

Background

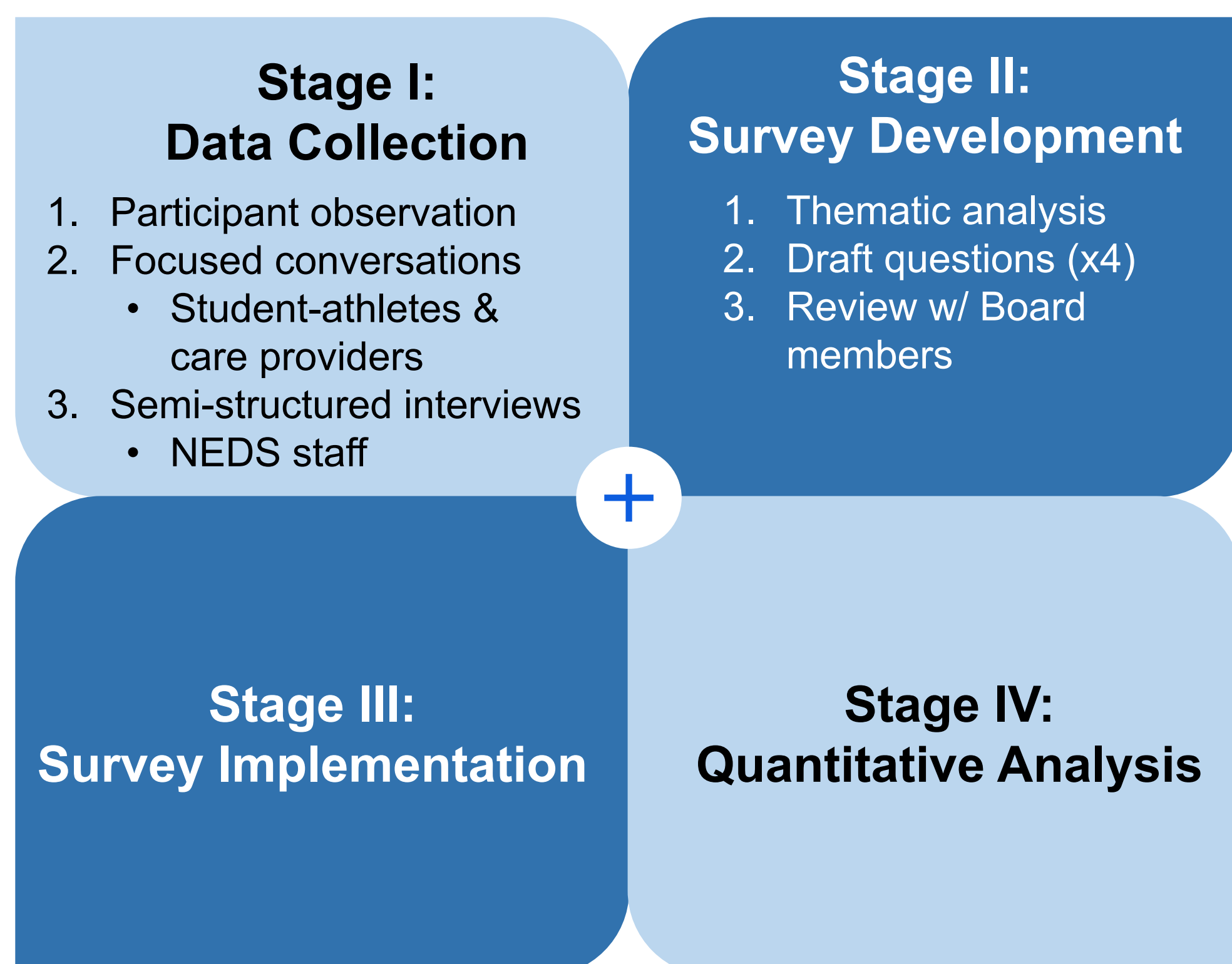
- Approximately 13% of individuals in the U.S. have a disability [3]
- **Barriers** to individuals with disabilities engaging in physical activity:
 - Inaccessibility, transportation, cost, embarrassment, lack of knowledge of how to exercise w/ their health condition [1]
- **Adaptive sports:** avenue for individuals with disabilities to engage in physical activity
- **Physical, social & emotional benefits** of adaptive sports for this population encompass:
 - ↑ muscle strength & gross motor function; ↑ self-esteem & confidence; ↑ quality of life; ↑ opportunities [1, 2, 5]
- **New England Disabled Sports (NEDS):** non-profit organization offering year-round adaptive sports programming for individuals with disabilities across the lifespan [4]
 - **Ages:** 4-86 years old
 - **Diagnoses:** Autism Spectrum Disorder, intellectual & developmental disability, neuromuscular conditions, visual impairment, spinal cord injury
 - **Summer programming:** golf, paddling (kayaking & stand up paddleboarding), cycling, mountain biking
- **Gap:** NEDS lacks data to support the impact of participation in their programming
- **Significance:** Evidence-based data → grant funding

Aims

Aims:

1. Develop **user-friendly** outcome measure to evaluate the impact of participation in NEDS programming for student-athletes
2. Utilize outcome measure to generate outcomes regarding effects of participation in summer adaptive sports programming

Methods



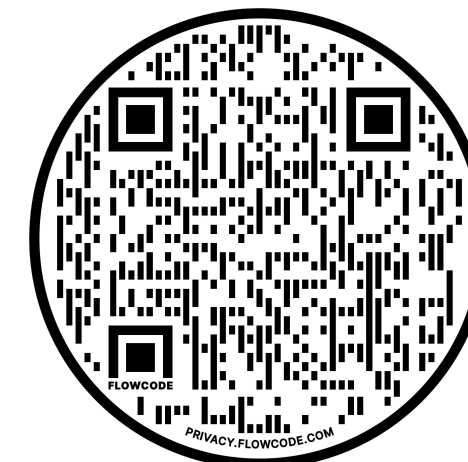
Pilot Survey Development & Implementation

Themes:

- | | |
|----------------------|------------------------|
| 1. Health & Wellness | 6. Inclusion/Belonging |
| 2. Confidence | 7. Equipment |
| 3. Independence | 8. Accessibility |
| 4. Socialization | 9. Coach Knowledge |
| 5. Quality of Life | 10. Collaboration |

Survey:

- 4-point Likert scale questions
 - End of Lesson Survey: 10
 - End of Season Survey: 6
- 2 open-ended questions



Pilot Survey

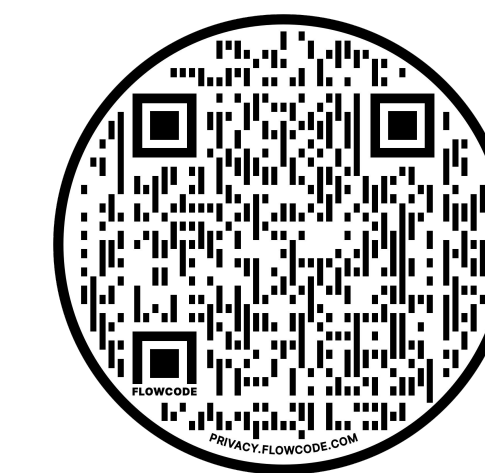
Participants:

- Total unique individuals served: 99
- Total survey responses: 54
- Response rate: 55%

Findings & Recommendations

Findings:

- Able to engage stakeholders to develop **user-friendly** outcome measure
- Participation in summer programming has **physical, social & emotional benefits**
 - 100% of respondents reported that their lesson(s):
 - Improved their mood
 - Improved how their body feels
 - Helped them feel good about themselves
 - Help them do more things on their own



Survey Results

Recommendations:

