

Making Inclusion in Physical Activity a Reality

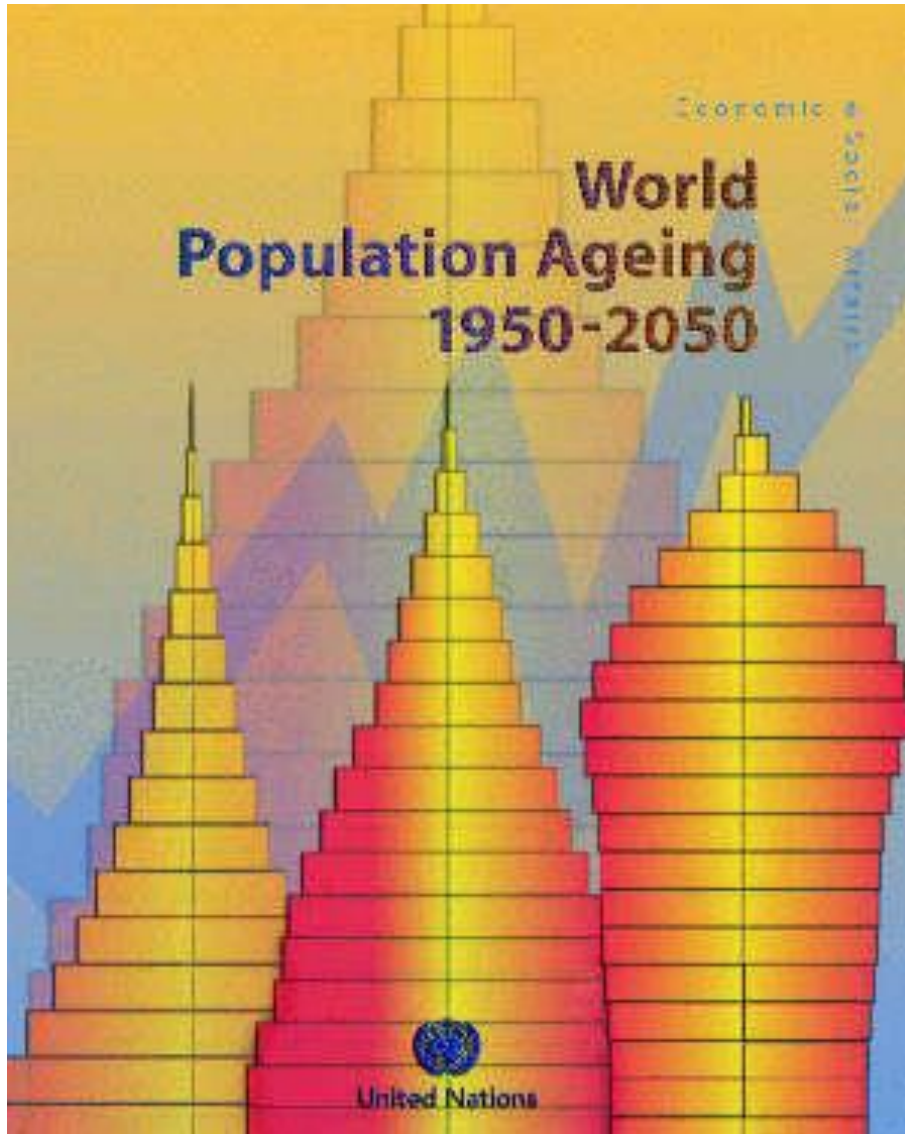
How do we get there?

What can you do?

Outline

- Participation in sport and physical activity
- Ten year journey in Ireland
 - ITT programmes and projects
 - National structures and collaborations
- Where to from here

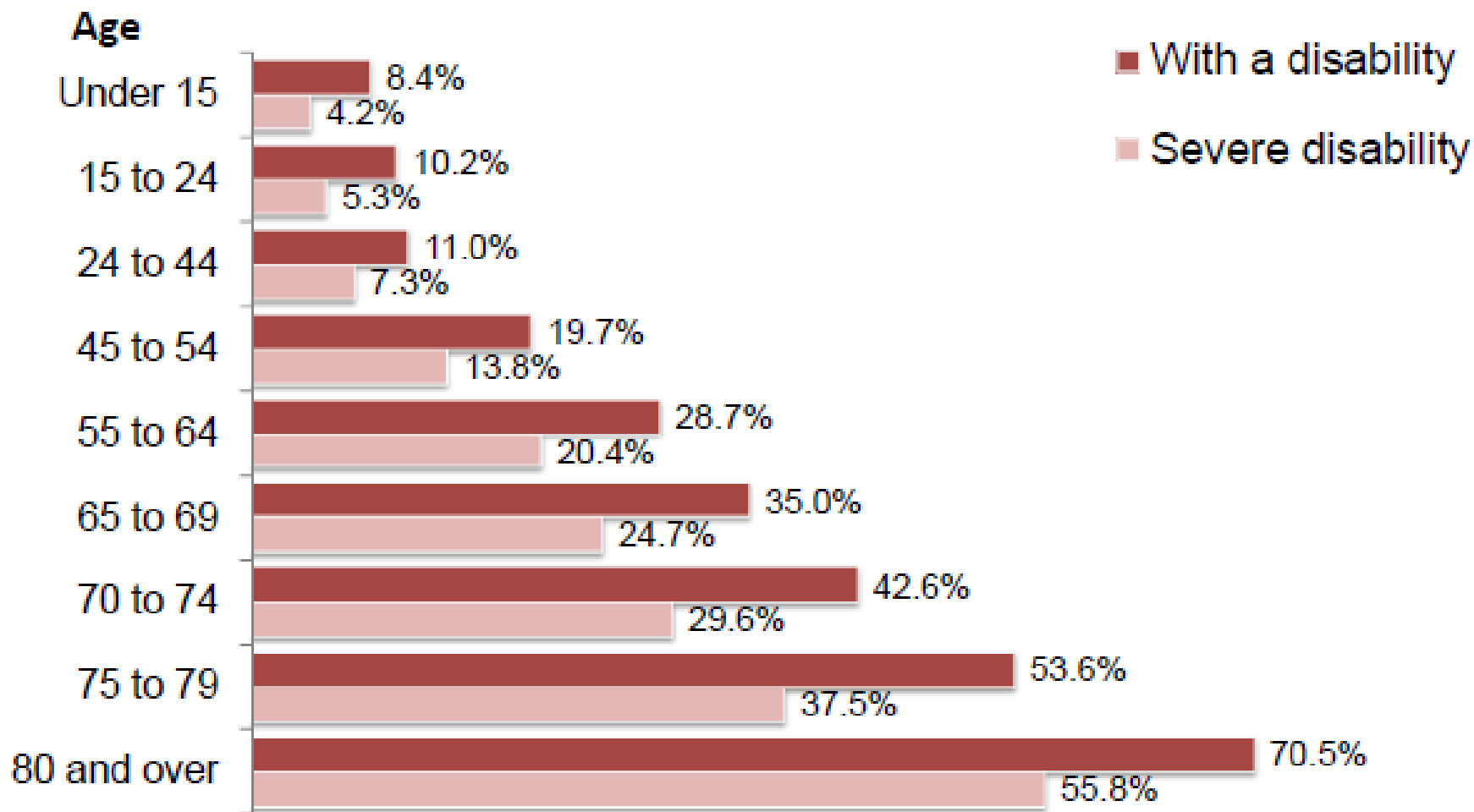
The World is Changing



The world's population is 7 billion rising to 8 billion by 2030 and 9 billion by 2050 (UN)

By 2050 those over 65 will grow by 70% & those over 80 will grow by 170%

Disability Prevalence by Age: 2010



Source: U.S. Census Bureau, Survey of Income and Program Participation, 2008 Panel, Adult and Child Functional Limitations Topical Module

Participation

- 56% of adults with disabilities do not engage in any leisure-time physical activity compared to 36% among adults without disability (*Healthy People 2010* report).
- Almost 75% of people with disabilities do not participate in enough physical activity to achieve physical health benefits (Liou et al, 2005)

UN Convention 2006

- Article 30 (5)
 - To encourage and promote the **participation**, ...in **mainstream sporting activities** at all levels;
 - To ensure that persons with disabilities have an opportunity to **organize, develop and participate in disability-specific sporting and recreational activities** and, to this end, encourage the provision, on an equal basis with others, of appropriate **instruction, training and resources**;

Article 30 (5) continued

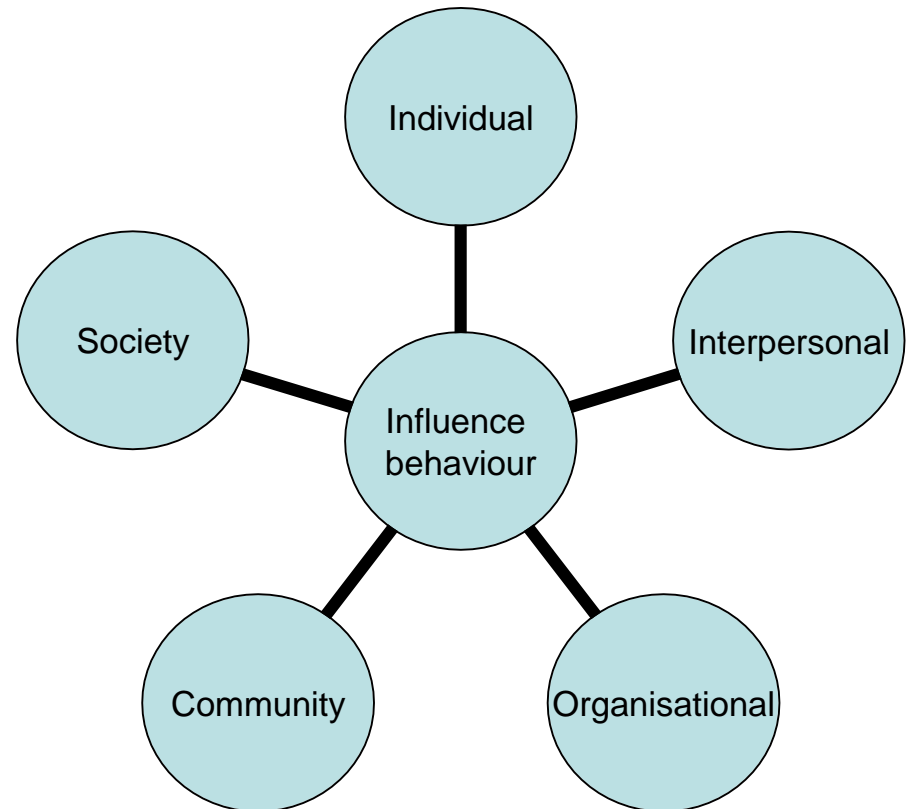
- To ensure that persons with disabilities have **access to** sporting, recreational and tourism **venues**;
- To ensure that **children** with disabilities have equal access with other children to participation in **play, recreation and leisure and sporting activities**, including those activities in the **school** system;
- To ensure that persons with disabilities have **access to services** from those involved in the organization of recreational, tourism, leisure and sporting activities.

Theoretical Models

Advocacy behaviours

- Lead by example
- Leverage
- Literature
- Legislation
- Litigation

5 spheres of influence



Timeline

ITT - internal

- 
- 1998
 - Module developed
 - [Mandatory module in APA](#)
 - 2003
 - Elective APA2
 - [EIPET](#)
 - 2008
 - EUSAPA
 - APA stream
 - APAVET
 - 2012
 - [UNESCO chair](#)
 - MSc in APA Leadership

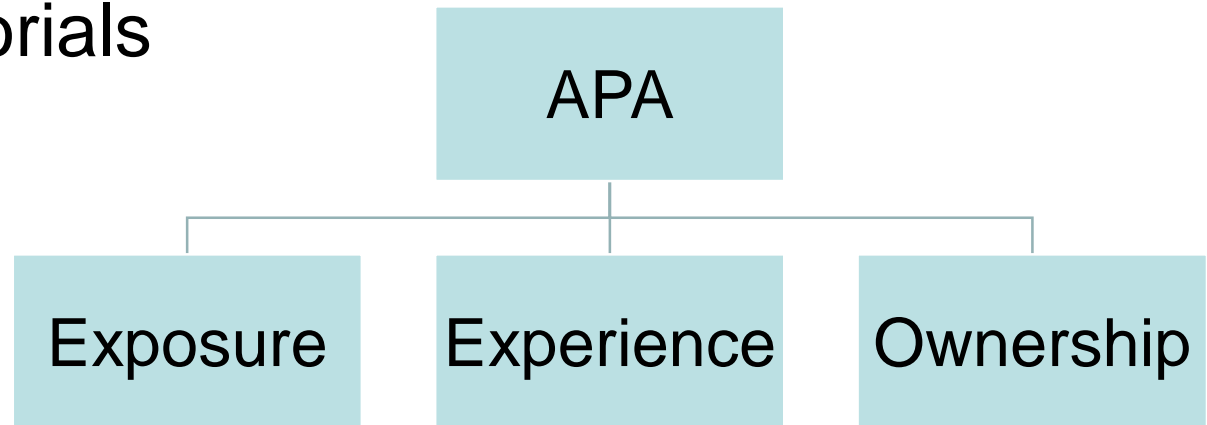
ITT - external

- [1st APA conference](#)
- [2nd APA conference](#)
- CARA centre
- 3rd APA conference
- Halliwick Association
- Campabilities
- 4th National conference
- EUCAPA



Model

- Knowledge – Lectures
- Doing – Practicals
- Support – Tutorials
- Believing

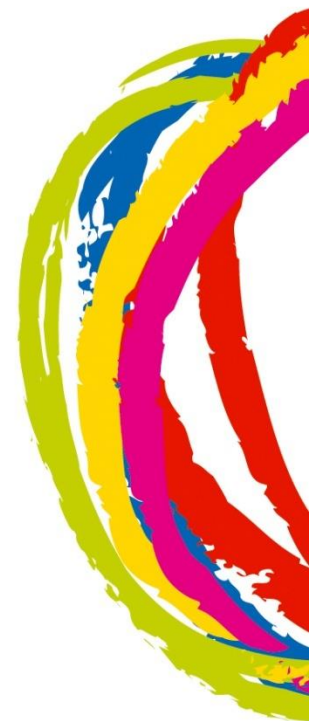




EIPET Project

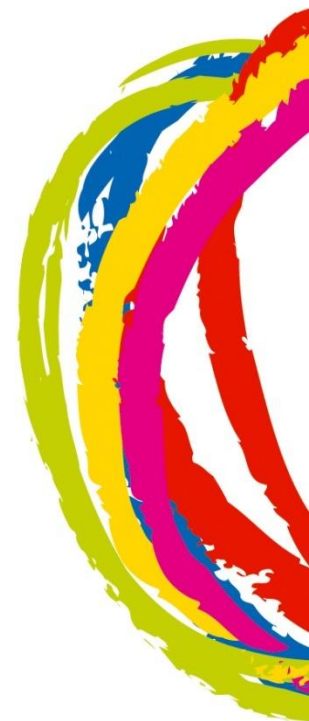
2007-2009 & beyond

- European Partner Project to develop ITT module for use in PE teacher training third level institutions in Europe
- Off the shelf module available:
 - Online interactive version
 - Hard copy
 - CD/USB
 - Available in English, Lithuanian, Spanish Finnish & Czech



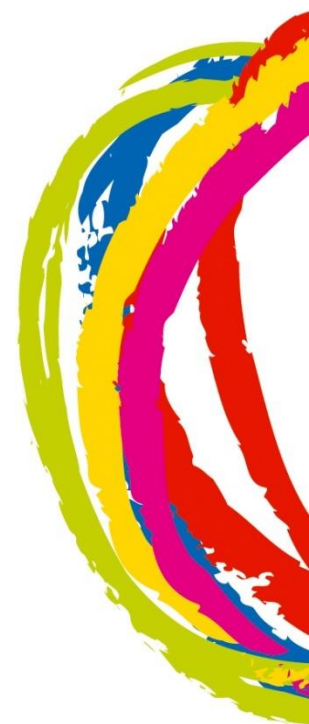
EIPET MODULE AIM

- To give students the knowledge, skills and competences to design, implement and assess physical education sessions for people with disabilities in both inclusive and segregated settings



WHO IS IT FOR?

- Undergraduate PE students
- PE teacher training/lifelong learning e.g. in-service/post-graduate training
- Others
 - Primary school teachers
 - ASL/SNAs
 - Coaches



Education and Culture DG

Lifelong Learning Programme

What does pack include?

- Everything needed to deliver this module
 - Module template
 - Lectures with detailed notes
 - Tutorial resources
 - Worksheets, case studies, video clips
 - Detailed activities for practicals
 - Assessment marking schemes & sample questions



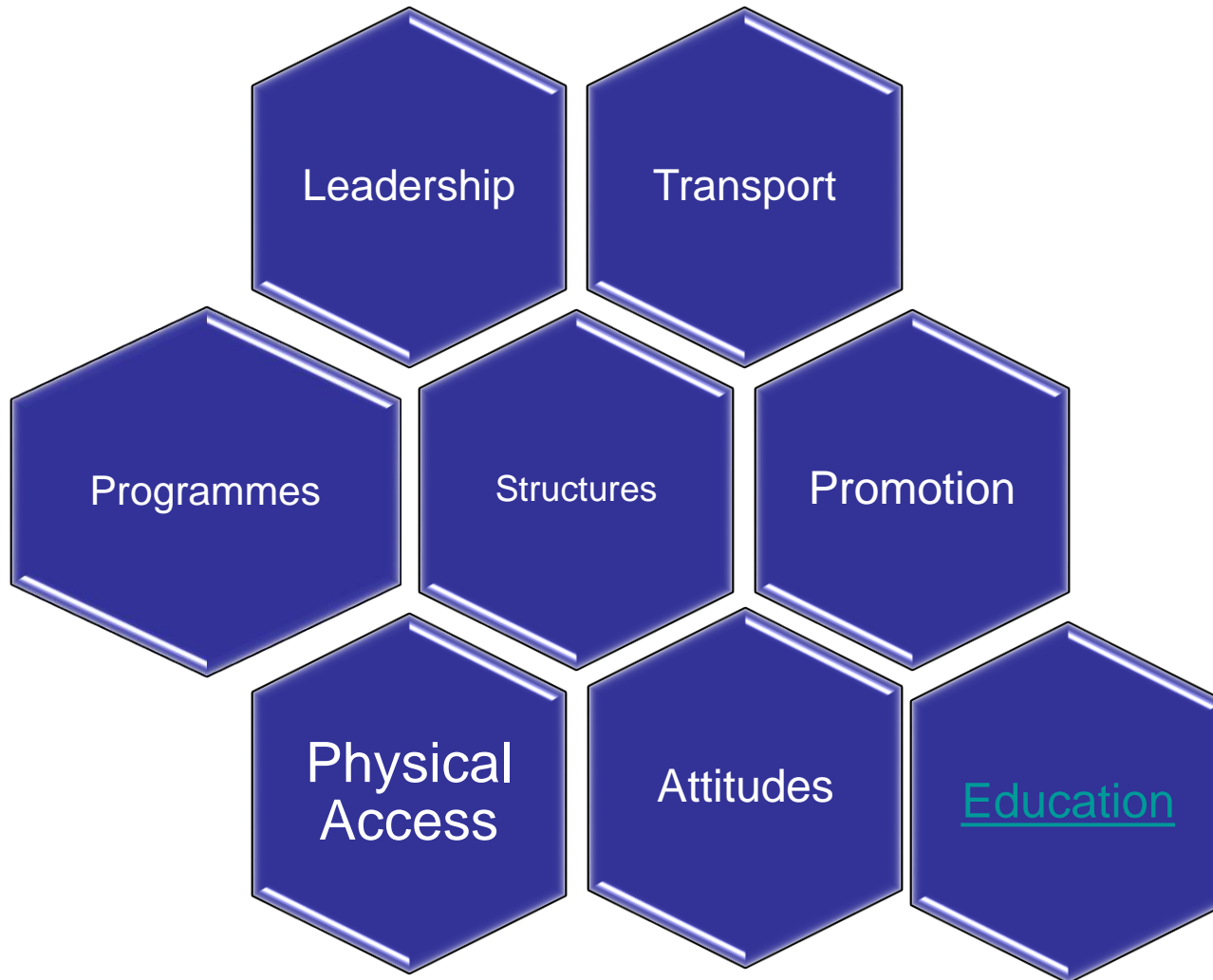
Since the launch

- Uptake in Ireland, UK, Spain, Turkey, Finland, Iceland.....
- Interest by UNESCO to develop for third world countries
- Interest to bring to South America
- APAVET project – exploratory project look at the further development of the EIPET project and concept



2003 Conference

Everybody Active: A Right to Access



Adapted Physical Activity in Ireland....

A growing development

2005

- o APA 2nd National Conference
- o NDA Report on Participation





Adapted Physical Activity Centre



Increasing opportunities for people with disabilities in sport,
physical activity and physical education:

National Coordination- Local Provision

Adapted Physical Activity in Ireland....

A growing development

2007/08

- o CARA National Adapted Physical Activity Centre
- o 21 Sports Inclusion Disability Officers (20 LSPs)
- o 2 Year National SIDO Programme Objectives
- o Significant increase in number of people with disabilities participating at local-regional-national level

4521 Participants

Adapted Physical Activity in Ireland.....

10 years on

2013

- o ISC commitment
- o Expansion of CARA National APA Centre
- o National Sports Inclusion Disability Programme



Conferences

2003 Everybody Active: A Right to Access

2005 'Getting it Right-Including People with Disabilities'

CARA centre formed

2008 *Building the right structures.....*

2011 **APA** in **Ireland** ... Are We There Yet?

2012



2014 ??????????

National APA Training Framework



DISABILITY INCLUSION TRAINING

This sports coaching course is both theory and practical and is designed to give coaches, volunteers, development officers etc ideas and inspiration to adapt their sessions to include people with a disability

When:

Where:

Contact:

All participants will receive a resource pack as part of the course

For more information visit www.caraapacentre.ie

or scan here with your smart phone

IN PARTNERSHIP WITH:

Co-ordinated by CARA
National Adapted Physical Activity Centre
www.caraapacentre.ie

Adapted Physical Activity Centre
AN IRISH SPORTS COUNCIL / IT TRALEE INITIATIVE

Partners: DSI (Deaf Sports Ireland), INCLUSIVE ASSOCIATION, GROWING IRISHMAN, IRISH RUGBY, GAA, Special Olympics Ireland

- Standardised 6 hour course
- Theory, discussion and practical elements
- Part of 5 level framework
 - Undergraduate Training
 - Teacher continuous professional development (CPD)
 - Inclusive leisure Centre /Fitness Industry Training
 - Coach/Leadership Training
 - Coaching Pathway

Training with Halliwick Swimming Association of Ireland



- Club run by local volunteers





CampAbilities Ireland.....

A loss of sight... never a loss of vision



Adapted Physical Activity Centre
An Irish Sports Council / IT Tralee Initiative

INSTITUTE OF TECHNOLOGY
TRALEE
INSTITIÚID TEICNEOLAÍOCHTA TRÁ LÍ



Why a CampAbilities in Ireland?

- CampAbilities Internationally-10 camps
- Participation of people with vision impairments in sport/physical activity
- Undergraduate studies at IT Tralee
- Organised in conjunction with variety of agencies







Funded by
**Department
of Justice
& Equality**



In partnership with

INSTITUTE OF TECHNOLOGY
TRALEE
TRALEE COLLEGE OF TECHNOLOGY



**Local Sports Partnerships
Sports Inclusion Disability
Programme**



ITT in 2013

- Four year undergraduate honours degree courses in Health and Leisure with:
 - Physical Education – 2/3 modules
 - Adapted Physical Activity – 2 years specialisation
 - Wellness – 1 module
 - Sports Development – 1/2 modules
 - Fitness Professional – 2 modules
 - Massage – 2 modules
- Also social care students – 1 module
- Over 200 students providing over 500 activity opportunities each year
- MSc in APA Leadership starting January 2014

MSc in APA Leadership

- Rationale
 - Need for highly skilled professionals who can take a leadership role
 - Demand for inclusive community based activity growing
 - Caters for graduates from variety of backgrounds
 - Developed in line with European Standards in Adapted Physical Activity
- MSc by research annual bursaries

Intensive Programme

- IP in inclusive physical flourishing
 - 2 week programme
 - Partners from UK, Czech Republic, Latvia and Poland.
 - First programme in February '14
 - Purpose to develop knowledge skills and competencies in students across a broad range of disciplines to engage with communities to offer inclusive opportunities for physical activity which promote positive wellbeing



United Nations
Educational, Scientific and
Cultural Organization



UNESCO Chair in ITTralee

Transforming the Lives of People with
Disabilities through Physical Education,
Sport, Fitness and Recreation.

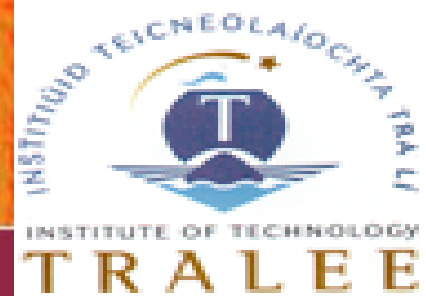
Article 1

The Institute shall, in cooperation with UNESCO, establish a UNESCO Chair on Transforming the Lives of People with Disabilities through Physical Education, Sport, Fitness and Recreation (hereinafter referred to as "the Chair") at the Institute of Technology Tralee.



United Nations
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UNITWIN



- **Chair Purpose:**

“To promote an **integrated system of research, training, information and documentation** on inclusive physical education, adapted physical activity, sports and fitness for the social inclusion of people with disabilities.

It will **facilitate collaboration** between high-level internationally recognised researchers and teaching staff of the institute and other institutions in **Ireland and elsewhere in Europe***, as well as in Africa, the Arab States Region and Latin America and the Caribbean.”

**Includes US and Canada*

Why have things moved so far in Ireland

- Listened to people
- Learnt from other countries
- Convinced national body to support plan to put structures in place
- Top down and bottom up approaches
- Keep pushing for improvement
- Partnerships
- Keep empowering others to help

Are we serious about our obligations under the UN convention?

- Ireland: signed 30 Mar 2007 not yet ratified
- Poland: signed 30 Mar 2007
ratified 25 Sep 2012

So what do we do now?

Educational Institutions	Professionals/graduates
Educate professionals who will lead by example and instigate change	Lead by example with high quality programmes
Provide high quality programmes (evaluated)	Link with other professionals to provide multidisciplinary service
Spread the word – articles, media, conferences	Consult with all service users including people with disabilities
Link with other organisations to have maximum impact	Advocate for better service if current provision is lacking
Research – which improves practice and influences policy and legislation	

Thank you!

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