

CONFERENCE

Insights into
Adapting Physical Activity
for Children and Adults with Disabilities

MARCH 27TH, 2008



GUEST SPEAKERS:

Dr Philip Vickerman,

John Moore's Liverpool University

Dr Susan Crawford,

University of Limerick

Dr Greg Reid,

University of Ontario, Canada

Dr Colin Higgs,

Human Kinetics and Recreation, at the
Memorial University of Newfoundland

What is Adapted Physical Activity

Any physical activity undertaken and any adaptations or modifications being used to facilitate each child's/ adult's participation.

Why Adapted Physical Activity is Important For Children and Adults with Disabilities

- **Motor development**
Fine and gross motor skills, co-ordination and balance are enhanced.
- **Growth**
General body mass, strength and flexibility are enhanced.
- **Cognitive development**
Reasoning, comprehension and overall planning are enhanced.
- **Language development**
Speech, language and comprehension are enhanced.
- **Social and emotional development**
Social interaction with peers is enhanced which further contributes to greater happiness and less behavioural issues.
- **Self-confidence**
Confidence to participate is enhanced.
- Physical activity **promotes individual regulation** i.e. that the child seems to appear more settled after exercise than beforehand
- Provides a **holistic approach** to learning; i.e. many different areas of development and learning can be addressed simultaneously.

Organising Committee

The organising committee would like to extend their sincerest gratitude to The Erasmus Mundus Consortium and The Irish Sports Council who have jointly funded this conference: Erasmus Mundus Consortium, The Irish Sports Council.

Ms Teresa Leahy,
Department of Physical Education
and Sport Science,
University of Limerick

Ms Susan Crawford,
Department of Physical Education
and Sport Science,
University of Limerick

Ms Regina O'Reilly,
Daughters of Charity,
Lisnagry, Limerick

Ms Siobhan O'Malley,
Sports Inclusion Development Officers,
Limerick Sports Partnership

Ms Niamh Daffy,
Co-Ordinator
Adapted Physical Activity "Cara",
Institute of Technology,
Tralee, Kerry.

Ms Teresa Ryan,
Brothers of Charity,
Bawnmore, Limerick

Who Should Attend

All people with a disability; Teachers; Carers; Service Providers; All interested in promoting Physical Activity.

Insights into Adapting Physical Activity for Children and Adults with Disabilities

Application Form

Name: _____

Address: _____

Tel: _____

Email: _____

Organisation (if applicable): _____

Please tick lunch preference:

A. Chicken B. Vegetarian Option

C. Special Diet/Other (please specify)

Fee: €40.00, must be included to secure place at conference.

Please return completed application form and fee before March 10th to: Ms Teresa Leahy, Department of Physical Education and Sport Science, University of Limerick, Limerick. (Marked "Conference")

Places are limited to first 200 applicants.

If you would like to be contacted about future APA/APE events, please indicate contact details, inclusive of email address

Name: _____

Address: _____

Tel: _____

Email: _____

Castletroy Park Hotel - 9.30am to 4pm

Sponsored by: Erasmus Mundus Consortium,
Irish Sports Council

For further information about the conference please contact Ms Teresa Leahy, University of Limerick, teresa.leahy@ul.ie subject marked "conference".

THE IRISH SPORTS COUNCIL

The Irish Sports Council's mission, in partnership with our promoting Department, is: 'To plan, lead and coordinate the sustainable development of competitive and recreational sport in Ireland'. The pillars of the Council's long-term strategy are: Participation Strategy – To break down barriers and increasing participation in sport. The Local Sports Partnership (LSP) Initiative was developed by the Irish Sports Council (ISC) in order to create a national structure to coordinate and promote the development of sport at local level. The key aims of the LSPs are to increase participation in sport and to ensure that local resources are used to best effect. Performance Strategy – To create an environment so that individuals can develop their sporting abilities. One of the priorities of the Irish Sports Council is to strengthen and develop the National Governing Bodies of Sport (NGBs) in Ireland. The Irish Sports Council see NGBs contributing to the achievement of its vision mainly through the "developing abilities" and "world class" strategies, although some also have the resources to contribute to local participation initiatives. Excellence Strategy – To help our leading sportsmen and women achieve world-class performance by fair and ethical means. Through its High Performance Strategy the Irish Sports Council channels investment directly to those sports and individuals likely to be competing at the Olympic and Paralympic Games.

ERASMUS MUNDUS

Erasmus Mundus (covering the period 2004-2008) is the EU co-operation and mobility programme in the field of higher education, which promotes the European Union as a centre of excellence in learning around the world. The Erasmus Mundus master's programme in Adapted Physical Activity overall aim is to enhance the quality of European higher education in adapted physical activity by fostering co-operation with third countries in order to improve the development of human resources and to promote dialogue and understanding between peoples and cultures in this particular field.

Dr Philip Vickerman

Philip Vickerman is Head of Research for Physical Education, Sport, Dance and Outdoor Education at Liverpool John Moores University. His teaching and research interests focus upon the inclusion of children with special educational needs (SEN) in physical education (PE). Philip has worked for the Department for Education and skills on the production of resource materials to support teachers with the inclusion children with SEN in PE as well as working with the Council for Europe on best practice case studies. Philip has published widely in both peer-reviewed journals and books on the topic of including children with SEN in PE. He is also a Chair of Governors in a primary school and continues to take an active interest in current issues and challenges presented to teachers. In 2005 Philip was awarded a National Teaching Fellowship by the Higher Education Academy in recognition of his teaching and learning excellence in the area of PE and SEN.

Dr Greg Reid

Greg Reid has been a professor at McGill University in Montreal for over 30 years after degrees from McGill, UCLA, and the Pennsylvania State University. Broadly, his research deals with self-determination and self-regulation of individuals with autism and developmental coordination disorder. His primary teaching responsibilities at McGill include adapted physical activity, motor development, and history. Greg is a former Chair of the Department of Kinesiology and Physical Education, former editor of the Adapted Physical Activity Quarterly, and a past-president of the International Federation of Adapted Physical Activity. He is also an International member of the American Academy of Kinesiology and Physical Education.

Dr Susan Crawford

Susan has recently completed a PhD in the area of autism and physical activity, at the University of Limerick with the support of a scholarship awarded by the Irish Research Council for Science, Engineering and Technology in December 2007. She originally trained as a registered

general nurse and registered midwife. She subsequently qualified as an holistic and sports massage therapist and occupational first aid examiner. Susan completed a degree in Sport and Exercise Science and graduated with first class honours from the University of Limerick, in 2001. Susan has been actively involved in the development, promotion and delivery of disability modules for FETAC and recently co-designed the Inclusive Studies Diploma, on offer at the University of Limerick. Susan has dedicated her time and energy to the development of education and services for children and adults with autistic spectrum disorder and designed one of the first Irish proposals for an autism unit attached to a mainstream setting, which was endorsed and funded, by the Dept of Education and Science in 2001, and recently cited as an example of good practice. Further to her PhD, Susan is currently working on the development of a handbook, CD-Rom, interactive DVD and service provider-training course, to promote adapted physical activity for children with autism and learning disabilities.

Dr Colin Higgs

A professor at Memorial University of Newfoundland (Canada) since 1975, Dr. Higgs has worked in more than 40 countries developing programs of sport for persons both with and without disabilities. He is a member of the International Paralympic Committee's (IPC) Development Sub-Committee and a consultant on the IPC's Organizational Development Initiative that helps National Paralympic Committees from developing countries develop their organization and their programs.

As a biomechanist he has worked with the Canadian, British Paralympic Committees, and US on investigations of racing wheelchairs, cross-country sit-skis, and track surfaces, while his broader scientific investigations have focused on the theory of classification systems. Dr. Higgs is a member of the Canadian Long-term Athlete Development Expert Group, where his responsibility is the design of programs for athletes with a disability for both sport excellence and healthy life-long involvement in physical activity and sport. For his work on the science of sport for persons with a disability he was the inaugural recipient of the International Paralympic Committee's Sport Science Award in 2005.

- 8.30am** Registration
- 9.30am** Opening Address:
Ms Teresa Leahy, Course Director Erasmus Mundus, Masters Programme in Adapted Physical Activity, University of Limerick.
- 9.45am** Dr Philip Vickerman,
John Moore's Liverpool University.
"Adapted Physical Activity: An Introductory overview".
- 10.30am** Dr Susan Crawford, University of Limerick
"Current status and Provision of Adapted Physical Activity in Ireland".
- 11.15am** COFFEE
- 11.45am** Dr Greg Reid, McGill University, Montreal.
"Accommodating individuals with learning disabilities in APA programmes".
- 12.30pm** LUNCH
- 2.15pm** Dr Colin Higgs, Memorial University of Newfoundland, Canada
"Accommodating individuals with physical disabilities in APA programmes".
- 3.00pm** Gold Medallist William Loughnane on his recent Olympic Experience
- 3.30 pm** Plenary Session, Questions and Answers with guest speakers, chaired by Kathy Sinnott, MEP.
- 4.30 pm** Closing Address by Peter Smith, The Irish Sports Council.
- 4.45pm** CLOSE

Please Note:
Thur April 4th a practical session on APA will be held in The Physical Education and Sport Science Department, University of Limerick, facilitated by Dr Greg Reid. Those wishing to attend should contact Teresa Leahy on 061-

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CONFERENCE SCHEDULE