

Sri Ramachandra Faculty of Sports & Exercise Sciences

Effects of sports participation in disabled children and adolescents

- Participating in organized sports contributes to feelings of athletic competence in children and adolescents with a CDPD (te Velde et al., 2018)
- Children, participating in sports reported higher feelings of social acceptance. (te Velde et al., 2018)
- Increased scholastic performance among children (te Velde et al., 2018)
- Youth participating in sports were more active (Lankhorst et al., 2021)
- Sport participation resulted in increased aerobic fitness and decreased body fat (Lankhorst et al., 2021)
- Sports participation results in increased exercise self-efficacy (te Velde et al., 2018)
- Sports participation increases the quality of life (te Velde et al., 2018)
- Youth participating in sports also performed significantly better on outcomes of anaerobic fitness, agility, and strength (Lankhorst et al., 2021)



Kaveen Dharanirajan

• Lankhorst, K., Takken, T., Zwinkels, M., van Gaalen, L., Velde, S. T., Backx, F., Verschuren, O., Wittink, H., & de Groot, J. (2021). Sports Participation, Physical Activity, and Health-Related Fitness in Youth With Chronic Diseases or Physical Disabilities: The Health in Adapted Youth Sports Study. *Journal of Strength and Conditioning Research*, 35(8), 2327– 2337

• te Velde, S., Lankhorst, K., Zwinkels, M., Verschuren, O., Takken, T., & Groot, J. (2018). Associations of sport participation with self-perception, exercise self-efficacy and quality of life among children and adolescents with a physical disability or chronic disease—A cross-sectional study. *Sports Medicine*