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Community-Based Motor Performance Program

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The Impact of Community-based Motor Performance Program on Children and Adolescence with Neurodivergent Conditions
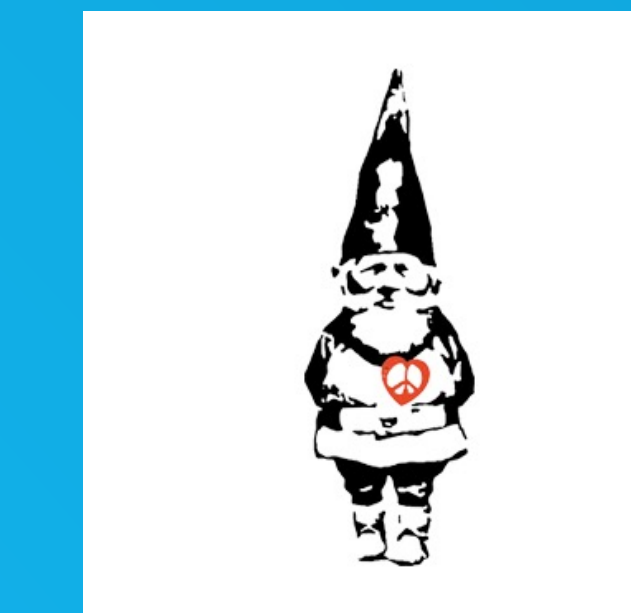
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https://www.gnomesurf.com/information.html

Abstract

The Impact of Community-Based Motor Performance Programs on Children and Adolescents with Neurodivergent Conditions is the topic of investigation for this scoping review. We have reviewed a variety of articles using various approaches, such as quasi-experimental designs, randomized controlled trials, and meta-analyses, using a scoping review approach. The results highlight the beneficial impact that community-based programs have on motor skills, including coordination, agility, and general motor proficiency. Commonly used interventions and their effect are demonstrated here. These highlight the potential impact community-based programming on improved motor development and performance of children and adolescents with neurodivergent conditions.

https://activeforlife.com/playing-different-sports-and-activities-is-best-for-physical-development/

Background

Purpose:
The purpose of this scoping review is to determine whether community-based interventions can improve motor development in neurodivergent population

PICO:
What is the impact of community-based motor programming on motor performance in children & adolescents with neurodivergent conditions

Methods

Inclusion Criteria:
Articles between 2012-2013
Articles in English
Children
Motor skills
Community based
Adolescents
Motor base

Exclusion Criteria:
Articles not within the last 10 years
Articles not in English
Cystic fibrosis
Social media
Nature
Mindfulness
Does not include children
Not community based

Data bases searched:
PubMed, Cochrane, CINAHL, EBSCO

Level of Evidence	Number of Articles
Level I	2 articles
Level II	1 articles
Level III	3 articles
Level IV	4 articles

Results

- The sports training participants showed more improvements in their motor skills than the clients ho did not participate in sports
- Swimming programs create a safe form of exercise for children with down syndrome
- Individualized attention to gross motor function in children with developmental and intellectual disabilities can increase the motor skill development.
- Adaptive play was found to be effective in enhancing motor development
- The longer the duration of exercise completed the more improvement in motor skills was found in children with ASD who participated in exercise programs.

Conclusions

- Community based motor programs can benefit motor development in children with neurodivergent conditions.
- Exercise improves motor functions in children with ASD, ADHD, ADD, DD, and other neurodivergent conditions
- Improving gross motor development helps lead to safer lives for the individuals

OT Scope:
- OTs design vital community motor programs for neurodivergent youth.
- Customized interventions enhance motor skills and coordination.
- Comprehensive approach considers physical, cognitive, and sensory needs.
- Programs encourage community involvement, fostering social inclusion and well-being.
- Collaborative strategy ensures integrated motor improvement, enhancing neurodivergent lives in communities.

Future Research:
- Increase sample size
- Include specific motor tasks in interventions to identify and improve targeted skills.
- Examine diverse exercise regimens, considering duration, frequency, and intensity.
- Focus on specific subpopulations, (ASD, ADHD, DCD, DD)
- Specify interventions, roles, and locations for future practice.

Next Steps:
- Gathering local community data
- Developing motor-based program to support community youth
- Exploring motor-based programs

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