



SPORTS | FITNESS

Panel Title: Form and Function: Using Evidence-based Practices to Increase Therapeutic Benefits across Athletic Disciplines

Moderator: Greg Connors, Recreation Services, Coordinator, Els for Autism Foundation

Panel Participants: Eric Chessen (Fitness), Joshua Deer (Golf), Jason Milestky (Fitness), Maricarmen Saleta (Swimming), and Tiago Toledo (Various Sports)

Day Two: March 24, 2023

Time: 3:30-4:30 p.m.

Abstract

This Day 2 panel, including experts in the areas of exercise & fitness, swimming/aquatic therapy, and golf, will highlight the best evidence-based practices utilized in various recreational areas serving individuals with autism spectrum disorder. We will explore the most important considerations and best practices for helping individuals living with ASD grow in the areas of social-communication skills, motor skills, and cognitive/developmental skills through our panelists' various areas of expertise.

Panel members will answer a set of pre-written questions, share details about their experiences specific to their recreational areas, and also participate in a brief Q&A with attendees.

Learning Objectives

- Attendees will be able to identify opportunities for increasing the therapeutic nature of their own specific disciplines through pre-assessment, in-session, and post-assessment processes
- Attendees will create a plan to utilize the methods and evidence-based practices discussed by panelists to increase the therapeutic nature of their direct work with clients

