

Adapted physical activity and rehabilitation: A Scandinavian perspective

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ICF CATEGORY	ICF DEFINITION	Service provider; track accent	Examples of activity goals
Body structure	anatomical parts of the body such as organs, limbs and their components.	APA-specialist; accent on <u>rehabilitation</u> (European perspective)	Reduce weight; align posture; Increase bone density
Body function	The physiological functions of body systems (including psychological functions)	APA-specialist; accent on <u>rehabilitation</u> (European perspective)...	<u>Restore</u> range of motion; increase power; lose weight
Activity	the execution of a task or action by an individual.	APA specialist teacher; General PE teacher ... with additional APA-knowledge; accent on education, recreation and sport	Reach for the ball; finish 10 laps in swimming ... enter a bus
Participation	involvement in a life situation.	APA-specialist co-working with class teacher ... significant other; accent on education & recreation	Participate in ball games; be asserted; be accepted among peers; achieve leadership

Holistic rehabilitation

“time-limited, planned processes with well-defined goals and means, in which various actors cooperate to assist users in their own efforts to achieve the greatest possible functioning and coping capacities, *independence and participation in society*”
(Normann et al., 2004, p. 28, italics added)

Questions for consideration

Rehabilitation is generally thought of as a medical domain. Is that a correct assumption?

How could APA professionals contribute within a more holistic perspective of rehabilitation?

APA ← → Rehabilitation

How do they connect,
and can APA be a considerable
contribution to rehabilitation ?

From
Medical and occupational
rehabilitation
to
Holistic rehabilitation

A paradigm shift

Attitudes towards rehabilitation

- Traditional rehabilitation service providers
- APA experts

We can do more with ourselves than others !

Change is a process

- What should change ?
- Who should change ?
- How can change happen?

Experience; a change facilitator

Change follows practical experience
and practical evidence

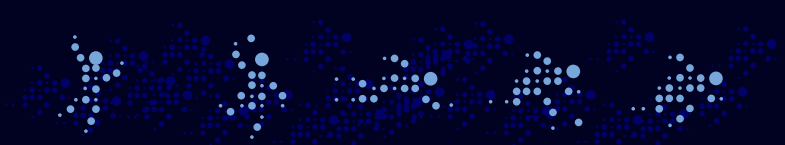
Correspondence between APA and holistic rehabilitation

- Social barriers are creating disability
- Activity should be person centred
- Ultimate goal is participation into the mainstream of life by -
e.g. participation in the physical culture of the local society

PARTICIPATION

ICF: Participation refers to *involvement in a life situation*

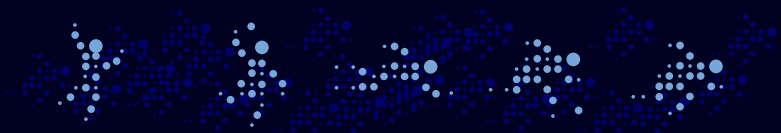
PARTICIPATION IN WHAT?



PHYSICAL CULTURE

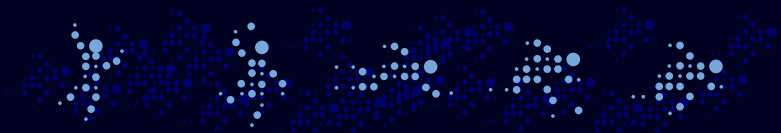
“the variety of play, sport, adventure, dance and other leisure physical activities that help define the social fabric of local and national communities” (Evans, 2004, p. 105).

→ questions the relevance, value and meaning of activities offered in rehabilitation.



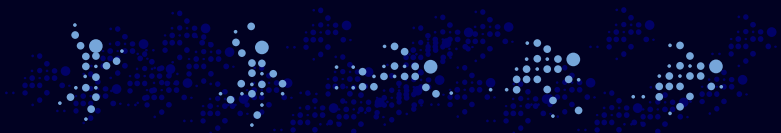
Categorical approach

- physical activities as vehicles for treatment
- “physical activity options and adaptations for an individual can be generalized based on the disability and the associated implications” (Emes et al.,2002, p. 404).
- A focus on DIS/ability, and treatment effects of activities.



An abilities-based approach

- “each person has a unique constellation of functional abilities on which service delivery should be focused” (Emes et al, p. 406).
- In addition: a unique set of interests and activity preferences.
- A shift from treatment to learning.





Pehr Henrik Ling
(1776-1838)

Four branches of gymnastics:

- Pedagogical
- Medical
- Military
- Aesthetical

“every effort to develop human abilities, of the body or the mind, is educational”

(Ling, 1834, p. 51)

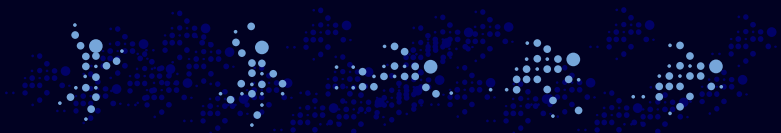
Arnold (1988): Education & schooling

- Schooling: activities used for extrinsic reasons. (e.g., health promotion)
- Education: activities that are pursued for their intrinsic value (e.g., inherently joyful, culturally valued).



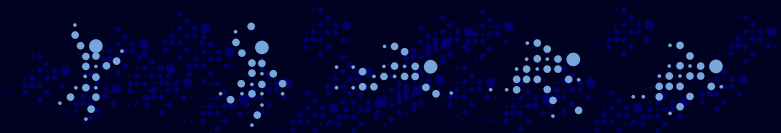
Education

- “... upholds the view that movement activities, especially when looked at from the ‘inside’ or participatory perspective of the moving agent, are in and of themselves worthwhile.... To be in an educative situation is to be caught up in a qualitative process of becoming”. (Arnold, 1979, p.176-177)



Thinking in terms of education:

- orientation towards a non-instrumental use of activities
- orientation towards the participants' wishes, desires and abilities
- orientation towards the meaning of physical activities constituted by the participant
- may help enabling involvement in life situations (participation in physical culture)



Empowerment and Education

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The logo for Handicapidrættens Videnscenter is displayed on a blue rectangular background. It features the text "Handicapidrættens" in white, sans-serif font at the top. Below it is a red downward-pointing triangle. To the right of the triangle, the word "Videnscenter" is written in white, sans-serif font.

Handicapidrættens
Videnscenter

Empowerment

- Empowerment is a process of increasing personal, interpersonal and political power so that individuals can take action to improve their lives.



The ideology of empowerment

Can be realized in all areas where APA is

Practiced:

- Rehabilitation
- Education
- Leisure time sport
- Competitive sport

Empowerment in rehabilitation



- Engaging in learning processes to get control over resources inside and outside oneself
- get access to competences that are usually limited by disability

Empowerment and APA

- Participation in APA in the rehabilitation context leads to more functional independence and an increase in self-efficacy – 'I can'
- Elevated self confidence is posited to lead to higher degrees of personal and social competencies (Hutzler, 1990)

Empowerment as educational goal in rehabilitation



- Learning of bodily personal and social competencies are essential
- The learning proces should be based on collaboration between teacher and participant

Didactics

- Educational reflections in relation to planning of teaching
- Concerned about 'good teaching' and 'good learning' and based on philosophical ideas.

Education (Klafki, 1997)

- Education means achieving the ability to rational self-determination within the frame of society and culture
- Education takes place in a community, but can only be acquired by the individual
- Education comes into existence when the person meets reality, opens up and gains insight and experience with reality

To be considered in planning APA

- With which aspects of reality are the participants going to be occupied in APA, empowerment being the educational goal in rehabilitation?



Important questions

- Which kind of activities are we as APA-professionals going to offer in rehabilitation?
- What are the participants supposed to learn from the activities?
- What is the meaning content of the activities?

Becoming participant



- Education is expected to enable the individual to participate in the cultural community

Learning how to participate

- How may the person enter the activity setting in order to learn how to participate?
- To what extent is the person able to take charge in the activities and how?
- How can the person prepare himself to be actor in society through the activity setting?

Planning of APA in rehabilitation - a hermeneutical process:

What is happening in
activities?



What are the intentions
and purposes of the
activities?

Participant in decision making

- The requirements posed by the activities must suit the needs and desires of the participant
- The participant is actively involved in decision making about the educational process – including planning of content and working methods



A twofold hermeneutical challenge

- To use the professional background to interpret the interests, desires and challenges of the participant in order to plan and implement teaching
- Continually to interpret and adjust the learning situation according to the wishes, needs and experiences of the participant

The meaning of activity

- To experience the joyful feeling of moving together with others
- To experience that being active is rewarding in itself, because you essentially feel good about the activity
- Health, motor skills, self-esteem are positive side effects of joyful participation

Thank you

