

Book of Abstracts



euCapa
European Congress of
Adapted Physical Activity
Madrid 2014 ©



CEDI

centro de estudios
sobre deporte inclusivo



Comité
Paralímpico
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ASOCIACIÓN ESPAÑOLA DE
DEPORTE Y ACTIVIDAD
FÍSICA ADAPTADA



Madrid, 29th September – October 2nd 2014

www.eucapa2014.eu

Raúl Reina & Javier Pérez-Tejero (Eds.)

The European Conference of Adapted Physical Activity (EUCAPA) 2014 has a very clear theme: "Inclusion into action: applications of research." We want to bring the inclusive sport to the scientific and educational field; and with congresses like this, everybody join efforts: the university, sport institutions in Spain, stakeholders and of course athletes. Together, we can make inclusion a reality.

Five years ago, Sanitas Foundation decided, as a strategic investment, to initiate the Inclusive Sport project, and for this, with the Physical Activity and Sport Science University from the Technical University of Madrid, we launched the Center for Inclusive Sport Studies (CEDI). With the perspective of years, this center has become a national and international reference in relation to research, training and best practices applied to sport and physical activity for people with disabilities in inclusive contexts. Something that we are particularly proud.

As a result of the great work of researchers, technicians, and especially the director and president of CEDI, we received from European Federation of Adapted Physical Activity (EUFAPA) in 2011 the task to host EUCAPA 2014. Quite an honor for us.

We hope that this conference will generate interesting discussions about the inclusion and integration in sport for people with disabilities. The excellence of experts and invited speakers attending to the congress guarantee its success. May I remind you that this conference is framed within the V Inclusive Sport Week, an annual event of sport for all, which leads the Sanitas Foundation, together with the members of the Strategic Alliance for Inclusive Sport.

The week has three long days in an inclusive point in the city of Madrid, where children and adults with and without disabilities, will be able to enjoy sports together, thus breaking all barriers. It has been organized many activities, open to schools and citizens. And of course, all of you, to whom I invite you to enjoy.

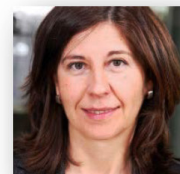
Your participation will be the example of that inclusive sport is enriching for all involved in it, and thanks to that, any field can become a space for health, welfare, shared leisure integration and solidarity.

I want to thank all development partners and collaborators of the Strategic Alliance for Inclusive Sport your commitment to this project. Thanks to the Spanish Higher Sports Council, the Cityhall of Madrid, the Spanish Paralympic Committee, the ONCE Foundation, Telemadrid and Real Madrid Foundation. Partners and collaborators as CERMI, Liberty Insurances, and the Johan Cruyff Foundation.

Finally, I want to thank EUFAPA the confidence in the CEDI to organize this congress; the Technical University of Madrid for their continued support, the Faculty of Physical Activity and Sport Sciences and the Center for Inclusive Sport Studies (CEDI) for its great work in scientific and educational advancement and organizing this great congress.

Thank you very much to all.

Yolanda Erburu
Fundación Sanitas Managing Director



Dear EUCAPA participants, colleagues, visitors,

It is my pleasure to welcome you on the behalf of European Federation of Adapted Physical Activity in the beautiful city of Madrid. European congresses are dated back to 1986 with first EUCAPA taking place in Brussels, Belgium and later in Belgium, Greece, Austria, France, Germany, Italy, Czech Republic, Finland and Ireland. Madrid is 12th hosting city of the Congress and with high credit from Inclusive Sport Weeks and great growing potential in professional and academic developments in different areas of adapted physical activities; Spain is surely becoming one of new leaders of European APA.

I believe that the main theme of EUCAPA congress "INCLUSION INTO ACTION APPLICATIONS FROM RESEARCH" highlights current needs in our field. We need to deliver our services in line with the evidence based practice, and provide high quality teaching and coaching based on latest findings of research studies. At the same time we need to encourage high quality researchers to develop their studies with direct and socially important implications for active lifestyle of persons with disabilities in our communities. Inclusion is the concept based on values of human rights and equal access to services. On the other hand sometimes inclusion leads to non-participation and lowering the quality of lives of persons with disabilities. What can we do with this paradox?

As discipline and profession, we must make sure that services (teaching, coaching, instructing or leading) are done with the emphasis on quality participation in APA programs provided by competent professionals, who are educated in high quality academic programs. I believe that 12th European Congress of Adapted Physical Activity will take us in this direction and I wish you all enjoyable time in Madrid.

Martin KUDLÁČEK, PhD

President of European Federation of Adapted Physical Activity



More than 20 international invited speakers from all around the world, more than 30 different nations represented by delegates, more than 260 peer review selected contributions, an international volunteer programme with more than 30 APA students from all around Europe, and finally, two fully devoted scientific and organizing committees...this is the European Congress of Adapted Physical Activity is EUCAPA 2014 Madrid!

EUCAPA 2014 is a scientific and professional unique event aiming to provide an opportunity for sport scientist and professionals from different disciplines in Europe and worldwide to come together and be inspired about new developments, research applications and information related to sports science, sport medicine, physical education, health promotion and physical/movement therapies in the context of Adapted Physical Activity (APA).

Even more, EUCAPA 2104 aims to be the key APA forum to promote fruitful and longstanding cooperation between professionals, experts and institutions within Europe and worldwide. In Spain, we take advantage of the opportunity and the Spanish Association of Sport and Adapted Physical Activity (AEDAFa) will be presented.

EUCAPA 2014 will be organized by the Centre for Inclusive Sport Studies (CEDI). The Centre is located at the Faculty of Physical Activity and Sport Sciences (INEF) of the Technical University of Madrid and proudly supported by Sanitas Foundation. We are more than thankful to the European Federation of Adapted Physical Activity (EUFAPA) for choosing our proposal to organize such an important Congress in Spain. Also, we would like to thank Spanish Paralympic Committee and AEDAFa for their collaboration.

But we want you to participate, also by moving! EUCAPA 2014 is celebrated together with the V Inclusive Sport Week: an annual event organized by Sanitas Foundation and CEDI, offering real inclusive sport practice along the city of Madrid. This time, with occasion of EUCAPA 2014, V Inclusive Sport Week will be performed in Madrid Río: a brand new green area of the city, 20 minutes from the EUCAPA 2014 venue and 10 minutes away from Madrid city center. You are more than welcome to participate actively in these twin events, and to enjoy the warm and modern city of Madrid.

See you in EUCAPA 2014 Madrid!

Javier Pérez Tejero, PhD

*Chairperson EUCAPA 2014 Organizing Committee
Adapted Physical Activity and Sport professor; Centre for Inclusive
Sport Studies – CEDI Director; Technical University of Madrid, Spain.*



EUCAPA made a call for abstracts to researchers and practitioners around the world who work in the field of Adapted Physical Activity; an opportunity to collectively gather formal and informal studies and experiences.

In a process akin to the gestation of a newborn, after a nine month preparation period, EUCAPA is pleased to present a stimulating scientific program. The program comprises a final selection of 235 contributions (oral and poster presentations) from the original 269 submissions. The thematic areas covered includes: a) Adapted Physical Activity as a tool for inclusion (28.9%); b) Participation in Physical Education (12.34%); c) Sport for persons with disabilities: from organizational inclusion to elite performance (24.68%); and d) Health and rehabilitation to promote personal autonomy and social participation (34.04%).

I would like to give special thanks to the members of the Scientific Committee, of which I had the honor to lead, for the dedicated manner in which they conducted the peer review process. The committee sought to give feedback to authors of submitted abstracts prior to the conference in order to heighten the quality of contributions so as to develop a strong foundation from which scientific discussion can occur at the conference.

Book of abstracts is organized according the booklet that EUCAPA attendants used during the conference, with detailed information on what is occurring on a day-to-day basis.

The conference will begin with addresses from the keynote speakers and the speakers of the symposiums. Oral and poster presentations will follow as per the program. Every session is organized according to the thematic area of the contributions, and also related with the topic of the keynote and symposiums. You also have information about authors' contact mail and a link to their abstract (document picture).

I would like to also inform you that the best presentations from each thematic area of the conference will be invited for a full paper publication in a Special Issue of European Journal of Adapted Physical Activity, recognizing the value of these contributions.

As many of you known, Rubik's Cube is a 3-D combination puzzle, invented in 1974 by Hungarian sculptor and professor of architecture Ernő Rubik. We tried to solve this puzzle in the best way, and we hope that this scientific program meets your expectations and that you enjoy EUCAPA 2014.

Thanks for your participation!

Raúl Reina Vaillo, PhD

*Chairperson EUCAPA 2014 Scientific Committee
Adapted Physical Activity and Sport professor
Sport Research Centre, Miguel Hernández University of Elche, Spain*



| | Monday 29 | Tuesday Sept 30 | Wednesday, October 1 | Thursday, October 2 |
|---------------|--|--|---|---|
| 7:30 - 8:30 | | Registration | Registration | Registration |
| 8:30 - 9:00 | | Opening ceremony EUCAPA 2014 | Keynote 2 - Martin Block University Virginia (USA), IFAPA Presidential elect | Keynote 3 - Yves Vanlandewijck Catholic University Leuven (BEL) - IPC Sport Science Committee "Paralympic research priorities: participation, classification and health" |
| 9:00 - 10:00 | | Keynote 1 - David Howe University Loughborough - Centre for Olympic Studies and Research (UK). "It's only logical: socio- cultural understanding, APA and dealing with difference" | "Preparing future physical educators for inclusion: changing the physical education teacher training program" | |
| 10:00-11:15 | | Parallel Poster Session: subthemes 1 & 2 - Coffee Break | European Federation of Adapted Physical Activity (EUFAPA) general assembly | Parallel Poster Session: subthemes 3 & 4 - Coffee Break |
| 11:15 - 12:45 | | Symposium 1 : APA in Rehabilitation and Healthy Lifestyles. Nuria Mendoza (ESP), Angel M. Gil (ESP), Gerardo Villa (ESP) | Symposium 3: Towards full inclusion in APA. Catherine Carty (IRL), Yeshayahu "Shayke" Hutzler (ISR), Peter Downs (AUS) | Symposium 6: Challenges in Adapted Sport. Mariisol Casado (ESP), Ana Muñoz (ESP), Jorge Franco (ESP) |
| 12:45 - 13:45 | | Lunch Break | Lunch Break | Lunch Break |
| 13:45 - 15:15 | | Parallel oral communications session: Rehabilitation, health and APA development | Parallel oral communications session: Inclusive APA - Physical Education | *Parallel oral communications session: Paralympic and Adapted Sports |
| 15:15 - 15:30 | | Coffee Break | Coffee Break | Coffee Break |
| 15:30 - 17:00 | | Symposium 2: Training and professional opportunities in APA across Europe, Jyrki Villhu (FIN), Ariel Villagra (ESP), Jose Pedro Ferreira (POR). | Symposium 4: Inclusion in Physical Education. Pat Flanagan (IRL), Carmen Outeiro-Calvo (ESP), Aija Klavina (LAT). | Symposium 7: Beyond the performance: the athlete vision. Susana Rodriguez (ESP), Toni Piippanen (FIN), Santiago Sanz (ESP), Javier Soto (ESP) |
| 17:00 - 17:30 | V Inclusive Sport Week (ISW) opening ceremony | ISW - demonstration transfer | ISW - demonstration transfer | EUCAPA 2014 awards and closing ceremony |
| 17:30 - 19:00 | | V Inclusive Sport Week activities | Symposium 5: Future of APA in Europe, national APA organization presidential panel Spanish Association of APA and Sport (AEDAPA) first and general assembly | ISW - demonstration transfer V Inclusive Sport Week closing ceremony |

Schedule from 13:30 Thursday, October 2
Universal Fitness
Inclusive Training
(UFT) Workshop
13:30 - 15:00
15:00 - 15:15
15:15 - 16:45
16:45 - 17:30
17:30 - 18:00
18:00 - 20:00

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