI SYMPOSIUM	Session 4 Chair: Michelle Grenier	
New York (EST)	Finland (EEST)	Beijing (CST)	**Keywords:** Special Olympics, Athletes, Down Syndrome, Dance			**Keywords:** Cerebral palsy, Parasports, Equal conditions			**Keywords:** Tablec application, Social media, ASD, Accessible methods			**Keywords**: Inclusion, Physical education, Social construction		
			Title	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**
12.30	19.30	00.30	Narratives about Sport Participation and Belonging: Special Olympic Athletes' Stories	**84**	Roxy Helliker O'Rourke	Factors related to physical activity in adolescents with cerebral palsy: a multi-level approach	**169**	Lina Marcela Rincon Ortiz	Heart Rate Tablet Application: Improving Physical Activity Levels for Individuals with Autism Spectrum Disorder	**7**	Melissa Bittner	Collective Agendas to Assist in Building Inclusive Physical Education	**50**	**Chair:** Michelle Grenier; Lauren Lieberman Mey Van Munster; Martin Giese; Stefan Meier
12.45	19.45	00.45	"Life is team play" – Social Inclusion of People with Intellectual Disabilities in the context of Special Olympics	**98**	Piritta Asunta	Development of an observational scale to assess motor coordination in para-footballers with cerebral palsy	**121**	María Isabel Cornejo						
13.00	20.00	01.00	Special Olympics: Athletes' experiences and participation motives	**107**	Christopher Mihajlovic	Inclusion of athletes with disabilities through organisational change: -a case study of the Swedish floorball federation	**81**	Malin Andersson	Social media is...: Navigating the purpose, ethics, and access of digital methods for the research involving individuals with disabilities	**90**	Andrew Colombo-Dougovito			
13.15	20.15	01.15	Balance assessment in children with down syndrome who practice dance	**127**	Carla Lourenco	Comparison of the External Load Between Matches Played at Sea-Level and Moderate-Altitude in Cerebral Palsy Footballers	**66**	Matías Henríquez						

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FRIDAY 18th

Parallel sessions 7

Time (24h clock)			ORAL SESSION	Session 1 Chair: Heidi Leppä		ORAL SESSION	Session 2 Chair: Ursula Barrett		INNOVATIVE SESSION	Session 3 Chair: Kaisu Mononen		MINI SYMPOSIUM	Session 4 Chair: Peter Downs	
New York (EST)	Finland (EEST)	Beijing (CST)	**Keywords:** Parasport, Athletes, Deaf, Suistanable development, Coach education, Policy perspectives			**Keywords:** Disability sport, Sport policy, Inclusion Wheelchair, Community-dwelling			**Keywords:** Paralympic sport, Inclusion			**Keywords**: Inclusion, Sport, Practice, Children, Youth		
			Title	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**
03.00	10.00	15.00	Equal Abilities - the Swedish Parasport Federation and the Inclusion Process	**64**	Madelene Norlund	Analyzing disability sport policy in Finland - Current state and future perceptions	**140**	Kati Lehtonen	Injury and illness surveillance in Finnish elite para-athletes: a tool to optimize performance in Paralympics?	**155**	Iohanna Lehto	Inclusion in sport: what does it mean in practice?	**61**	**Chair:** Peter Downs Vera Dekkers; Afke Kerksta; Maxine de Jonge; Caroline Van Lindert; Sabine Radtke
03.15	10.15	15.15	Inclusive Physical Activity, Physical Education and Recreation Practices, Policies and Structures in Turkey in the context of Sustainable Development Goals	**83**	Baran Demirpençe	Facilitators and hindrances of inclusion in sports clubs	**126**	Aija Saari						
03.30	10.30	15.30	Examining Disability Inclusion in Canada's Coach Education System	**93**	Timothy Konoval	Systematic Review of Device-Based Motion Sensors for Monitoring Physical Activity in Community-Dwelling manual wheelchair users.	**152**	Kati Karinharu	InSport Project: Sport Inclusion – Full Participation in Sport by Persons with Disabilities	**33**	Ana Barradas			
03.45	10.45	15.45	The Practice of Disability Sport in China: An Inspection Based on the Perspective of Policy Instruments	**27**	Kai Huang	Reliability of a new aerobic fitness test protocol on a wheelchair ergometer for wheelchair rugby players - a pilot study	**221**	Jolanta Marszalek						

Parallel sessions 7

Time (24h clock)			ORAL SESSION	Session 1 Chair: Vesa Linnamo		ORAL SESSION	Session 2 Chair: Yeshayahu Hutzler		INNOVATIVE SESSION	Session 3 Chair: Kati Karinharju		MINI SYMPOSIUM	Session 4 Chair: C. Van Lindert	
New York (EST)	Finland (EEST)	Beijing (CST)	**Keywords:** Parasport, Coaching, Clinical settings, attitudes, equity, COVID-19			**Keywords:** Wheelchair, Goalball, Exergames, Mobile			**Keywords:** Mobile application, Sustainable education, Accessibility			**Keywords**: Disability sport policy, Cross-national		
			Title	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**	**Title**	**ID**	**Presenting author**
06.00	13.00	18.00	Exploring parasport coaches' roles in athlete classification	**11**	Janet Lawson	Development and preliminary validity of a wheelchair basketball skill proficiency scale	**143**	Yeshayahu Hutzler	APA-STAT: Adapted Physical Activity for Sustainable Teaching With Assistive Technology	**172**	Ayşegül Rosa Aksoy	Disability sport policies and participation in Europe: a cross-national comparison	**63**	**Chair and Introduction** Caroline Van Lindert (Co-authors Jeroen Scheerder & Ian Brittain) Presentations: Marit Sørensen Javier Pérez-Tejero; Jurate Pozeriene
06.15	13.15	18.15	Application of sports science methods to clinical settings	**158**	Torge-Christian Wittke	Effects of eight weeks of goalball training on reaction time and attention performance in children	**177**	Gonca Ince						
06.30	13.30	18.30	"My Perspective has Changed on an Entire Group of People": Undergraduate Students' Experiences with the Paralympic Skill Lab	**12**	Cathy McKay	Mobile exergames for children with limited mobility	**54**	Kirsten Rassmus-Gröhn	Evaluating the accessibility assessment methods for sporting facilities: a review of the literature and existing applications.	**161**	Kati Karinharju			
06.45	13.45	18.45	Sitting volleyball and COVID-19 pandemic experiences: administrators, coaches, and athletes	**114**	Shirko Ahmadi	A mobile application to promote a healthy lifestyle in wheelchair users with spinal cord injury or lower limb amputation: a usability and feasibility study	**30**	Dirk Hoevenaars						

EFFECTS OF EIGHT WEEKS OF GOALBALL TRAINING ON REACTION TIME AND ATTENTION PERFORMANCE IN CHILDREN

Abstract ID: 177

Gonca Ince [1]

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Aim

This study was conducted to reveal the effects of eight-week Goalball training on the reaction time and attention performance in children.

Methods

Seventeen eighth grade students, aged 13-14 years of age, without disability (8 females and 9 males) attending a primary school in Adana voluntarily participated in this study. The students were divided into two groups by random sampling method, 8 students for Goalball Group and 9 students for Control Group. The Goalball Group received goalball training for about 60 minutes a day, 2 days a week for 8 weeks. The Control Group did not participate regularly in any sports activities during the same 8 weeks. Attention performance and reaction time of all students in this study were measured before and after the 8 week period. The D2 Attention Test was used to measure attention performance. The plate-tapping test of the Eurofit Test Battery was used to measure reaction time. In statistical analysis, the normal distribution of the data was examined with the Kolmogorov Smirnov and Shapiro Wilk tests. Because there was no normal distribution of data in the two groups, the Mann-Whitney U test, one of the non-parametric tests, was applied for the group comparisons.

Results

At the beginning of the study, the students' D2 attention performance and the plate-tapping reaction time were measured and compared between the Goalball Group and the Control Group. There was no statistically significant difference between the two groups ($p > 0.05$). After the 8 week period, when the students' D2 attention performance and the plate-tapping reaction time test were measured and compared again, there was no significant difference between the D2 attention test results ($p > 0.05$). However, there was an improvement in favor of the Goalball Group participants in terms of reaction times ($p = 0.004$).

Discussion/Conclusions

This study demonstrates that eight weeks of goalball training does not affect children's attention performance, but such training improves children’s reaction times. For this reason, we believe that adding goalball exercises to physical education classes can be beneficial for children of this age group.

Keywords: Goalball, attention, child, D2 test, reaction test

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