Science Meets Practice: So This is Permanent? What Traditional Sports Can Learn from Adaptive Sports (When Impairments Become Lifelong)

Background
Adaptive sports such as the Paralympics and Special Olympics were founded on the identified need to allow individuals with physical and intellectual disabilities participate in sports and recreational activities without being limited by their physical or intellectual challenges. Many people after injuries such as traumatic brain injuries, concussions, and some shoulder, elbow, and knee conditions alter an individual's ability to participate in traditional sports as they did prior to the injury. Traditional sports can learn from adaptive sports in how to promote physical activity while minimizing the risk of injury associated with their physical or intellectual challenge.

Objectives
Upon the conclusion of this course, participants will be able to:
1. Identify benefits of physical activity for individuals with physical and intellectual impairments.
2. Recognize the role of physical therapists in setting and implementing appropriate and safe adaptations of sports.

Abstracts
• Para Athletes Require Customized Seating for Optimized Performance & Safety (Speaker: Kendra Betz)
• Comparing Static Single-Leg Postural Control of Athletes who are Deaf or Hard-of-Hearing to Athletes who are Hearing (Speaker: Matthew Brancaleone)
• Paralympic Track and Field Classification as a Participation Barrier: A Phenomenological Study of Events Leading to the Rio Paralympic Games (Speaker: Sheri Walters)
• Effects of stable and unstable surfaces on the lower extremity and trunk muscle activation during the Star Excursion Balance Test and Y Balance Instrument in healthy adults (Speaker: Kunal Bhanot)

References:
Baran F, Aktop A, Ozer D, et al. The effects of a Special Olympics Unified Sports Soccer training program on anthropometry, physical fitness and skilled performance in Special


