

TITLE: Parents Perspectives of Opportunities for Youth with Intellectual Disabilities to Engage in Structured Physical Activity

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STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: Disability promotion.

ABSTRACT: Background: Children with disabilities often have limited opportunities to engage in physical activity outside of school. However, when they do have the chance positive results are often reported. Therefore, it is important to examine the need for additional opportunities for children with disabilities to engage in physical activity. Purpose: The purpose of this project was to examine the current opportunities available for children with intellectual disabilities to engage in physical activity outside of school. Methods: An online survey was distributed to parents of children with intellectual disabilities in a town outside of the Portland metro area. Questions were based on physical activity participation and included quantitative and qualitative data based on the responses of 27 parents. Results: Results indicated that the majority of children were not meeting the recommended physical activity guidelines. Additionally, although there were some mixed results, the majority of parents indicated that their children did not have enough opportunities to engage in structured physical activity. One of the main limitations highlighted by parents was the lack of opportunities for non-competitive activities. Conclusions: This research highlights the need to continue advocating for more inclusive physical activity opportunities for children of all ability levels.

OBJECTIVE(S): Identify the current opportunities available for youth with disabilities to engage in structured physical activity outside of school.
