

Principal Theories in Adapted Physical Activity

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Atividade Física Adaptada



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Greetings from The International Federation of Adapted Physical Activity (IFAPA)

- Founded in 1973
- Meetings (seminars, conferences) began in 1977
- Members travel, share, spread the meaning of APA
- Norway, Canada, Spain, Austria, Korea, and Italy (examples)

IFAPA Meets Once Every 2 Years

- Only in odd-numbered years
- IFAPA 2007 will be in Rio Claro, Brazil
- First time in South and Central America





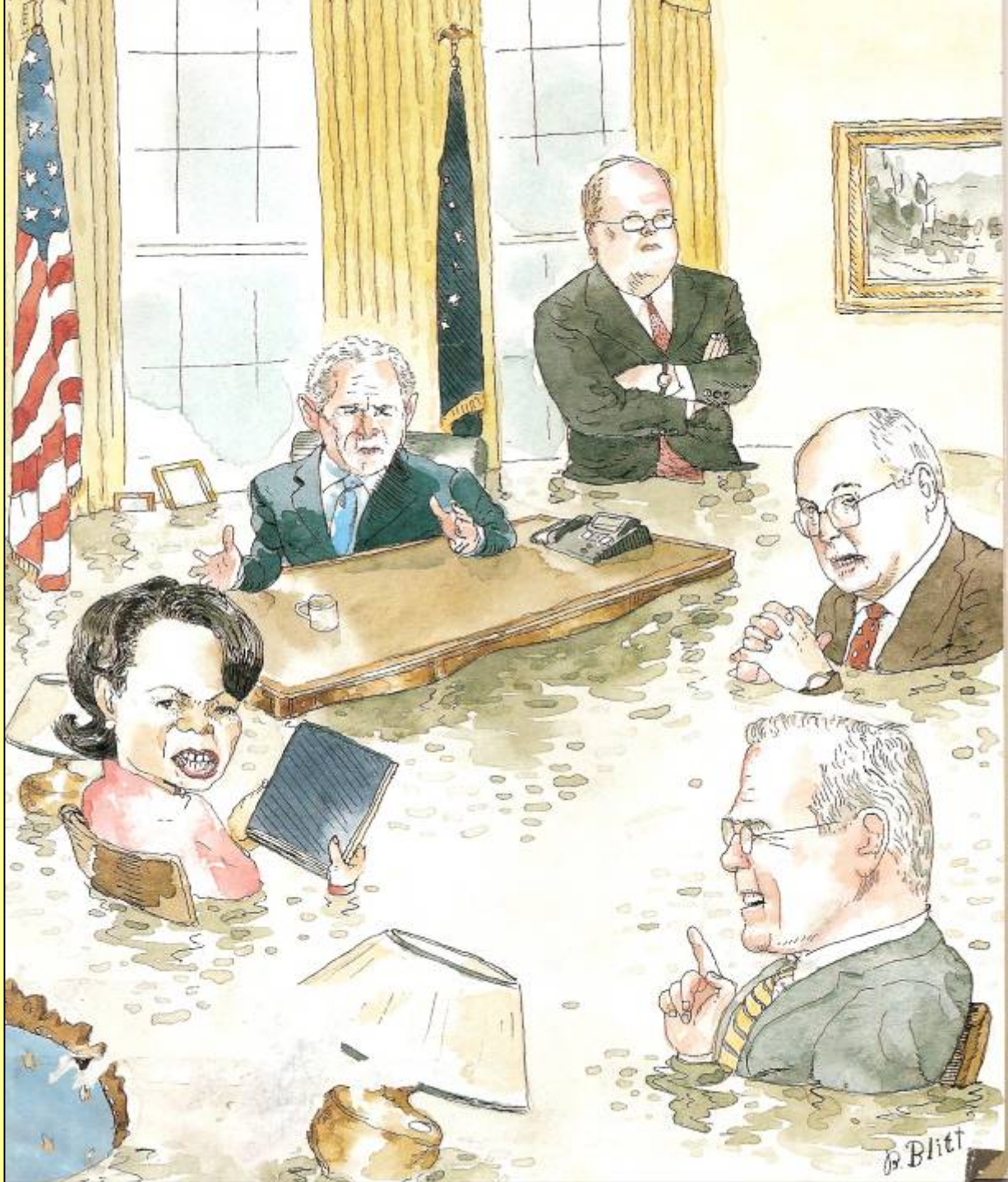
*International Federation of
Adapted Physical Activity*

www.ifapa.net

But What is Adapted Physical Activity (APA)??

- Societies socially construct meanings
- Politics is involved
- Meaning varies in IFAPA'S seven regions
 - South America
 - Middle East
 - Europe
 - Asia
 - Oceania (Australia, New Zealand)
 - Central America
 - North America
 - Africa

W O - I - O P



Theories of APA Meaning (one or several?)

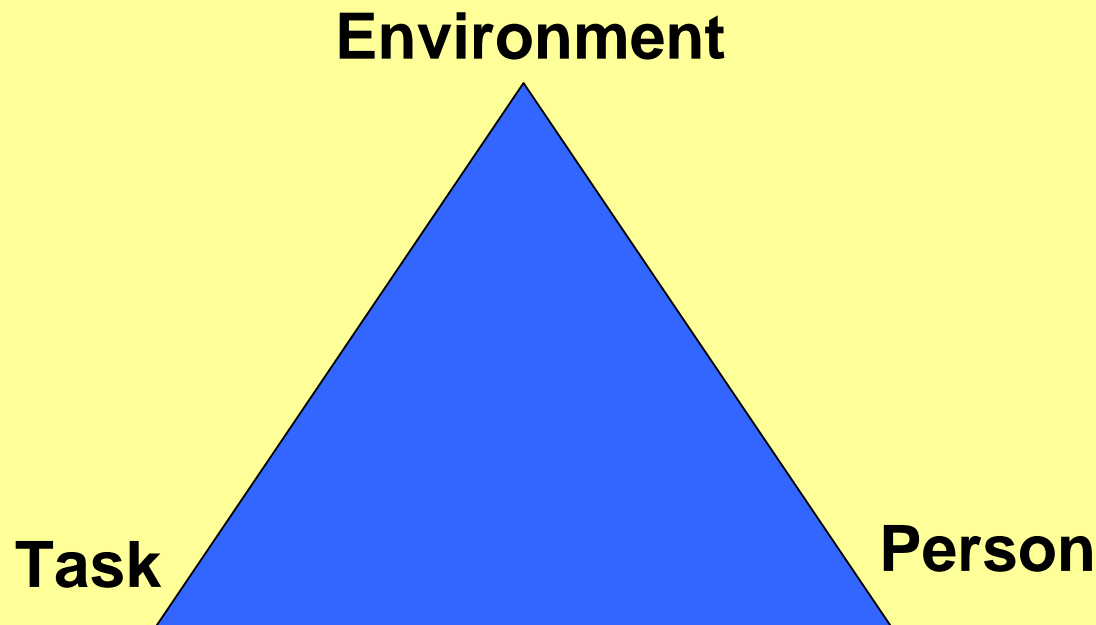
- What is APA?
- Who does it serve? What is the target population?
- Who are its professionals?
- What are goals and expected outcomes?
- How is it accountable for promises, practices?

Why APA Terminology?

- Historical significance
- Accurate descriptor of work
- Hard to translate in some languages
- Uncertainty about the meaning of
 - ADAPT
 - ADAPTATION

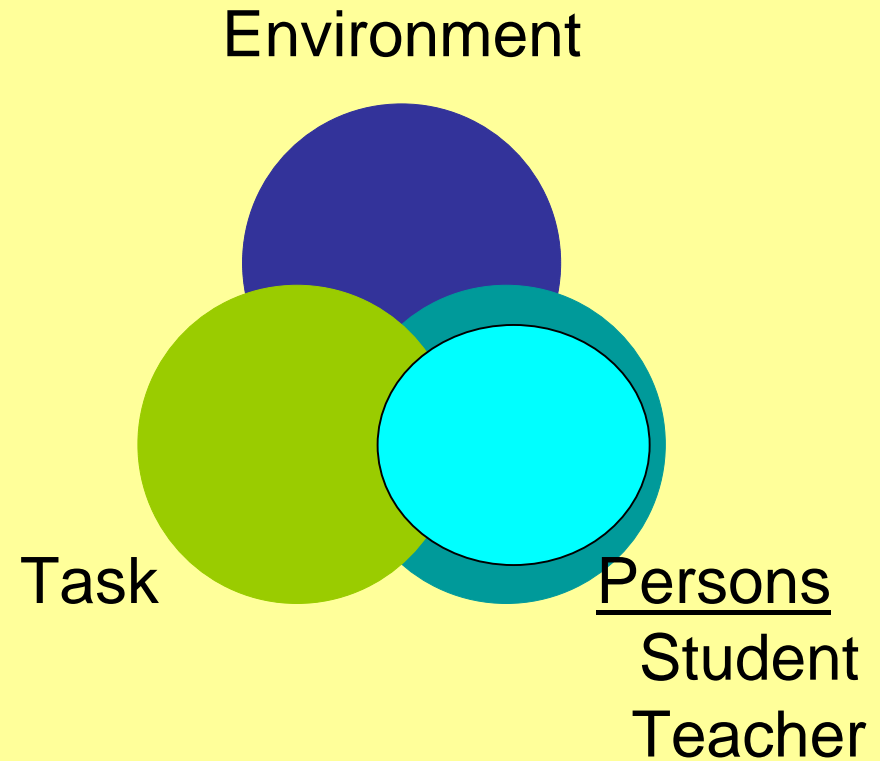
Definition of ADAPTATION

- **Traditional:** Modify, adjust, alter, change
- **Today:** APA is ecological task analysis plus more!!!



Ecological Theory is Central to APA Theory

- Ecosystems are Human-environment interactions
- The self interacting with environment
- Difference between Sherrill's Model & Traditional Model



APA Adaptation is
Transformation of
Goal-oriented
Human-environment
Physical Activity Variables
so as to Promote Desired
Outcomes

**Art and Science of
Minimizing Barriers and
Enhancing Enablers by
Changing Interacting
Variables to Promote
Achievement of Movement
and Participation Goals**

We **ADAPT** the way we provide (or deliver) each service.

- ★ Adapt planning **P**
- ★ Adapt assessment **A**
- ★ Adapt preparation, paperwork, meetings **P**
- ★ Adapt teaching, counseling, coaching **T**
- ★ Adapt evaluation **E**
- ★ Adapt consultation & collaboration **C**
- ★ Adapt advocacy **A**

Adapt Planning





Adapt Assessment



Adapt Preparation, Paperwork, Meetings



Adapt Teaching, Counseling, Coaching



Adapt Evaluation



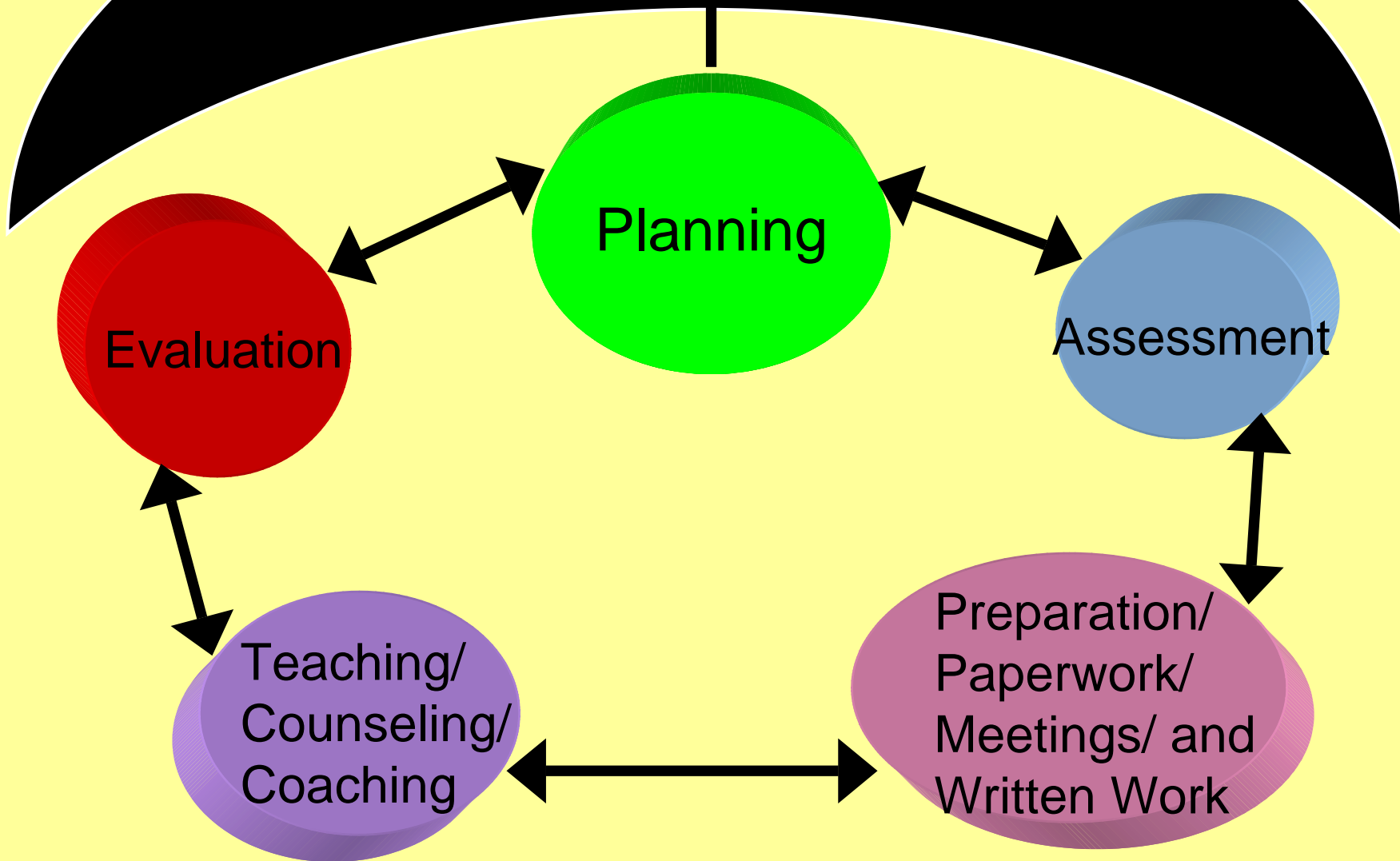
Adapt Consultation & Collaboration



Adapt Advocacy



Consultation Advocacy



Sherrill's Adaptation Theory is

An umbrella practice theory

that describes,

explains, and

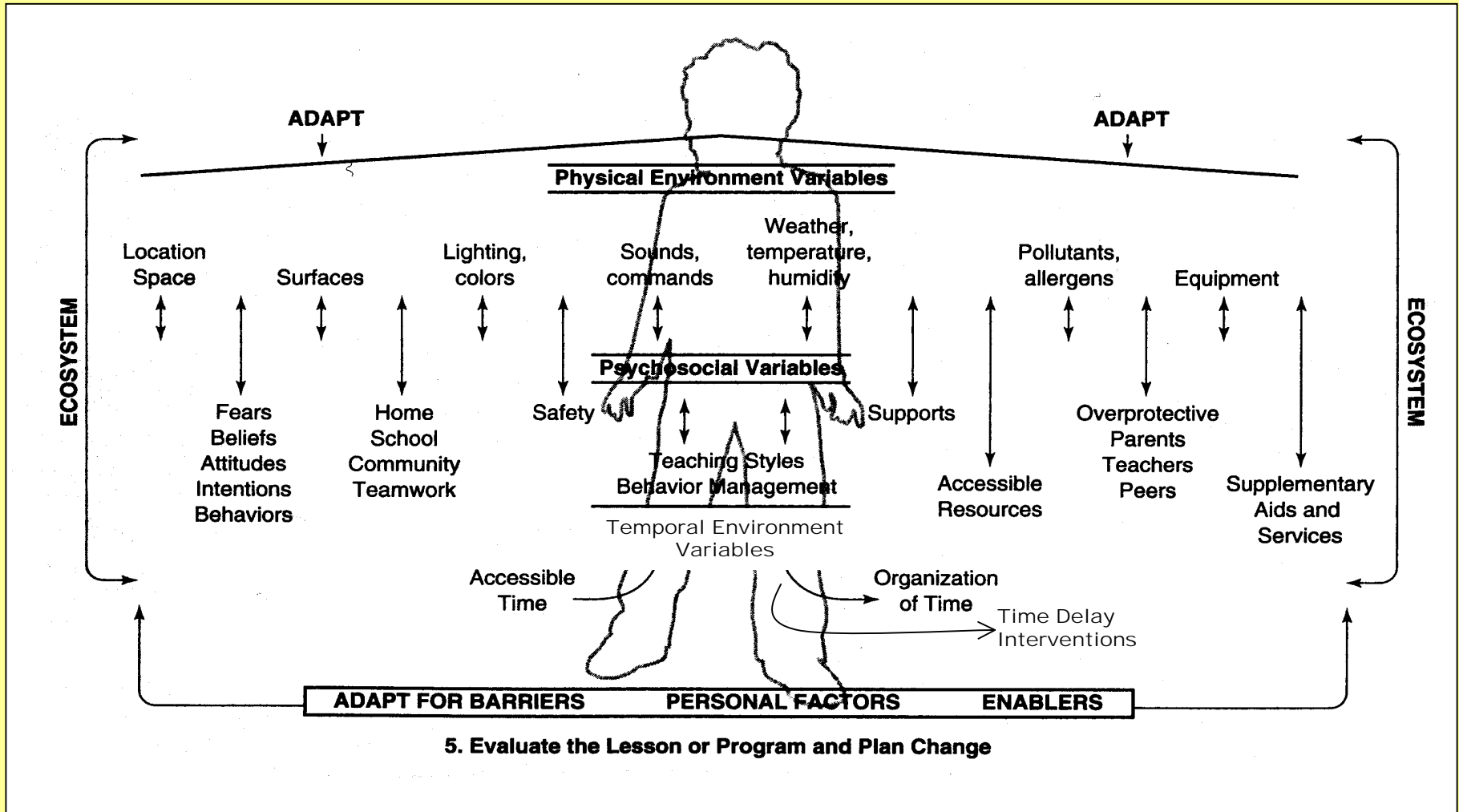
predicts

strategies for change in psychomotor

behaviors and physical activity

participation

Adaptation Model



Adaptation is Making an Outcome or Process Different

- Outcome
 - Easier or harder
 - More or less enjoyable
 - More or less painful
- Process
 - FIT (Frequency, Intensity, Time [or duration])
 - Closed vs. Open movement patterns
 - Random vs. Same conditions or challenges

Some Adaptation Theory Principles

1. Adapt variables, not whole people or processes.
2. Consider task, environment, and person variables and how variables interact (ecological task analysis).
3. Think “psychomotor” to emphasize that change affects total ecology (whole person in relation to environment). Change is a holistic process.

Some Adaptation Theory Principles

4. Involve the target person or group in all aspects of change; adaptation is an active, cooperative process.
5. Focus on barriers and enablers.
6. Begin adaptation with assessment of a specific goal and what needs changed to achieve this goal.

Official Definition of APA in IFAPA By-Laws Says

- Crossdisciplinary body of knowledge
- Service delivery profession
- Academic field of study

Knowledge Focuses On

Identification and solution of [psychomotor problems] pertaining to individual differences in physical activity

1. Definition does not use the term *DISABILITY*. Should it?
2. Why or why not?
3. Who is APA target population?

Service Delivery Profession in By-Laws Implies

- Group of persons dedicated to service
- Gate keepers of standards and ethics
 - Standards for certification
 - Standards for service to target population
 - Standards for research and publication
 - Standards for self-presentation and profession's image
- Affiliated with an organization that formalizes gate keeping
- Protects and empowers member and vice versa

Professionals: Who are They?

- Well-qualified, certified service providers
 - Service to target group
 - Service to profession
- Intensive academic preparation monitor by experts
- Stays current through in-service and continuing education
- Upholds standards of service provision and code of ethics

Academic Field of Study (or discipline, if it meets standards)

- Can be any area, does not have to be service-oriented
- Emphasizes unique body of knowledge or interdisciplinary and crossdisciplinary synthesis
- Uses critical thinking to evaluate existing knowledge (both practice and scientific knowledge)
- Uses research to preserve knowledge and to create new knowledge

Back to APA Definition in IFAPA By-Laws

SERVICE DELIVERY PROFESSION AND ACADEMIC
FIELD THAT

- Supports attitude of acceptance of individual differences
- Advocates access to active lifestyles and sports
- Promotes innovation and cooperative service delivery programs and empowerment systems

APA Definition in By-Laws Ends With

Includes (but is not limited to) PE, Sports, Recreation, Dance, Creative Arts, Nutrition, Medicine, Rehabilitation

Time to Theorize

- Official IFAPA definition is long, probably needs changes
- Needs to convey how APA is different and unique
- Much THEORIZING about parts of this definition is needed
- Theorization is playing with IDEAS, CRITICAL THINKING.
- All activities before positing of the theory

Professional Preparation Model for APE/APA Service Delivery

Philosophy of APE/APA Direct Service Delivery

Vision - Beliefs - Purpose - Domains - Goals - Outcomes



Scientific & Practice Knowledge about Service Delivery

Theories - Principles - Models - Practices
Underlying Assumptions



Professional Roles



Job Functions or Services



Competencies and/or Standards



APE Teacher in Special Class
APE Teacher in Mainstream
APE Consultant
APA Researcher
APA In-service & Continuing Ed
APA Family Worker
Afterschool Sport Coach



P Planning
A Assessment
P Preparation, Paperwork, & Participation
T Teaching/Counseling/Coaching
E Evaluation
C Consulting & Collaboration
A Advocacy



APENS
Sherrill Textbook

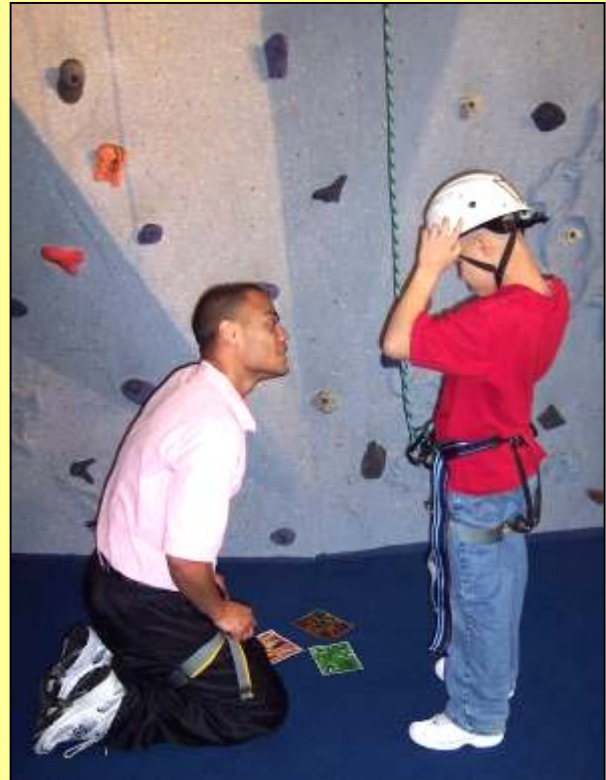
Tasks for Starting University Graduate Programs in APA

1. Justify the need for master's or doctoral program to the scholarly community
2. Obtain external grant money to fund program
3. Recruit high quality students
4. Develop new, unique theory and practicum courses and get them passed by the university curriculum committee
5. Help students develop individual lines of research

Tasks for Starting University Graduate Programs in APA

6. Ascertain that the university has library and other resources to support the APA specialization
7. Develop evaluation models for each aspect of the program that includes both formative and summative evaluation.
8. Involve experts with and without disabilities from the community, government, and other universities in collaborative evaluation and planning
9. Keep writing grants





Professionals Must

1. Meet standards of competence that are mastered through advanced schooling in specified theory and practice under the supervision of experts
2. Maintain a current license, registration, or certification as specified by its professional association and/or law
3. Uphold a professional code of ethics
4. Be active members of a professional organization

CAPE

Claudine Sherrill, CAPE

- CAPE stands for
certified adapted physical educator
- CAPE requires passing a voluntary national examination
- CAPE is awarded by the National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID)

Organizations Must

1. Inform the public and the powers that be about the vision, mission, and goals of the profession.
2. Work with politicians to initiate favorable laws, policies, and effective enforcement practices.
3. Work with the media to increase positive visibility of the profession and its benefits to society .
4. Engage in continuous self-evaluation

Organizations Must

5. Advocate for the rights of its members in terms of salary, tenure, insurance, liability
6. Disseminate information and research findings and provide continuing education that will enhance job performance
7. Provide certification, registration, and/or licensure (CAPE)
8. Monitor quality of service delivery and enforce code of ethics

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