



IO1 - ONLINE SURVEYS RESULTS

Inclusive Karate: a new perspective to decrease
sedentary lifestyle and increase self-confidence
in Down Syndrome



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Partners involved:



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INTRODUCTION

To have a clearer framework of the real number of individuals diagnosed with Down Syndrome (hereinafter “DS individuals”) and on the amount of physical activity and on their participation in sport activities, two online surveys were created:

- The first survey, targeting DS individuals and families of DS individuals, aimed at describing sport participation of DS individuals, in terms of sport or activity practiced, years of practice and training volume of their preferred sport activity.
- The second survey, targeting European Karate Federations and Clubs, aimed at providing a picture on the sport facilities and was specifically designed to understand how many DS athletes are affiliated with national federations or other national entities, how the sport facilities deal with athletes with DS, and what type of activities/competitions DS individuals take part in.

The questionnaires were subsequently translated in the language of the partner countries and were sent out by each partner country. The results were received anonymously and thereafter analysed.

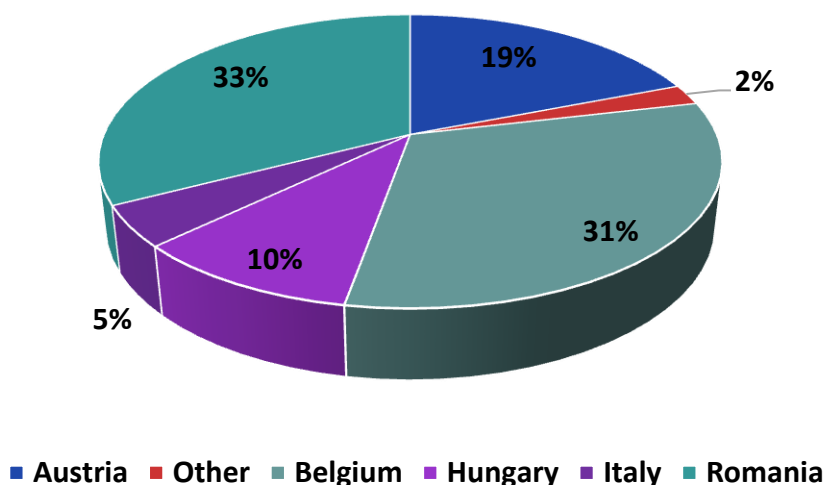
In this preliminary report, the results of the surveys will be shown also using graphical tools in order to improve the comprehension of its contents. The results illustrated in this report are updated to the 31st of December, 2021.

RESULTS

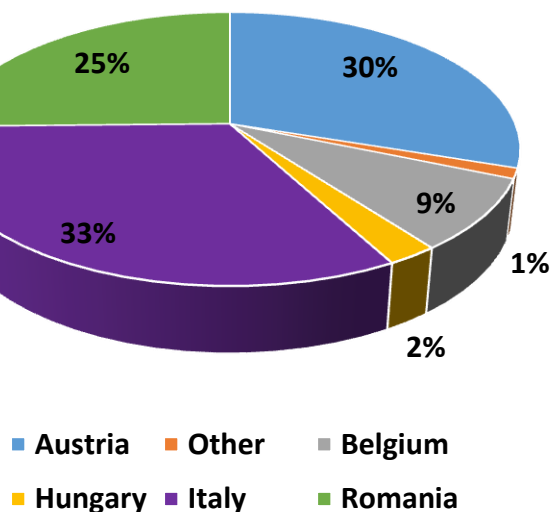
Number of Surveys collected at the 31st of December 2021 and distribution in the partner countries.

Up to December 31st, 2021, 95 individual questionnaires and 83 sport facility questionnaires have been collected and analysed. For the individual survey, the majority of responders were from Romania and from Belgium, whereas, for the Sport Facility survey, the majority of responders were from Italy and Austria. The contribution of each partner country is reported in the following graphs:

Individual Survey



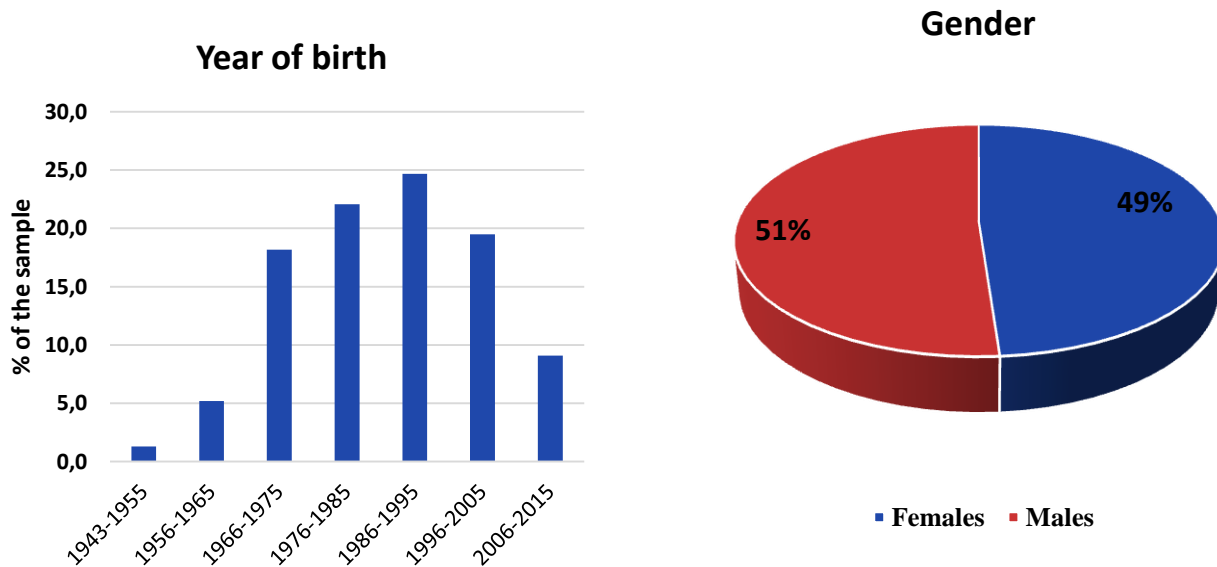
Sport Facilities Survey



PART I. INDIVIDUAL SURVEY

1. Age and Sex of the Participants.

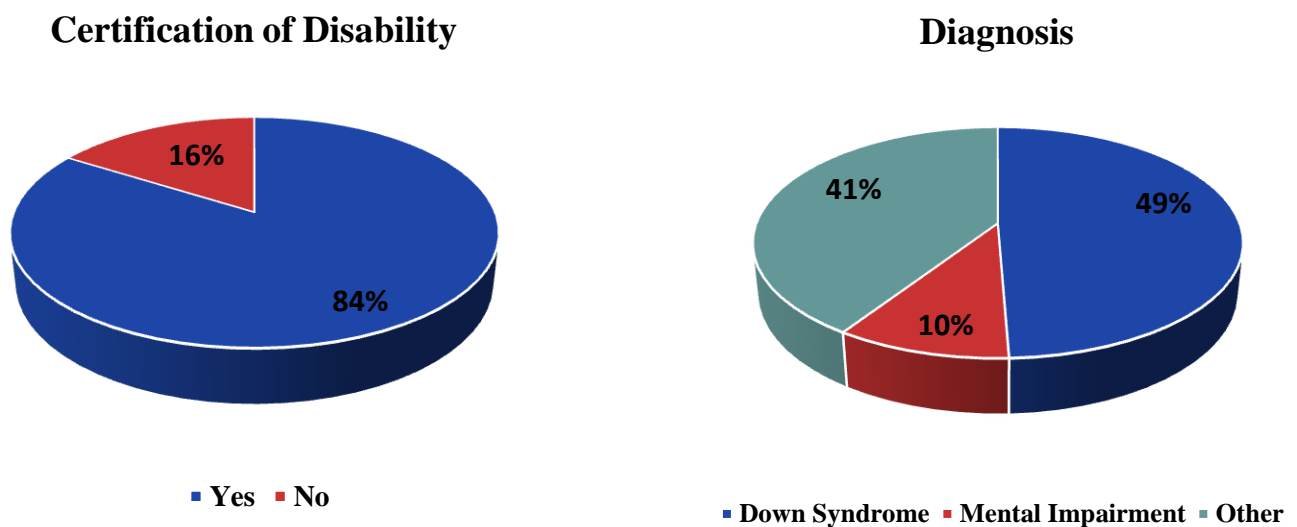
Most of the DS individuals who answered the individual survey were born between 1976 and 2005 and were almost perfectly distributed between females and males. The year of birth and sex of the DS individuals who answered the survey is reported in the following illustration.



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2. Certification of Disability and most Common diagnosis

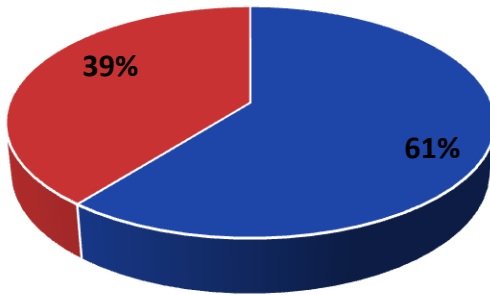
The greater part of the individuals who answered the individual survey had an official certification of their disability (lower left panel) and the most common diagnosis was DS (lower right panel).



3.Sport Participation

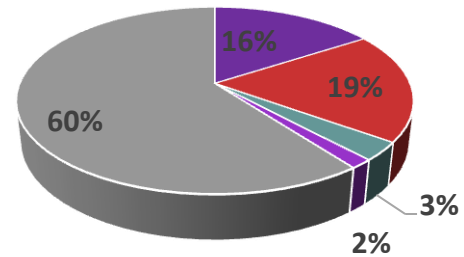
Most of the individuals who answered the survey practiced some sport; the most practiced sport was Martial Arts, followed by Swimming and Team Sport.

Sport practice?



■ Yes ■ No

Which Sport do you practice?

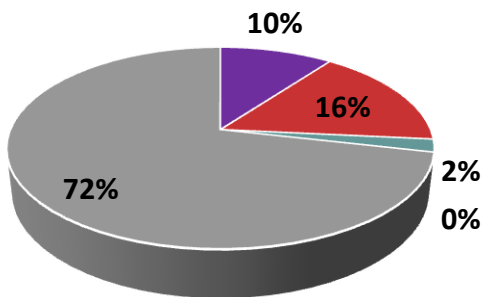


■ Team Sport ■ Swimming
■ Technical Sports ■ Athletics
■ Martial Arts

4. Sport Practice History and training volume – Main Sport

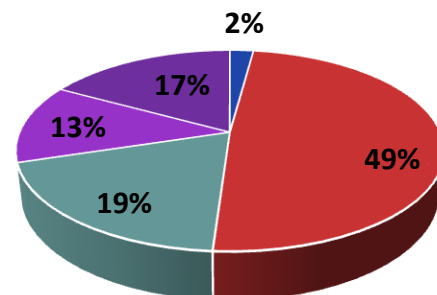
Most of the individuals practiced Martial Arts as their main sport activity followed by Swimming and Team Sports. Most of the individuals had been practicing his\ her main sport for 1 to 3 years for less than 4 hours per week, although considerable amount of participants practiced from 4 to 9 hours per week for more than 10 months per year.

Main Sport



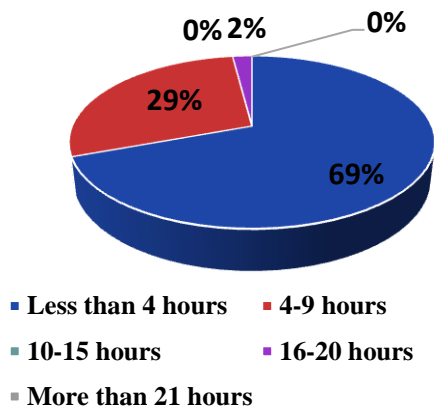
■ Team Sport ■ Swimming
■ Technical Sport ■ Athletics
■ Martial Arts

Years of practice Main Sport

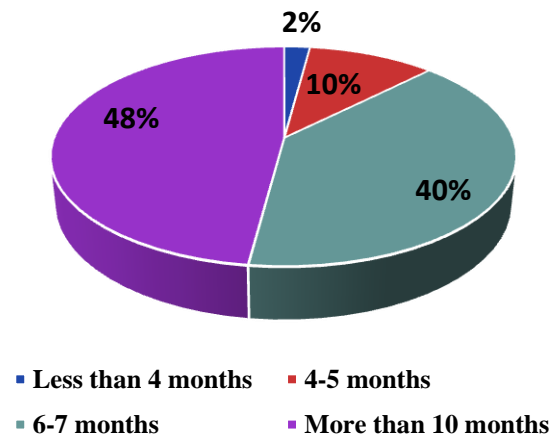


■ Less than 1 year ■ 1-3 years
■ 4-6 years ■ 7-9 years
■ More than 10 years

**Hours of practice per week
Main Sport**



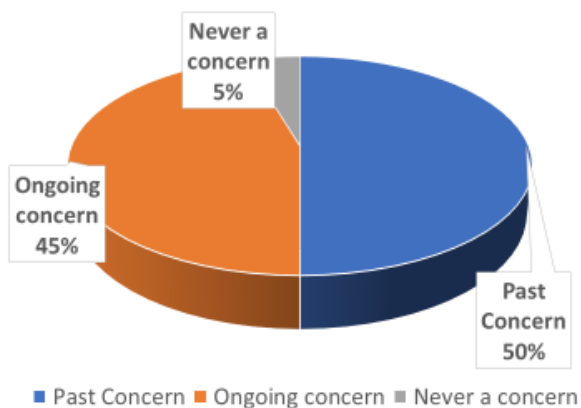
**Months of practice per years
Main Sport**



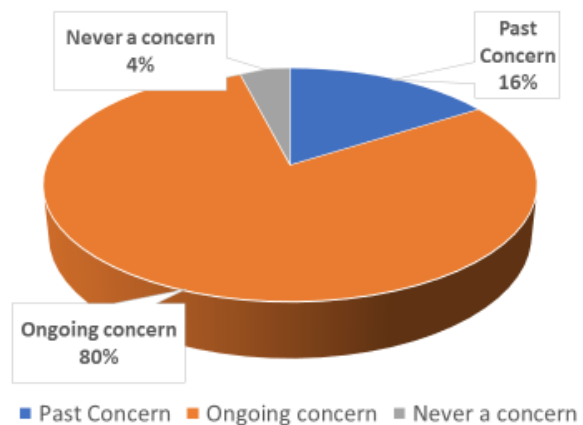
A high percentage of DS individuals (*“ongoing concern”*: 45%) referred about their difficulties in learning skills, and learning skills, such as movement sequencing and planning skills (*“ongoing concern”*: 80%).



Does the athlete have difficulty learning skills required for his/her main sport? [Physical skills]



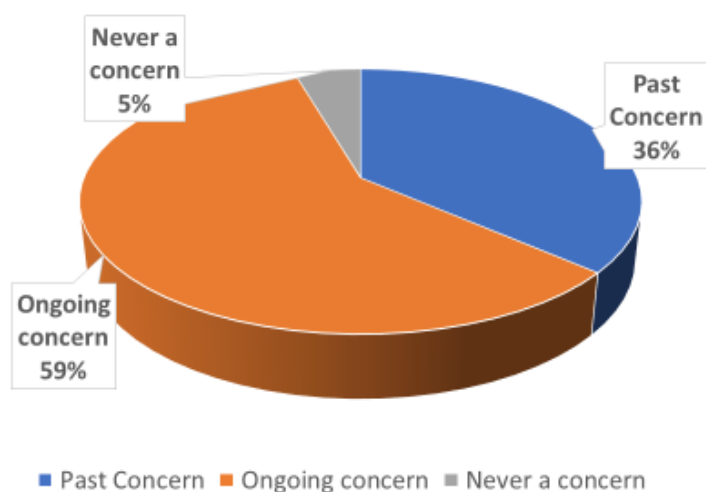
Does the athlete have difficulty learning skills required for his/her main sport? [Movement sequencing & planning skills (i.e., skills that must be completed in a particular order, which required coordination and planning)]



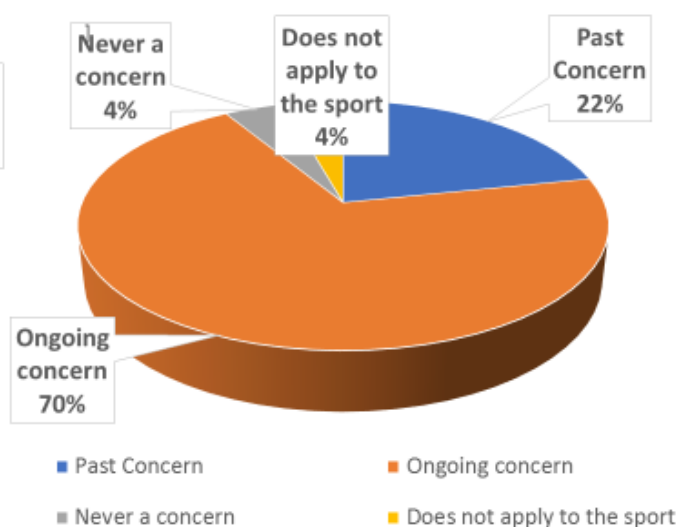
The difficulties encountered concerning the main sport practiced were related not only to Physical skills, but also technical skills, such as *technical skills of the sport* (“ongoing concerns”: 59%;) and *strategies of the sport* (“ongoing concern”: 70%).



Does the athlete have difficulty learning skills required for his/her main sport?
[Technical skills of the sport (e.g., throwing technique)]



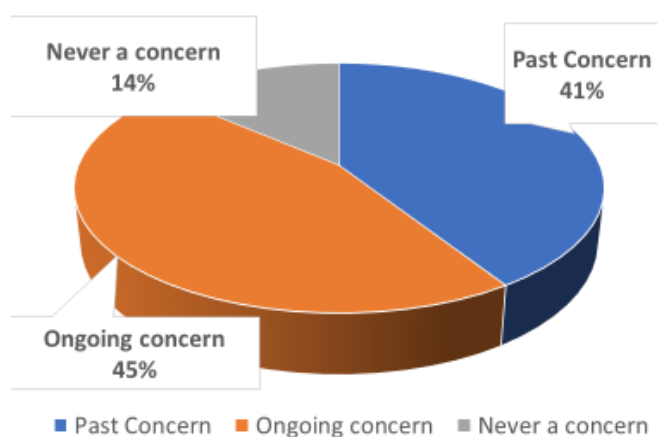
Does the athlete have difficulty learning skills required for his/her main sport?
[Strategies of the sport (e.g., run pacing)]



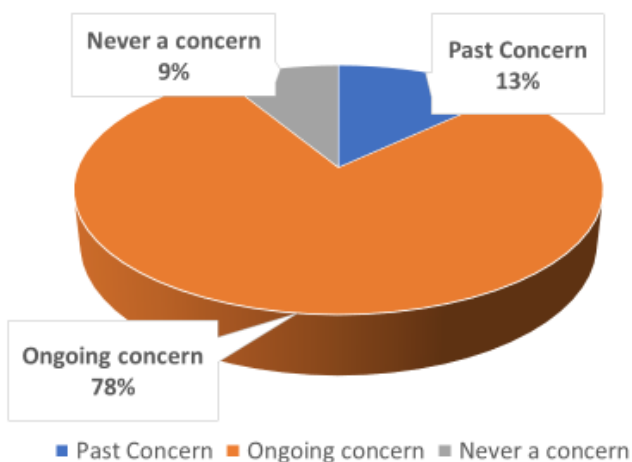
Moreover, individuals who answered the survey, declared difficulties in learning skills as regards the comprehension of the *rules* of their main sport activity (“ongoing concern”: 45%), and great difficulties with the *regulation in learning sport skills* (recognizing his/her own errors in skill learning – “ongoing concern”: 78%).



Does the athlete have difficulty learning skills required for his/her main sport?
[Rules of the sport]



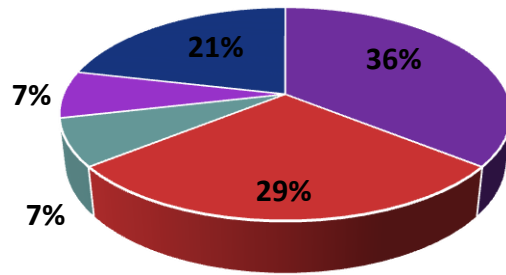
Does the athlete have difficulty with self-regulation in learning sport skills?
[Recognizing his/her own errors in skill learning]



5. Sport Practice History and training volume – Secondary Sport

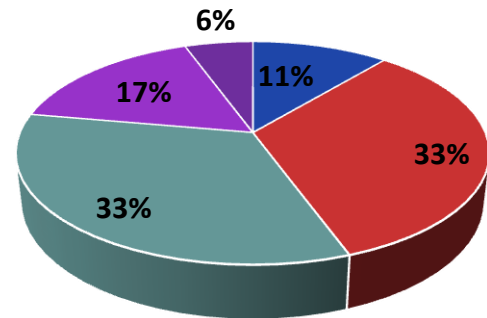
Most of the individuals who answered the survey practiced Team Sports as their secondary sport, followed by Swimming and Martial Arts. They have been practicing it for 1 to 3 years and for 4-6 years. The secondary sport is practiced by almost all participants for less than 4 hours per week and for 6-7 months per year.

Secondary Sport



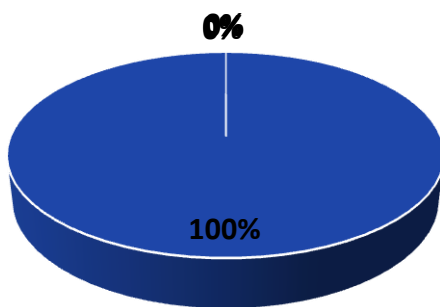
- Team Sport
- Swimming
- Technical Sports
- Athletics
- Martial Arts

Years of practice Secondary Sport



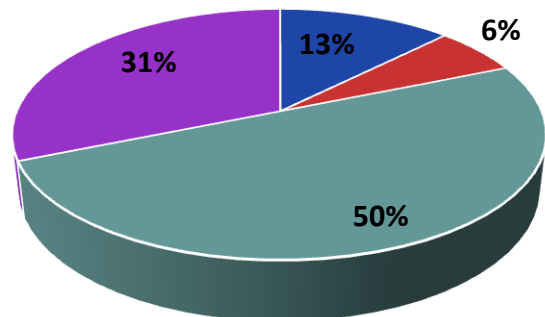
- Less than 1 year
- 1-3 years
- 4-6 years
- 7-9 years
- More than 10 years

**Hours of practice/week
Secondary Sport**



- Less than 4 hours
- 4-9 hours
- 10-15 hours
- 16-20 hours
- More than 21 hours

Months per year Secondary Sport



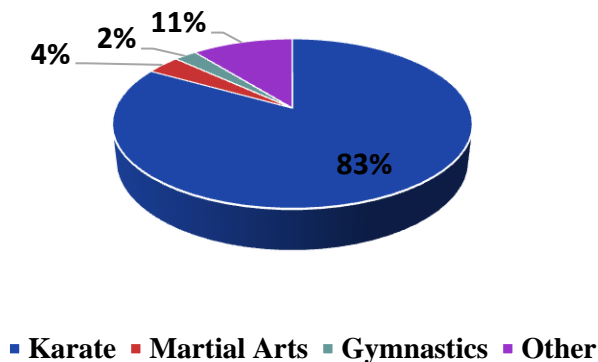
- Less than 4 months
- 4-5 months
- 6-7 months
- More than 10 months

PART II. SPORT FACILITY SURVEY

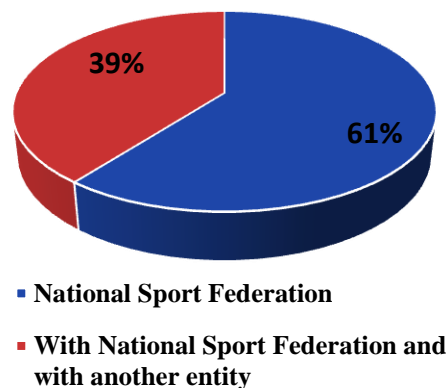
1.Sport Activity and Affiliation of the Sport Club

The majority of the sport facilities that answered the survey includes a Karate and other Martial Arts classes within their activities, and most of these sport clubs are affiliated with a National Sport

Which activities does the sport club offer?



The sport club affiliated with:

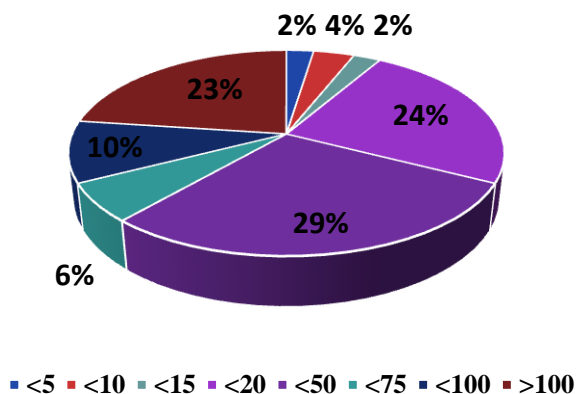


2.Number of Members and Number of Martial Arts Coaches

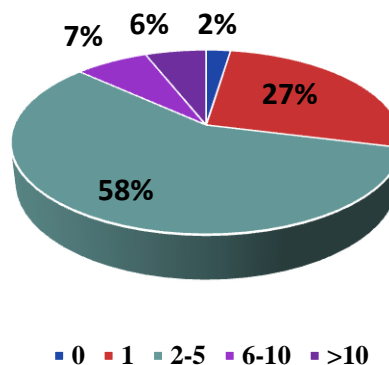
10

A large percentage (29%) of the sport facilities who answered the survey had up to 50 members, notably 23% of the sport facilities declared more than 100 members. Fifty-eight percent of the sport facility had a number of martial art coaches ranging from 2 to 5; whereas 29% had just one martial arts coach.

Number of members



Number of martial arts coaches in the facility

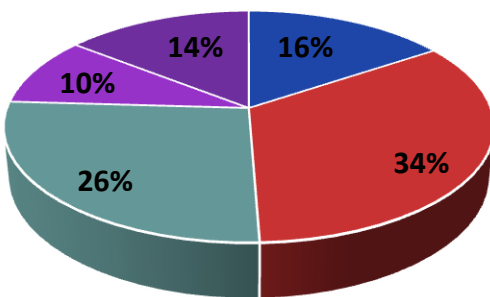


3.Disabled athletes and people working with them

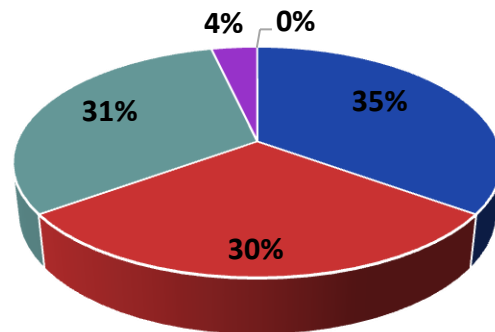
The majority of the sport facilities had between 1 and 5 disabled athletes. The number of coaches working with disabled athletes were greater than 10 in 35% of the sport facilities, from 2 to 5 in 31% and only 1 in 30% of the sport facilities respectively.

Eighty-six percent of the sport facilities declared to have no communication facilitators, and among those who had, 38% had 2 to 5 communication facilitators and 39% had only 1 communication facilitator.

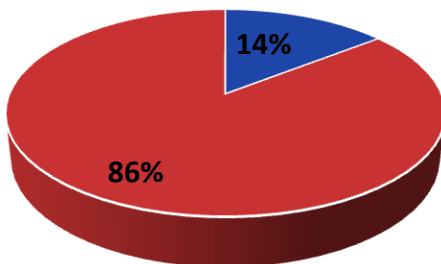
Number of disabled athletes



Number of coaches working with disabled

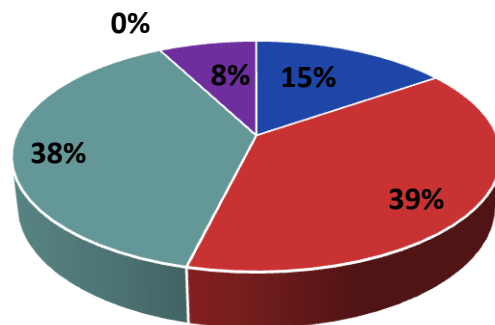


Are there communication facilitators (Signers / Sign Language Interpreter) ?



■ Yes ■ No

How many communication facilitators do you have?

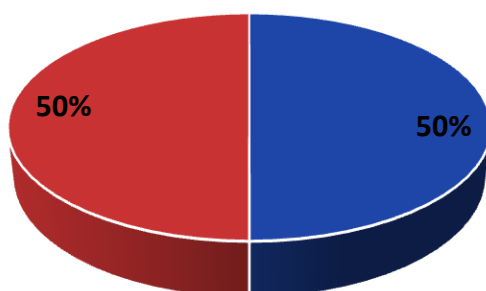


■ 0 ■ 1 ■ 2-5 ■ 6-10 ■ >10

4.Sport Club Accessibility

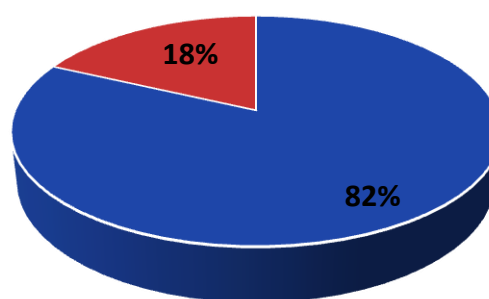
Half of the Sport Clubs were on one floor and most of them were located at the ground floor.

Is the sport facility on one floor?



■ Yes ■ No

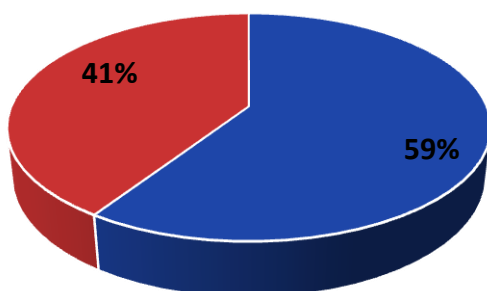
Is the sport facility on a ground floor?



■ Yes ■ No

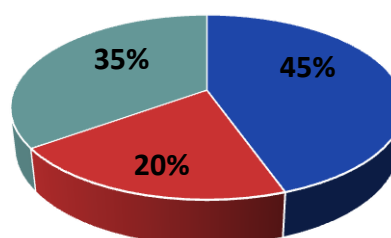
Fifty-nine percent of the Sport Clubs declared that the access to the sport facility from outside has ramps whose slope is lower than 8%. Forty-five percent of the Sport Clubs declared that the access for disabled people is up to standards, whereas 35% declared no stairs and the remaining 20% declared that their structure is not accessible for disabled people.

Is the access from outside guaranteed with ramps whose slope is less than 8%?



■ Yes ■ No

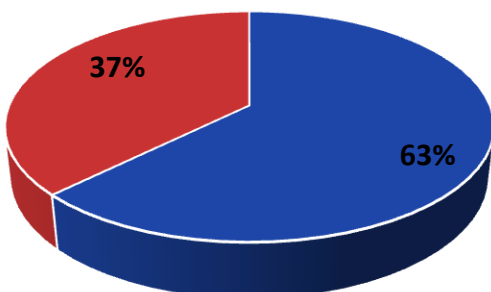
Is the access for disabled people up to standard (step height > 16cm, step width <30 cm)?



■ Yes ■ No ■ The building has no stairs

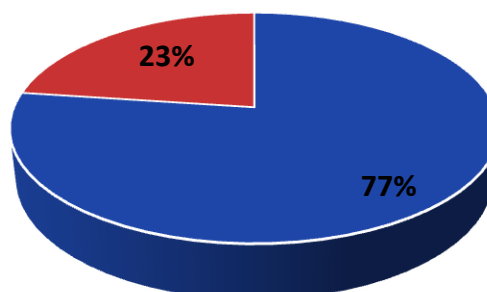
Sixty-three percent of the Sport Clubs declares that restrooms are up to standards and 77% declares that doors have a minimum width of 0.80 m.

Are there restrooms up to standards?



■ Yes ■ No

Do the doors have a minimum width of 0.80 m?



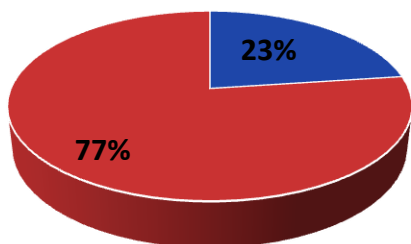
■ Yes ■ No

5. Sport Club workstation and Equipment for disabled athletes

77% of the Sport Clubs declares to have no specific workstation suitable for the integration of disabled athletes. The remaining 23% declares that the special workstations are in the gym (71%), 19% declares that the workstations are located in special labs and the remaining 10% declares that the workstations are in buildings other than the gym.

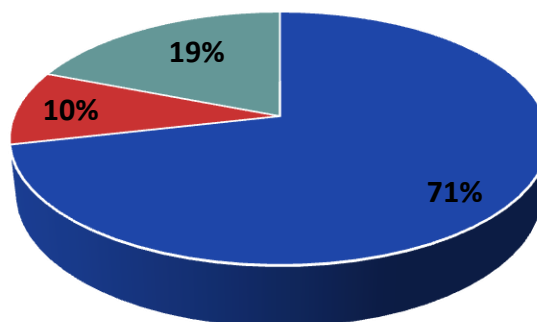
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Does the sport facility have special workstations suitable for the integration of athletes with disability?



■ Yes ■ No

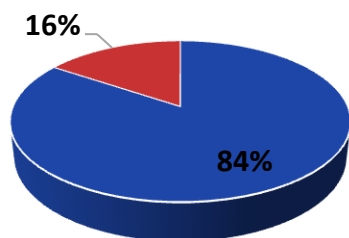
If yes, where are they positioned?



■ In the gym ■ In other buildings ■ In special labs

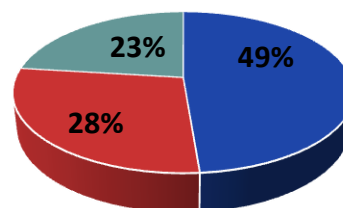
The majority (84%) of the support coaches employed in the Sport Clubs does not use particular equipment during training. Half of the Sport Clubs declared that supplementary tools are easily accessible for all.

Do support coaches use particular equipment during training?



■ No ■ Yes

Does the structure have good access to supplementary tools for training?



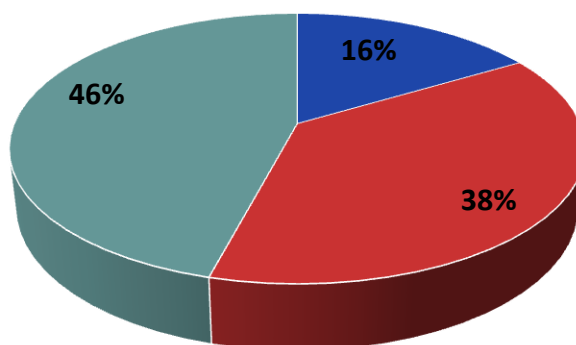
■ Yes for all ■ Yes for some ■ No

6. Coaches Cultural Background and Education to work with disabled people

Only 16% of the coaches that work in the Sport Clubs have a Degree in physical education or Sport Science, 38% declare a Nationally recognized education or a certification in coaching from a federation. The remaining 46% declares that none of the other two options reflect his\ her background.

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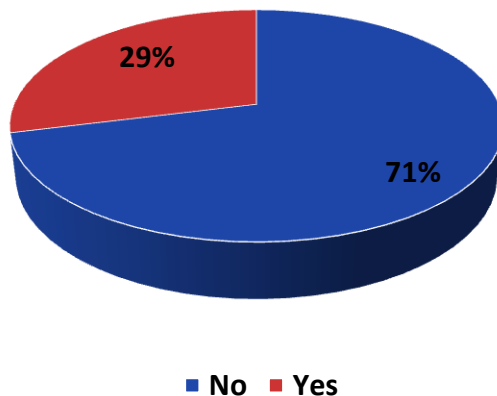
Which of the following best describes your coach's background?



- Degree in physical education or sport science from a recognized university
- Nationally recognized education/ certification in coaching from a Federation
- None/Blank

Seventy-one percent of the coaches has not participated in education or training courses to coach athletes with disability.

Have they participated in education/training in coaching athletes with disability?

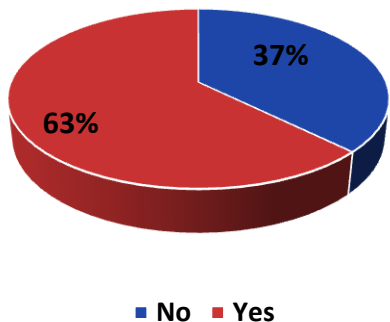


7.Training Courses and Disability

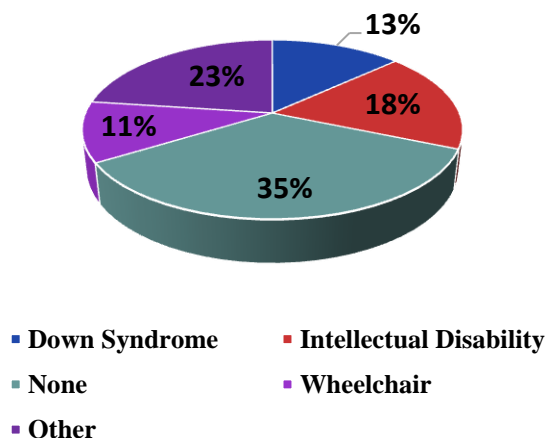
The majority (63%) of the Sport Clubs that answered the survey declared that they have a training course dedicated to disability. Thirty-five percent of the Sport Clubs do not deal with any disability, whereas Intellectual Disability (18%) and Down Syndrome (13%) and Wheelchair (11%) are the most represented disabilities when present.

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Does the sport facility have a training course dedicated to disability?

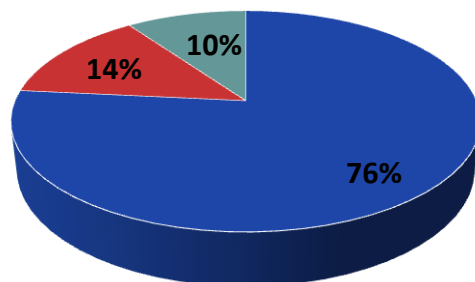


In what kind of disability(ies) does the sport facility deal with



Most of the Sport Clubs declared that they have not created any dedicated course to disability (76%), whereas 14% declares that they created one course dedicated to different kind of disabilities, and the remaining 10% declares that they have created dedicated courses for specific disabilities.

Have specific courses been created?

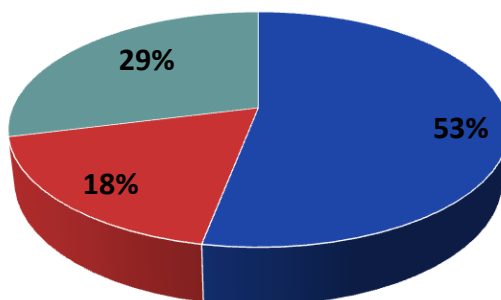


- No
- One course tackling different kind of disability has been created
- Different courses for different kind of disabilities have been created

The training groups are composed mostly by individuals without disabilities (53%), exclusively by individuals with disabilities (29%) and mostly with individuals with disabilities (18%)

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How are training groups formed?



- Mostly without disabled athletes
- Mostly with disabled athletes
- Exclusively with disabled athletes

8. FAMILIES SURVEYS

An interesting part of this surveys was also dedicated to the feedback obtained by the families involved of DS people involved in the project.

WP 2 – Analysis of local contexts through online questionnaires for families of people with Down syndrome and for EU karate federations **(M1-M36)**
WP LEADER: FEDERATIA ROMANIA de KARATE (FRK)/FIJLKAM/FORO IT

ITEMS Q1-Q5

Q1 - Describe your child

Q2- Are you looking for new challenges for your child?

Q3 – Do you see any physical change in your child through these karate training sessions?

Q4 - Do you see any change in your child's behavior due to karate training?

Q5 – Do you talk to your child about the karate training or does he/she talk about it?

ITEMS Q6-Q10

Q6 – Does your child practice karate at home spontaneously?

Q7 – Do you see progress in her/his structure in day-to-day activities?

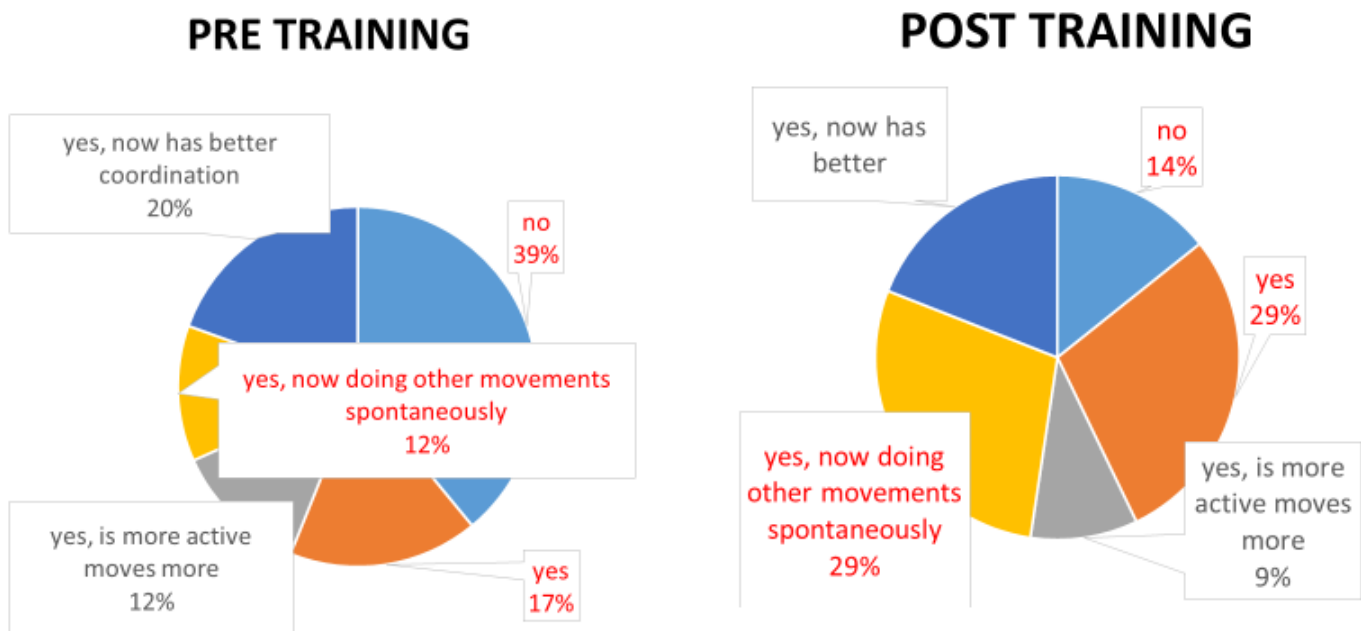
Q8 – What do you expect or hope to see changed after these inclusive karate lessons?

Q9 – Is your expectations repaid after these G-karate lessons?

Q10 – Will he/she continue doing inclusive karate after these karate series of lessons?

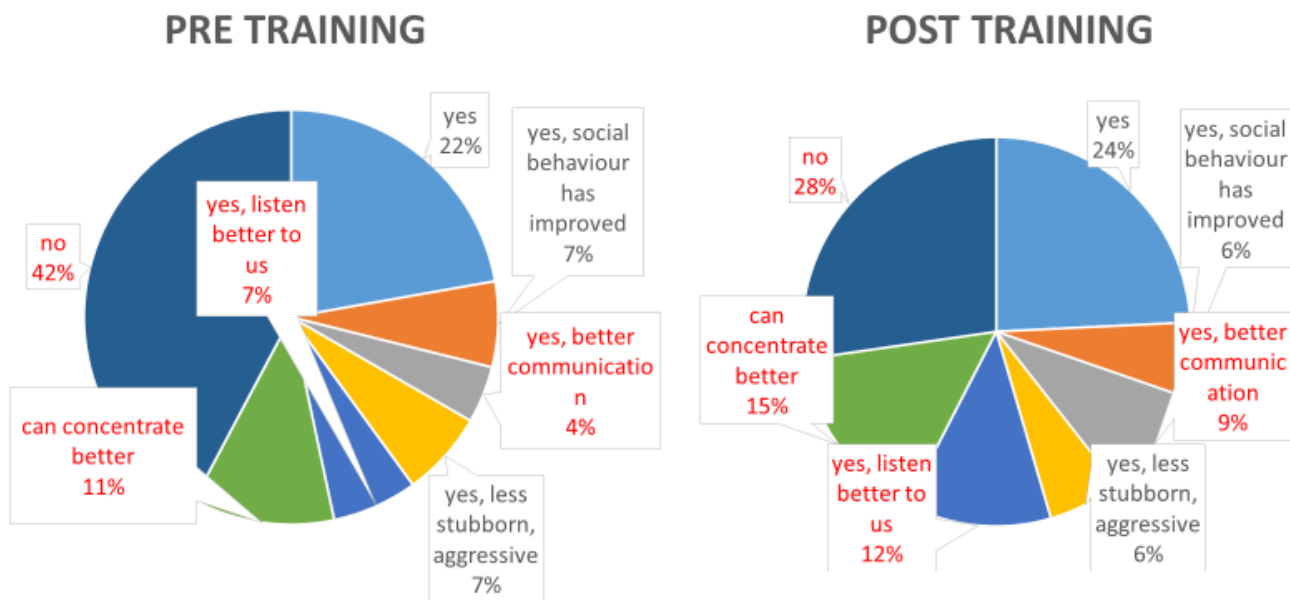
In the following pages, we report a few results that we obtained after collecting data from the online surveys dedicated to DS participants families (Q3, Q4, Q7, Q9 and Q10).

Q3 – Do you see any physical change in your child through these karate training sessions?

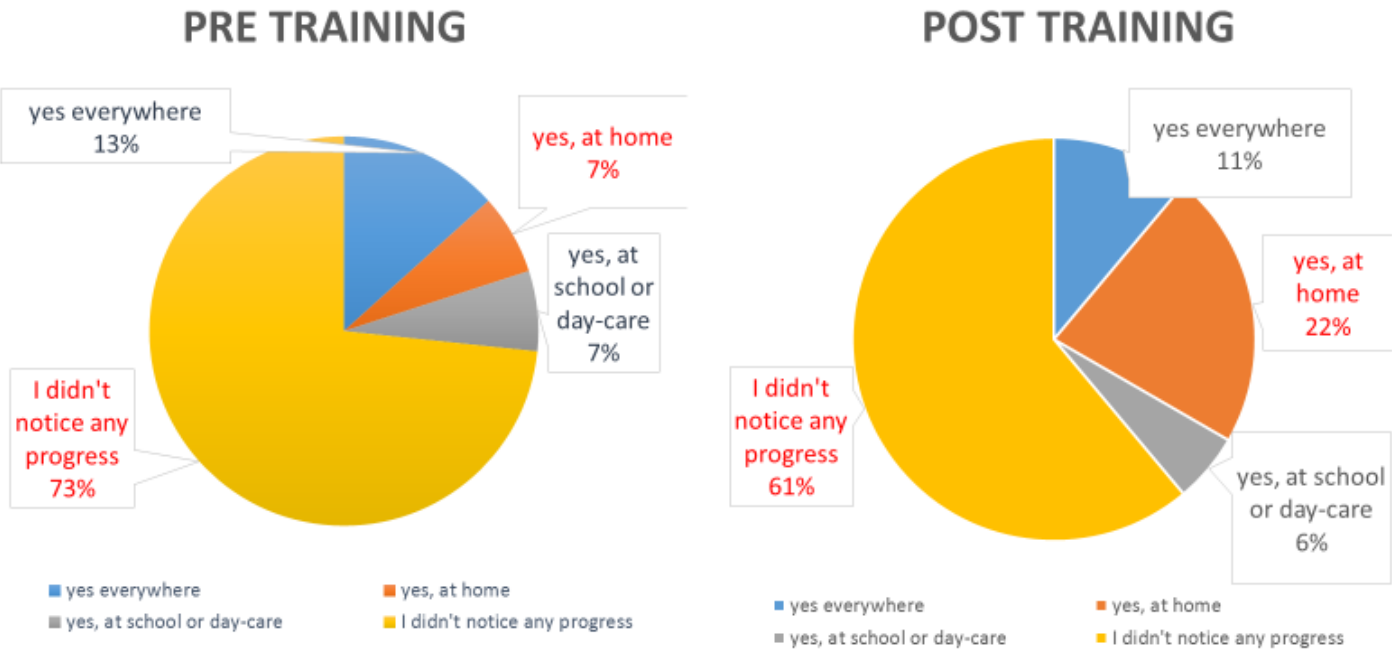


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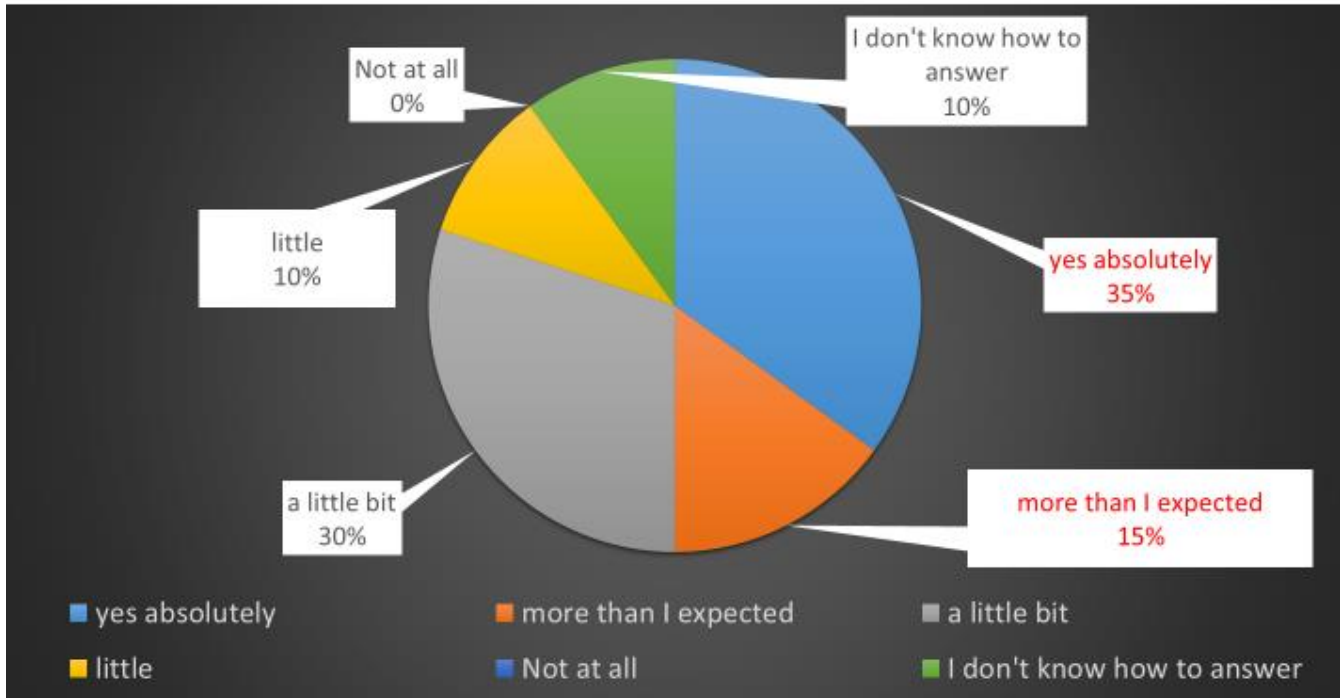
Q4 - Do you see any change in your child’s behavior due to karate training?



Q7 – Do you see progress in her/his structure in day-to-day activities?

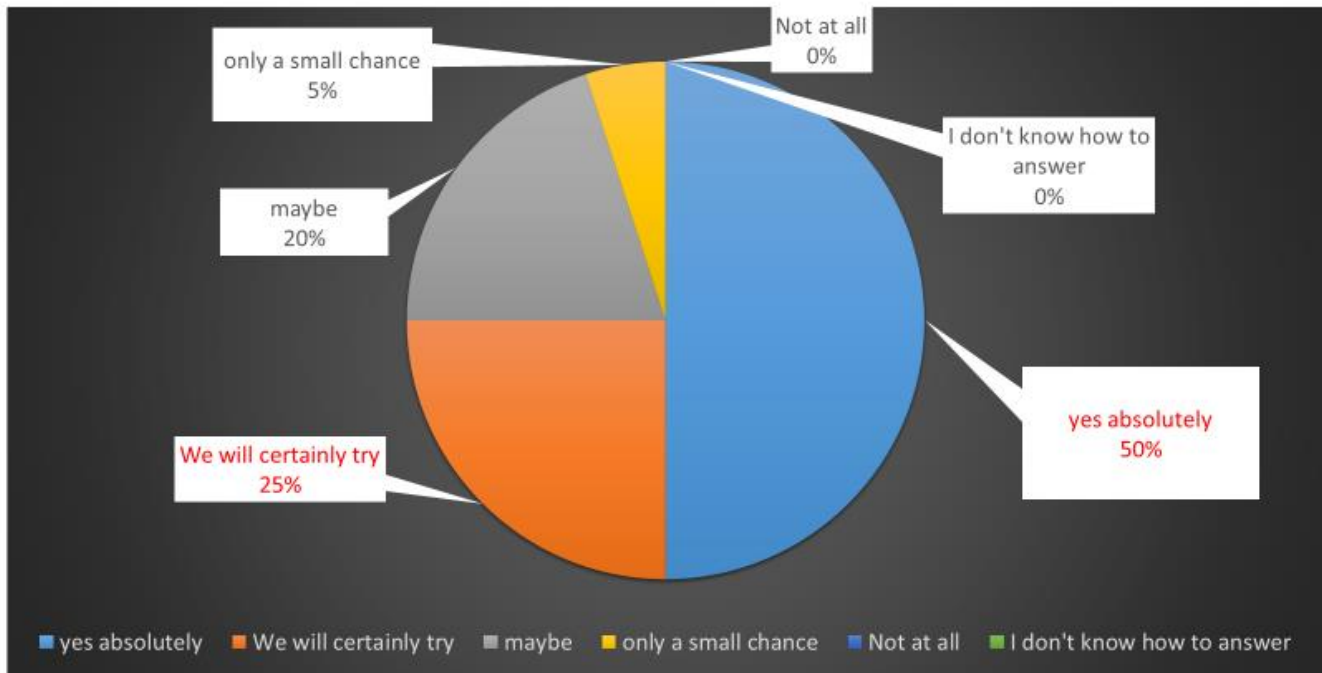


Q9 – Is your expectations repaid after these G-karate lessons?



Q10 – Will he/she continue doing inclusive karate after these karate series of lessons?

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CONCLUSIONS

The data presented in this report represent a preliminary overview of the participation of DS individuals in sport activity and on the present situation of the sport facilities in the countries that participated in the IKONS project, whereas in the final part dedicated to the families feedback we can have a general idea on the adherence and successfulness of the proposed approach.

By means of the English version of the two surveys we aim at expanding this view to a wider audience, possibly reaching the whole EU member countries but also other countries worldwide.

The present results show that the majority of DS individuals practice at least one sport, some of them practice multiple sports, and martial arts is the most commonly practiced sport. Present results highlight also that the amount of weekly sport practice (hours/week) falls in the minimum physical activity level required to obtain substantial health benefits (from 2,5 to 5 hours per week) as recommended by the newly released Physical Activity Guidelines for Americans 2nd edition (2018).

The majority of the Sport facilities have coaches dedicated to disabled individuals, but the presence of communication facilitators is very limited. In general, sport club accessibility is fairly good. The present results highlight a need for an improvement of the cultural background of coaches working with disabled individuals as shown by the lack of a degree in physical education or sport science, a nationally recognized education/certification in coaching from a national federation or the scarce percentage of coaches that participated in education/training courses to work with disabled athletes. As a final remark, in this preliminary report a need for inclusion of specific courses dedicated disabled individuals within the classes of the sport clubs has emerged.

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FINAL OBSERVATIONS AFTER TRAINING

- The majority of athletes has been practicing their main sport for more than one year.
- Interesting to notice that, despite ongoing problems regarding technical skills, interaction with team mates, coaches both during training and competition seems to be a past concern
- Therefore, specific training may take longer to improve sport specific skills but has shown a great impact on social skills
- This is furthermore supported by what testified by the families of DS participants at the end of the training programme.