

2020 ADAPTIVE SPORT CHAPTERS & PARTICIPANT ANALYSIS

I ILLINOIS

Recreation, Sport & Tourism

COLLEGE OF APPLIED HEALTH SCIENCES



**move
UNITED**

Introduction

This report was created by the Department of Recreation, Sport and Tourism at the University of Illinois at Urbana-Champaign to provide information on the characteristics of adaptive sport participants for Move United. Specifically, this report provides Move United with information on (a) participant demographics, active behavior, and motivation, (b) adaptive sport chapters, and (c) program evaluation and outcomes.

From 1st December 2020 to 1st February 2021, the survey was distributed through Move United to 176 affiliated chapters, adaptive sport organizations, and individual adaptive sport participants. A total of 1,357 participants completed this survey. The results are reported for all respondents but in some cases, provided to compare between chapter affiliated members and non-members.



Among 1,357 participants who completed the survey, 73% of respondents are participating in chapters affiliated with Move United.

Demographic characteristics indicate that the chapters serve people with disabilities from diverse backgrounds in terms of age, gender, marital status, and socioeconomic status. Furthermore, 33% of respondents are veterans, with 80% having acquired a disability from active service. In addition, respondents with different disabilities participated in this survey. People with mobility impairment and/or limb loss/deficiency were the most represented with approximately 50% declared as their primary disability.

Respondents reported their active physical activity (PA) behavior. Particularly, respondents from chapters are more likely to satisfy CDC guidelines for PA than non-chapter respondents and general adults. The impact of COVID-19 was witnessed by 76% of respondents reporting their PA was reduced. However, 82% of respondents found new ways to participate and 68% found new activities to engage in.

Adaptive sport participants have been members of their local chapter for 7.6 years on average, with 3 years being the most frequent membership duration reported. Chapter members report positive experiences with their chapters, with the vast majority having recommended or willing to recommend their chapters to others. The quality evaluation of social opportunity tended to be low probably due to COVID-19 and the implementation of social distancing guidelines and the closure of facilities.

Furthermore, chapter member respondents reported the positive outcomes of their program participation on physical development, social skills development, ability to perform activities of daily living, and to a lesser extent, their work/school success. Respondents evaluated their motivation for participating in adaptive sport, and chapter members tended to be more motivated than non-chapter members by discovering and learning more about adaptive sport.

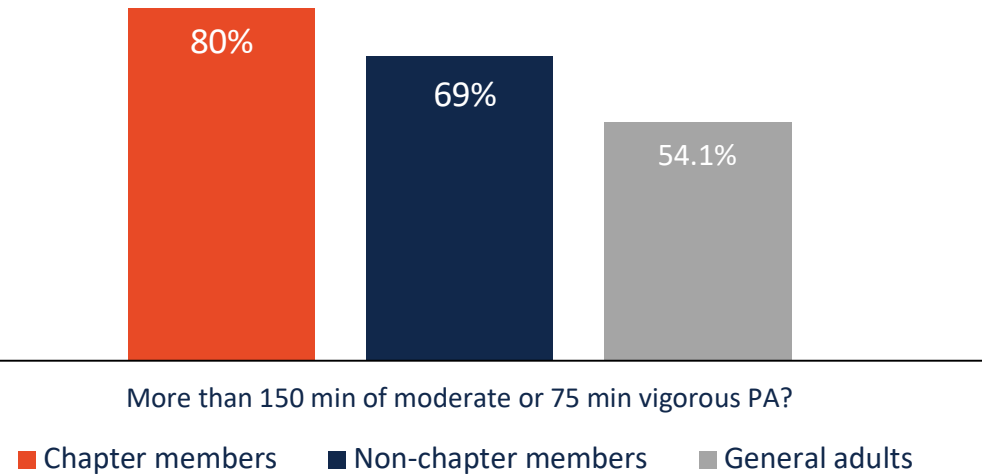
Finally, chapter members reported greater life satisfaction and less frequency of symptoms of depression than non-chapter members.

Executive Summary



Physical Activity

Meeting CDC Guideline for PA*

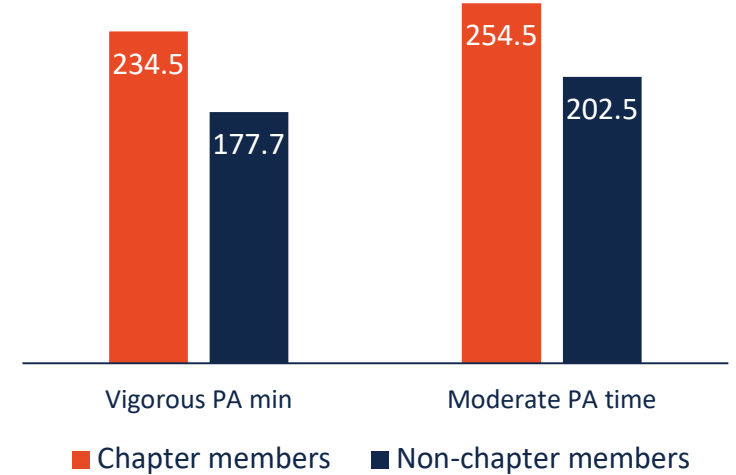


- **Chapter members were more likely to meet CDC guidelines for PA than non-chapter members and general adults**
- **59.3% of respondents were highly active (≥ 300 min of moderate PA or 150 min of vigorous PA)**

***CDC recommends at least 150 mins of moderate physical activity per week.**

Source: National Health Interview Survey, 2008–2017. <https://www.cdc.gov/nchs/nhis/index.htm>.

PA Time Comparison



- **Chapter members spent more time on moderate and vigorous PA than non-affiliated members**

82.4% of respondents kept participating in adaptive sport in a variety of ways

- Virtually online
- By themselves
- In-person
- Hybrid

68.4% of respondents changed the type of sport they do

Included:

- Playing individual sport that allows social distancing
 - Cycling, yoga, tai chi, air rifle, exercise at home, running, and online fitness
- Playing sport that do not require equipment
 - Running, yoga, exercise at home, and tai chi

75.8% of respondents spent less time on physical activities

**During
COVID-19...**

**82.4
%**

**68.4
%**

**75.8
%**

While PA time has been reduced due to COVID-19, respondents adjusted, finding new ways to participate and new activities to engage in.



Program Outcomes

Program Evaluation

- **Physical Development**

87.3% agreed on positive impact of adaptive sport on **overall health**

87.6% agreed on positive impact of adaptive sport on **physical fitness**

83.6% agreed on positive impact of adaptive sport on **sport skills**

- **Social Skill Development**

86.2% agreed on positive impact of adaptive sport on their **overall confidence**

73.3% agreed on positive impact of adaptive sport on their **network of friends**

67.7% agreed on positive impact of adaptive sport on their **ability to build meaningful relationships**

- **Success in Other Life Domains**

68.1% agreed on positive impact of adaptive sport on their **ability to perform activities of daily living**

56.1% agreed on positive impact of adaptive sport on **ability to succeed at work/school**





Program Evaluation

Program Recommendation

88.5% have recommended
their adaptive sport
programs to others

94.7% would recommend
their adaptive sport
programs to others

The results indicate that the vast majority of participants have had a positive experience with their local chapter.

