"If you want to play we will find a way!"
Benefits of participation in a community sport program for children with disability

Investigators:
Dr Sîan Williams1, Dr Lynn Jensen1, Benjamin Kooiman1, Jordan Hitch1, Dr Noula Gibson1,2
1 School of Physiotherapy & Exercise Science, Curtin University, Perth, Australia 2 Ability Centre, Perth, Australia

With thanks to:
Children and parents
Rob Geersen, Coolbinia Junior Football Club
Janine Gaskell, Joondalup Jets Junior Football Club
Matthew Marinovich, East Fremantle Junior Football Club
Michelle Schneider, Consumer Research Buddy

Starkick aims to cater for all abilities and runs by a simple mantra
"If you want to play we will find a way"

Awards
Western Australia Community Service Excellence Award
Western Australian Department of Sport and Recreation Industry Award
Finalist in Australian National Disability Awards - Excellence in Community Partnerships

Inclusive sport – participation for health

Aim
Parents sought to determine if their child’s participation in ‘Starkick’ resulted in physical and psychosocial benefits
Design: Quasi-experimental Pre–Post test

Pre
Physical and Psychosocial measures

Post
Physical and Psychosocial measures

~ 12 weeks

Three sites across Western Australia

Participants

<table>
<thead>
<tr>
<th>Number of Participants consented to study = 42</th>
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</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
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<tr>
<td><strong>Sex</strong></td>
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<tr>
<td><strong>BMI</strong></td>
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<tr>
<td><strong>Attendance</strong></td>
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<td><strong>Diagnosis</strong></td>
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Total Starkick players across three sites = 72

Physical measures

Aerobic capacity: Shuttle run test I and II (sec)

Anaerobic capacity: Muscle power sprint test (duration x weight = Watts)

Agility: Agility run (sec)

Strength: Functional muscle strength test (total reps in 30sec)

Results: Physical Measures

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Pre-season</th>
<th>Median change (IQR)</th>
<th>% improved</th>
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<tbody>
<tr>
<td>Aerobic capacity</td>
<td></td>
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<tr>
<td>SRT-I (n=31)</td>
<td>178.0sec (83.0, 300.5)</td>
<td>19.0sec (-50.0, 72.0)</td>
<td>30% (&gt;50.4sec)</td>
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<tr>
<td>SRT-II (n=6)</td>
<td>294.0sec (204.3, 429.6)</td>
<td>20.5sec (-49.8, 60.3)</td>
<td>50% (&gt;30sec)</td>
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<tr>
<td>Anaerobic capacity</td>
<td></td>
<td></td>
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<tr>
<td>(n=39)</td>
<td>47.5W (30.0, 84.4)</td>
<td>10.8W* (-6.8, 23.8)</td>
<td>31% (&gt;18W)</td>
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<tr>
<td>Agility</td>
<td></td>
<td></td>
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<tr>
<td>(n=40)</td>
<td>30.8sec (24.5, 41.5)</td>
<td>-1.0sec (-5.7, 3.9)</td>
<td>43% (&lt;3.2sec)</td>
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<tr>
<td>Strength</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(n=39)</td>
<td>55.0 reps (26.5, 79.0)</td>
<td>0.0 reps (-11.0, 14.5)</td>
<td>38% (&gt;9 reps)</td>
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</table>

* p < 0.05
**Physical outcomes**

- Increase in anaerobic capacity

- **Individual** increases in aerobic and anaerobic capacity, agility and strength

These are consistent with the types of activities practiced in the program

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**Psychosocial measures**

**The Self-perception Profile for Children**
- Self concept (1 – 5)
  - Scholastic competence
  - Social competence
  - Athletic competence
  - Physical appearance
  - Behavioral conduct
  - Self esteem (1 – 5)

**Canadian Occupational Performance Measure**
- 1 – 3 goals
- Performance rated 1 – 10
- Satisfaction rated 1 – 10
- Goals stratified into ICF-CY subdomains

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**Results: Psychosocial Measures**

- **Group self-esteem levels were medium**
- **Group enjoyment levels were high**

![Bar chart showing pre and post scores for self-esteem and enjoyment](chart.png)

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**The classification of goals**

**“To improve his self-confidence”**

- Social/Interpersonal
- Coordination/Movement
- Increasing Physical Activity
- Recreation/Leisure
The classification of goals

"To make friends while playing football"

- Social/Interpersonal
- Coordination/Movement
- Increasing Physical Activity
- Recreation/Leisure

Goals achieved

- Satisfaction
- Performance

Goals created

- Social/Interpersonal
- Recreation/Leisure
- Coordination/Movement
- Increasing Physical Activity

Psychosocial outcomes

- Most parents created social goals
- Goals related to physical activity were most often achieved
- Mismatch between what parents wanted and what their child achieved
Children with disabilities gain **physical** and **psychosocial** benefits when participating in community sport.

**Function** – fitness, coordination, strength

**Inclusive environment** interpersonal relationships

**Participation**

**Controlled trials**

**Fun**, personal interests

Family, friends, social support

Educate coaches to target player's goals

Photographs used with permission from parents, children and Coolbinia Bombers Junior Football Club.

http://bombersjfc.asn.au/starkick-all-abilities-team/