

Titel/title:	Physical activity for children in need of support: views from coaches from local sports clubs
Presentationstyp/ Type of presentation (mark with an X)	<input type="checkbox"/> Poster <input checked="" type="checkbox"/> Paper <input type="checkbox"/> Workshop (bara för Anpassad fysisk aktivitet/only for Adapted physical activity)
Ämnesområde/ Subject area (mark with an X)	<input checked="" type="checkbox"/> Anpassad fysisk aktivitet/Adapted physical activity <input type="checkbox"/> Beteende- och samhällsvetenskaplig idrottsforskning/Behavioural and Social Science Research in Sport <input type="checkbox"/> Idrottspsykologi/Sport psychology
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Abstract:

(Times New Roman 11 pt. Max 600 ord/words)

Introduction

Children in need of special support have, in comparison with their peers, poorer health, a more inactive lifestyle and less social interactions. Children in need of special support have also difficulty in establish close and intimate relationships, and difficulties in interacting with children without special support. The children do not participate in leisure time activity such as sports to the same extent as children without special support. Several factors may influence the participation in physical activity (PA) and sports organizations, such as the attitudes in the surroundings society, knowledge (or lack of knowledge) in the organizations and the children's difficulties in joining sport activities in groups.

In Sweden, prescriptions for PA and sports for children in need of support have been scarcely used in the Health care sector. In 2015 a project was implemented, a systematic collaboration between Child Adolescence Psychiatry centre (CAP), Halland Sport Federation (HSF) and local sport clubs.

Aim and theoretical framework

The aim was to describe views of possibilities and barriers from coaches at local sports club, when implementing prescriptions for PA and sports where the goal was to motivate and organize activities for children in need of support. The UN Convention on the Rights of the Child, as well as the United Nations Standard Rules and the Salamanca Declaration requires participation for children with disabilities. Participation in sport can be related to the child's total health.

Method

Three focus group interviews were conducted in late Spring 2016, where 10 coaches from multiple sports were recruited from 10 local sport clubs. The interviews were performed by 1 moderator and 1 observer. The participants were informed about the aim of the study and full participant confidentiality was ensured via letter. The focus group interviews were conducted at Halmstad University or at the HSF, the lengths of the interviews ranged from 50 to 60 min. and were digitally recorded and subsequently transcribed verbatim. Data were categorized and qualitative content analysis was the chosen analysis method.

Results

The children's own context; the coaches discussed the impact of the child's social context, they expressed problems with transport to the activities. They meant that the parent's could both coach the children and disturb the sport activities. *The social culture of the local sport clubs*; the coaches discussed the social culture of the club and the lack of time, space for all children to do sports. They have learned how valuable it is for themselves to see those children do PA and link this to the value of sports – everyone can join. *The interactions with the children*; there was a need of knowledge about the children and the coaches felt uncertain about the child as they were urged for more knowledge about the diagnosis. They expressed that interaction with the children was a personal development. *Sustainable resources*; the coaches discussed the time limit of the project. The communication with CAP and HSF and the information material was therefore not kept updated. The coaches also expressed that there must be a structure for the future and saw the project as successful.

Discussion and conclusions

The task for the local sports club is complex and requires different actions with a holistic perspective. For example, training in different skills for reach out to the child and consistent application of guidelines are important contributions, but there should also be more support from the community to maintain a sustainable organization for children in need of support and the local sport clubs. Realizing that coaches perceive barriers when motivate and organize activities for children in need of support in general is important and needs to be taken into account when planning, developing and implementing interventions including PA and sports.

