



Report on Review of Coaching Resources for Athletes with Intellectual Disabilities (R.A.I.D)

Introduction to IDEAL Project

In an IDEAL world, everyone has the right to participate on an equal basis with others in society. In sport, more and more participation opportunities arise for people with a disability, and unprecedented media interest is generated, particularly by Special Olympics & Paralympic Games. However, the reality in many EU countries is that the majority of young people with an intellectual disability (ID) still find it hard to access sport (European Commission White Paper on Sport, 2010). They have fewer opportunities for full and equal participation, and limited opportunity to specialise/excel in the activity of their choice. Being active is a public health priority focus by the EU, but having an ID is related to lower general activity rates, and a vulnerability factor for poor health.

The aim of the IDEAL project is to address these inequalities through increasing the quality of sport interventions and structures, empowering young people with ID and improving their physical and mental health.

The IDEAL project seeks to:

1. Translate what is known about ID in relation to sport (benefits, barriers & facilitators) into concrete suggestion for action.
2. Assess if the currently existing ID-sports programmes & ID-sports structures across the EU meet the needs of all people with ID in society and identify where and how the programmes and structures can be improved.
3. Set-up joint, evidence-based interventions to improve the quantity and quality of initiatives in 4 focus sport areas: athletics, aquatic activities, team sports, & winter sports. Concrete actions will focus on gateways to increase participation, i.e., identifying role models, coach the coaches, motivate the athletes, and provide more and better competition opportunities.



4. Develop EU standards for high-quality interventions to promote sports in people with ID and make these guidelines easily and widely accessible through online platforms.

Introduction to Work Package 2b

The IDEAL project is split into 8 work packages (WP's). Work Package 2 provides a general overview, and inventory of the current situation of ID-sport on a micro, meso and macro level, across seven case-study countries within the EU. The aim is to identify the current best practices and provide the basis for a thorough needs analysis across the EU.

Specifically, this document is related to WP2b: 'Meso - Review of the best practice in ID-coaching'. WP2b focuses on the coach-athlete relationship, which has been identified as the main facilitator of long-term involvement in sport. The main aim of WP2b is to highlight the current best coaching practices employed in coaching athletes with ID in order to afford these athletes the chance to participate and excel in their chosen sport. To this end, an inventory of the current resources relevant to coaching athletes with intellectual disabilities was established. These resources are stored in a user-friendly Microsoft Excel database. This output was targeted at providing an inventory of the current best practices that would be freely accessible and easy to navigate for anyone requiring this information. The target audience are coaches that are currently involved in coaching athletes with ID or wish to get involved in ID coaching, along with Physical Education teachers, ID/Autism sports organisations, volunteers and academics with an interest in intellectual disabilities and sport.

Purpose of this document

This document provides an overview of the resources contained within the database, including demographic information such as the country each resource originated from, along with the type of resource, which sport it covers and its primary language. This should help to provide an indication of whether the database will be beneficial to each individual user, along with providing an outline of the current literature relative to ID coaching and the format that these resources take.

Type of Resource	Sport	Specificity
26 Courses	51 General	72 ID
6 Web pages	22 Team sports	17 Autism
2 Information booklets	39 Individual sports	22 Non-specific
22 Journal Articles	2 Fundamental movement skills	5 ID and Autism
49 Manuals	2 Unified sports	
4 Textbooks		
2 E-Learning courses		
5 Manual/courses		

Table 1. Highlighting the breakdown of the resource database according to resource type, sport and the specificity of the resource.

Language	Country	Region
95 English	4 Australia	17 America
2 Dutch	6 Canada	54 Europe
1 German	1 Germany	40 International
3 Polish	40 International	5 Oceania
1 Polish/English	2 Netherlands	
6 Spanish	1 Philippines	
8 Flemish	4 Poland	
	6 Spain	
	32 UK	
	11 USA	
	9 Belgium	

Table 2. Highlighting the demographic information of the resource database according to language, country and region of origin.

Methodology

As of 12/02/19, there are 116 resources contained in the database regarding coaching athletes with intellectual disabilities (ID). These resources were retrieved through a variety of methods including google searches, database searches (Psycinfo and Sportdiscus) and through information provided by partners on the IDEAL project and other third parties. Google and database searches included the keywords 'sport' 'coaching' 'intellectual' 'disability' in different combinations as well as with several variations of each word including 'impairment', 'learning' amongst others.

Inclusion Criteria

A resource was included in the database if it was believed that it could benefit those involved in coaching athletes with ID or autism. Resources were excluded from the database if they did not refer to coaching, or did not provide guidance/tips/advice on

coaching sports to athletes with ID/autism, or did not mention a specific intervention (in the case of most journal articles), or were not relevant to sport or physical activity.

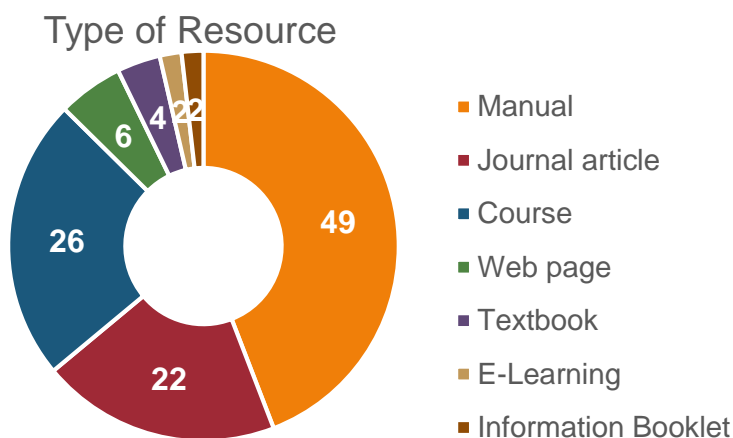


Figure 1. Pie chart displaying the proportion of each type of resource.

Results

Manuals

Of the 117 resources contained in the database, 49 are classified as manuals (or guides), developed with the intention of providing assistance to sports coaches. The majority (35) of these were developed by The Special Olympics International (<https://www.specialolympics.org/>) to provide in depth coaching guides for various Special Olympics sports. These guides include information on how to plan coaching sessions throughout pre-season and competition along with advice on how to coach various skills within each sport.

Journal Articles

22 journal articles are included, many of which involve implementing an intervention in a group of participants with ID, to improve an element of sporting performance such as learning a side foot pass or hurdle jumping. Many journal articles referred to the acquisition, retention or transfer of motor skills. Several journal articles also referred to motivation in athletes with ID such as elements of self-determination theory.

Courses

Course/E-Learning course Type	Sports	Country	Length	Previous Entry requirements specified	Specific
15 non-accredited	19 General	17 UK	14 ≤6 hours	13 Yes	10 ID



3 CPD	4 Football	3 Canada	6 between 1-2 days	15 No	4 Autism
3 Level 1	2 Athletics	2 Netherlands	2- 2 years FT		14 non-specific
1 Level 2	1 Tennis	5 Spain	1- 3 years FT		
3 Level 3	1 Basketball	1 Belgium	4 40 hours		
1 Foundation degree	1 Swimming		1 unconfirmed		
1 Undergraduate					
1 Masters					

Non-Accredited.

There are 28 courses in total including 26 courses requiring attendance and 2 E-learning courses. 15 of these are non-accredited courses with no recognised qualification awarded for completion of the course. The majority of these courses were aimed at increasing the inclusivity of sports for those with disabilities. An example of this would be the 'Learning Disability and Sport' workshop organised through a collaboration between Mencap and Special Olympics GB. This covers the various pathway available in ID-sport along with how to communicate with, and include athletes with ID in a sporting environment.

Short courses.

3 courses were recognised with Continuing Professional Development (CPD) accreditation in the United Kingdom including an 'Autism, Sport and Physical Activity' E-Learning course. There were 3 courses recognised at level one, with 1 course at level two and three courses at level 3 respectively, comprised of 2 Qualification Sport Structure (KSS, the national sport qualification framework in Netherlands) level 3 courses and one Scottish Credit and Qualifications Framework (SCQF) level 6 course.

Long courses.

There was a single foundation degree in Disability Sport Coaching and Development and an undergraduate degree in Sports Coaching Science with Disability Sport, both based within the UK. This degree contained one optional module out of three on 'Special Learning Difficulties: Overcoming Barriers' in Year 1 and another optional module out of seven in Year 2 on 'Understanding Autism Spectrum Condition'. There are also numerous other potentially beneficial modules such as those related to inclusive sports coaching or Special Educational needs in Physical Education. In Belgium, the 'International Master of Adapted Physical Activity' at KU Leuven (<https://www.kuleuven.be/english/>) aims to address the social, pedagogical and technical aspects of physical activity adapted to the needs of individuals with disabilities (including ID), while in Spain, The Spanish Federation of Sports for People with Intellectual Disability (FEDDI, <http://www.feddi.org/>) offers courses aimed at coaching athletes with ID in the sports of football, athletics, basketball and swimming. These consist of both online and face-to-face modules specific to each sport.



17 of these courses were located within the UK with the remaining courses located in Spain (5), Canada (3), Netherlands (2) and Belgium (1). Approximately half of the courses (15) did not state that they required any entry requirements or previous qualifications. 50% of the total amount of courses were also not specific (14) to Intellectual Disabilities, with 10 courses centred around ID and 4 focussing on Autism. 14 courses lasted longer than 6 hours in total, with 6 of these lasting between 1-2 days, 4 consisting of 40 hours, the Foundation and Masters degrees' lasting for two years and the undergraduate degree totalling 3 years full time. Finally only 9 courses included a specific sport, with the remaining 19 dealing with sport in general.

Web pages

6 web pages are included dealing with various topics such as inclusion (2), coaching advice for individuals with autism (2) including effective communication styles and barriers/pitfalls to avoid, a weblog discussing methods that parents can implement to prepare their child for receiving coaching, and another discussing inclusive Physical Education, written in Spanish. The remaining five web pages are available in English with 'Coaching People with Autism', 'Coaching People with a Learning Disability' both provided by UK Coaching (<https://www.ukcoaching.org/>), along with 'The Hidden Condition- a coaches guide to autism' originating in the UK, and the remaining resources based in Australia and USA respectively.

Textbooks

4 textbooks have been added to the database, with one focussing on high performance disability sport coaching in general, 'Getting into the Game' is specific to developing sports programs for children with autism, with two textbooks focussing on the involvement of those with intellectual disabilities in sport, including background information on ID and specific case study examples of athletes with ID in sport, and methods of coaching these athletes. 3 of these textbooks were developed in the UK (in English) with 'Sport mit geistig Behinderten (Sports with mentally handicapped people)' originating from Germany.

Information booklets

2 resources were classified as 'information booklets', meaning that they are not as extensive as many of the manuals and do not provide specific information for coaches of athletes with ID, but do provide information that could be extracted by coaches to improve their coaching, such as 'Autism and Sport' which provides mini reviews of journal articles related to the level of participation of individuals with autism in sport, amongst others. 'Sporty Zunifikowane Olimpiad Specjalnych (Unified Special Olympics' Sports)' is a Polish resource providing a background to Unified Sports in the Special Olympics.

Sports

In terms of the overall structure of the database, 51 resources did not refer to a specific sport, but rather could be used generally across sports and other types of physical

activity. 22 resources referred to team sports such as football or basketball, 39 referred to individual sports such as athletics, swimming and cycling, with 2 referring to Unified Sports and another 2 referring specifically to Fundamental Movement Skills (FMS).

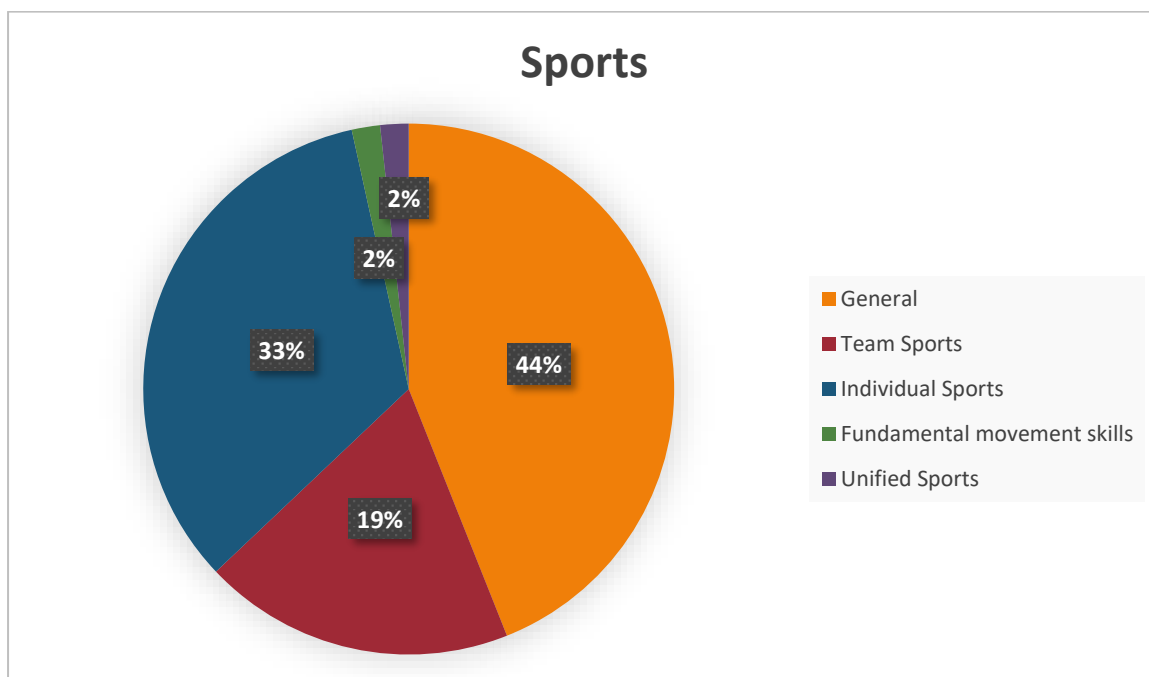


Figure 2. Pie chart displaying the proportion of resources by sport type.

Nations

The resources in the database are primarily available in English (95) with the remaining available in Flemish (8), Spanish (6), Polish (3), Dutch (2), German (1), and Polish/English (1). Finally the regions (established according to the International Paralympic Committee regions) each resource originated from were as follows: 40 International, 54 European, 17 Americas and 5 Oceania. For journal articles, the country and region were determined by the location and population that the study took place in. International resources were those that were not specific to any region such as the Special Olympic sport coaching guides.

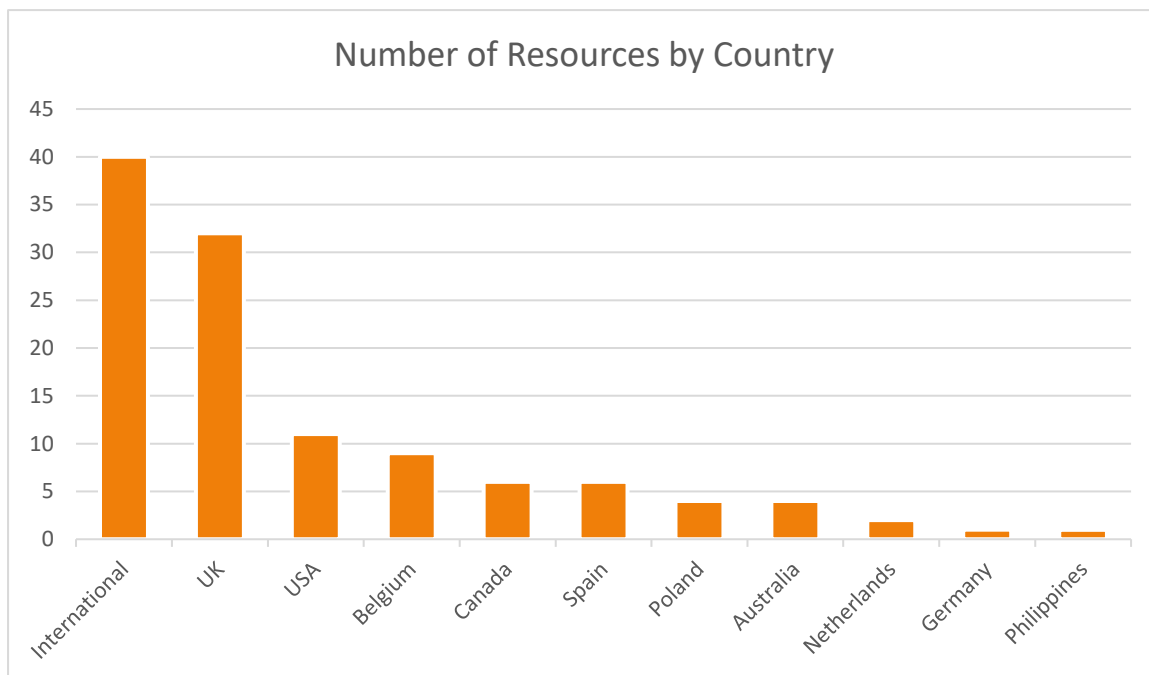


Figure 3. Bar chart displaying the quantity of resources by country.

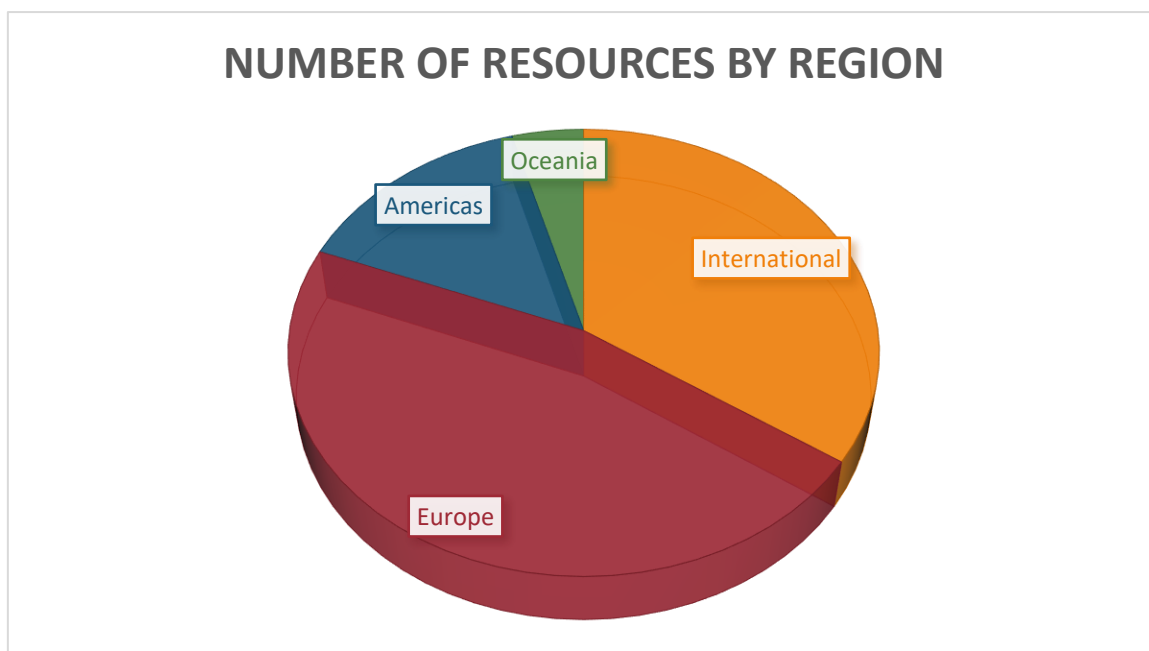


Figure 4. Pie chart displaying the proportion of resources by region.

Using the database

The database is primarily available as a Microsoft Excel spreadsheet, a readily accessible format on most standard laptops, computers, and some tablets. A Microsoft Access formatted version of the database has also been created. The database can



be retrieved and downloaded in either format from the IDEAL project website (<https://www.idealproject.org/>). Several other resources from WP2b can also be found here, including a detailed 'Good Practice Guide' based on the resources contained within the database, along with the findings from a series of interviews regarding best coaching practices with experienced coaches of athletes with Intellectual Disabilities and from the perspective of the athletes themselves.

To use the database, download and save the excel file labelled R.A.I.D- Resources for Athletes with Intellectual Disabilities.xlsx to your computer/laptop/tablet and open it with Microsoft Excel. An introductory page will open, explaining the purpose of the database. You can change spreadsheet by cycling through the tabs displayed below the 'Introduction' page. The 'HowToUse' tab displays information on the functionality of the database including how to hide or filter by variables. The 'VariableKey' provides a definition of each of the 19 variables displayed. The 'Resources' tab contains an overview of every resource related to coaching athletes with Intellectual Disabilities, except for courses which are contained in the 'Courses' tab with variables specific to course resources such as length of course.

Every resource will be displayed in alphabetical order according to 'resource name'. From here, you can view the details of each resource such as the name, type of resource, or sport. Under the column 'link' there is a hyperlink for each resource. This link will take you either directly to the resource, or to the website that will provide more information about the particular resource. It is also possible to condense the spreadsheet to only include the information that you have deemed relevant for your needs. To do this, right click your mouse on the letter corresponding to the column you would like to remove and select the 'hide' option. Hidden columns can be redisplayed by right clicking where the column was previously located and selecting the 'unhide' option.

Finally, it is possible to filter the available resources by any column by selecting the 'Sort & Filter' option followed by 'filter', located in the 'Editing' sub section under the 'Home' tab. After this, a series of drop down boxes will appear beside each column heading. From here you can select or deselect the relevant resource information. For example, under the 'Resource Type' column, you could select 'courses' in order to view a list of the courses currently available relative to coaching athletes with ID. This option is also useful to display those resources that are freely available under the 'access requirements' column.