



## SPORTS | FITNESS

**Presentation Title: Sports and Autism Spectrum Disorder**

**Speaker: Tiago Toledo, Autism Spectrum Disorders, Applied Behavior Analysis, Neuromotricity and Psychomotricity graduate, BPhEd, Adapted PE Teacher**

**Day Two: March 24, 2023**

**Time: 2:15-3:15 p.m.**

### Abstract

Physical activities have a great positive impact on the lives of people with autism spectrum disorder (ASD). Research has shown the importance of sports in assisting the treatment of ASD, but the sports environment can be challenging for several students. It is possible to overcome many obstacles by offering adequate classes with the aid of proper teaching strategies, careful customizations, and adaptations to the exercise practice. In this way, children will be able to enjoy the many benefits of a much more active lifestyle.

### Learning Objectives

- Demonstrate and discuss the difficulties in sports practice by those who have Autistic Physical Disorder.
- How to deal with ASD students in the sports environment by sharing teaching strategies.
- Understand the benefits and improvements offered by sports practice.

