

Why Adapted Physical Activity Professionals Are More Important in this New World of Implementation Science

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Evidence-based health promotion programs developed and tested in the general population typically exclude people with disabilities. Inaccessible facilities, lack of staff knowledge on ways to modify programs for the individual, and a general perception that integrating children or adults with disabilities into community-based programs is beyond the scope of their job are a few of the barriers that limit participation by people with disabilities in these health promotion programs. To address this gap, a set of methods and criteria were developed to adapt evidence-based health promotion programs for youth and adults with disabilities. This presentation will describe the framework for adapting evidence-based programs and will share a number of measurement tools and inclusion elements (i.e., video and text) that can be used by adapted physical activity professionals to teach/train non-adapted physical activity teachers, providers and professionals how to integrate children and adults into general programs offered in schools and the community. A specific highlight of the presentation will be sharing information from the National Center on Health, Physical Activity and Disability (www.nchpad.org), which provides researchers, professionals and people with disabilities with a toolbox of materials for promoting inclusion.