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Barriers and Facilitators to Adaptive Sports on College Campuses

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Barriers and Facilitators to Adaptive Sports on College Campuses



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HYPOTHESIS

I hypothesize mixed-ability adaptive sports can foster a sense of community for all participants.

METHODS

1. Literature Review
2. Examination of key themes
3. Integration of my positionality and personal experiences

FINDINGS

What are adaptive sports?

"The term adaptive sports and recreation refers simply to any modification of a given sport or recreation activity to accommodate the varying ability levels of an individual with a disability" (Lundberg et al., 2011).

What are the barriers to offering adaptive sports on college campuses?

1. Institutional attitudes and support (Hong, 2015)
2. Financial (Shrinking Budgets)
3. Space Constraints

What are the facilitators to offering mixed -ability adaptive sports on campuses?

1. Multiple levels of institutional support
2. Engaging non-disabled participants to play alongside their disabled peers (Cottingham et al. 2013)
3. Recognition of health benefits to all participants (Lakowski, 2013)

Mixed-ability adaptive sports have the power to create community on college campuses.



Victor Viking, the Western Washington University mascot, sits in a Quickie Titanium sports wheelchair poised to throw a chest pass with a basketball in one of the Carver Academic Center gyms on campus.

FUTURE DIRECTIONS

1. Conduct pilot program offering adapted volleyball on campus
2. Examine participant perceptions of how a community does or does not form
3. Provide recommendations to university regarding adaptive sports
4. Encourage development of adaptive sports programs nationally, in part, to gain longitudinal data about student perceptions of their disabled peers
5. Encourage mixedability sports over separate sports for disabled and non disabled participants to better gauge health benefits for all groups involved

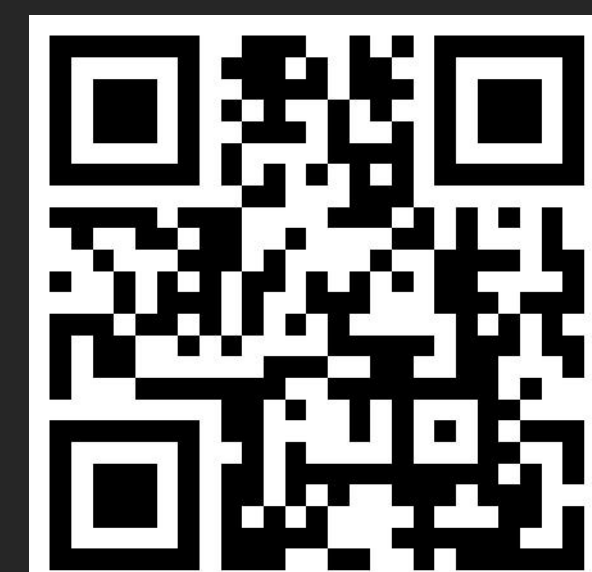
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