Sport, play and exercise for all?
Increasing physical activity of adolescents with Autism Spectrum Disorder (ASD).

PLAY THE GAME CONFERENCE 2015
Helnan Marselis Hotel, Aarhus, Denmark
25-29 October 2015

Dr Edoardo Rosso, BA(Hons), PhD
Division of Health Sciences
University of South Australia
Sport & exercise for all?
ASD & sport/exercise
Coaching & ASD
‘Supporting Success’
Observations & findings
A lifelong developmental disability characterised by marked difficulties in social interaction, impaired communication, restricted and repetitive interests and behaviours and sensory sensitivities (Autism Spectrum Australia 2015).
ASD & sport: significant challenges...
ASD & sport:

…but also important opportunities.
Key issues

Program design?
Resourcing?
Funding?
Coaching?
The coach(es)?

Providing the ‘right’ environment
Engaging and including all participants
Reinforcing objectives
Adapting rapidly

Training & support?
The ‘Supporting Success’ Program

(Mar-Sep 2015)
The multi-sport program

Sessions, coaches, participants
Universal Design for Learning (UDL).

Multiple means of representation, action/expression and engagement
Observations & findings?

Pilot program
Observations & findings?

Terms 2 & 3
Using cues & other simple strategies.

Touching, actions, visual
The power of…

excursions.

Adelaide Oval, Netball
SA, UniSA
Community development approach.

(Partnerships, needs, sustainability)
Thank you very much.

Mange tak.

Edoardo
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<th>ASD Youth</th>
<th>School staff</th>
<th>Volunteer coaches</th>
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<td></td>
<td>• Self-esteem and perceived self-efficacy measures</td>
<td>• Briefing/debriefing sessions</td>
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<td>• Observation</td>
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Coaching strategies?

Goal-setting and reinforcement
Group vs individual activities
Structured/predictable activities
External reinforcement, self-monitoring and verbal-cuing