

KIAI ... REI ... OSS

Physical effects and wellbeing true I-karate with kids with ASD and kids-young adults with learning difficulties (academy year 2013-2014 High School Gent)

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Introduction:

Sport activities, everybody wants to do it, also People with disabilities. Those people often need adjustments to participate. That's why I-sports exists. I-karate is a part of that overall picture. Different groups can participate in I-sport. This project is more focused on 30 kids with ASD and kids-young adults with learning difficulties age 9-18.

Goal of this project:

In witch way has I-karate a positive effect on physical improvement and the quality of life?

Method:

On Thursday once every week during one year we followed the IKF I-karate trainings with Eric Bortels. During these trainings we took the following assessments:

- POS scale (Personal Outcome Scale): measuring the quality of life 2 times with an interim of 5 months
- inhalation device: measuring the volume of the lungs 3 times with an interim of 4 months the last one 2 months
- exhalation device: measuring the volume of the lungs 3 times with an interim of 4 months the last one 2 months
- dynamo device: measuring muscle power in both arms 3 times with an interim of 3 months the last one 2 months (only muscle strength of the arms)

Conclusion:

We can decide that I-karate has an holistic effect on the participants. We see a positive improvement physical as well the quality of life. Physical we can see an improvement of the lung capacity and muscle strength in the arms. Quality of life we see an improvement in all domains.

Results:

these graphics show the results of wellbeing and quality of life equation blue: first test red: second test

Diagram 1 : degree of independency

Diagram 2: participation

Diagram 3: wellbeing

Next graphics show the results on physical improvement.

Diagram: 3 times breading test