

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



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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).





ON THE BALL

Roma Mitchell Secondary College students Shamisya and Caitlin have joined a new school program encouraging girls to take up soccer. See Page 9



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CSIRO FUTURES
WWW.CSIRO.AU



The future of Australian sport

Megatrends shaping the sports sector over coming decades



A consultancy report by CSIRO for the Australian Sports Commission
Stefan Hajkowicz, Hannah Cook, Lisa Wilhelmsseder and Naomi Baughen
April 2013

ASD & sport:

significant
challenges...



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ASD & sport:

**...but also important
opportunities.**

Key issues

Program design?

Resourcing?

Funding?

Coaching?



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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



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Universal Design for Learning (UDL).

Multiple means of
representation,
action/expression and
engagement



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Observations & findings?

Pilot program

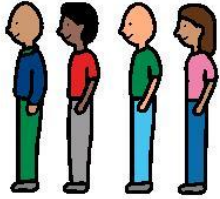




Observations & findings?

Terms 2 & 3

line up



Walk to Gym



Walk to High School



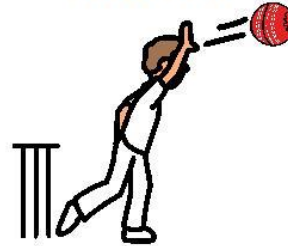
throw ball



catch ball



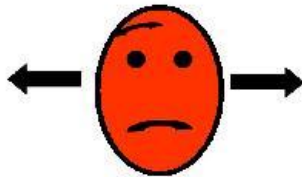
bowl ball



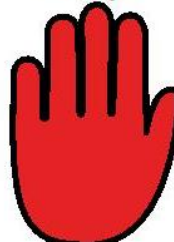
yes



no



stop



**Using cues &
other simple
strategies.**

**Touching, actions,
visual**



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The power of... excursions.

Adelaide Oval, Netball
SA, UniSA



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Community development approach.

(Partnerships, needs, sustainability)



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**Thank you
very much.**

Mange tak.

Edoardo

ASD Youth

- Self-esteem and perceived self-efficacy measures
- Observation
- Evaluation surveys

School staff

- Briefing/debriefing sessions
- Critical self and group reflection (focus groups)
- In-depth interviews

Volunteer coaches

- Briefing/debriefing sessions
- Critical self and group reflection (focus groups)
- In-depth interviews
- Self-esteem and perceived self-efficacy measures



Coaching strategies?

Goal-setting and reinforcement

Group vs individual activities

Structured/predictable activities

External reinforcement, self-monitoring and verbal-cuing



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