

Deltagelse for alle

Videnscenter  
om handicap

# Adapted physical activity in Denmark



# Program



1

**Introduction to  
The Danish Knowledge Center on Disability**

2

**Introduction to  
knowledge, models and projects in leisure  
time activities**

3

**Recent projects regarding APA in schools**

4

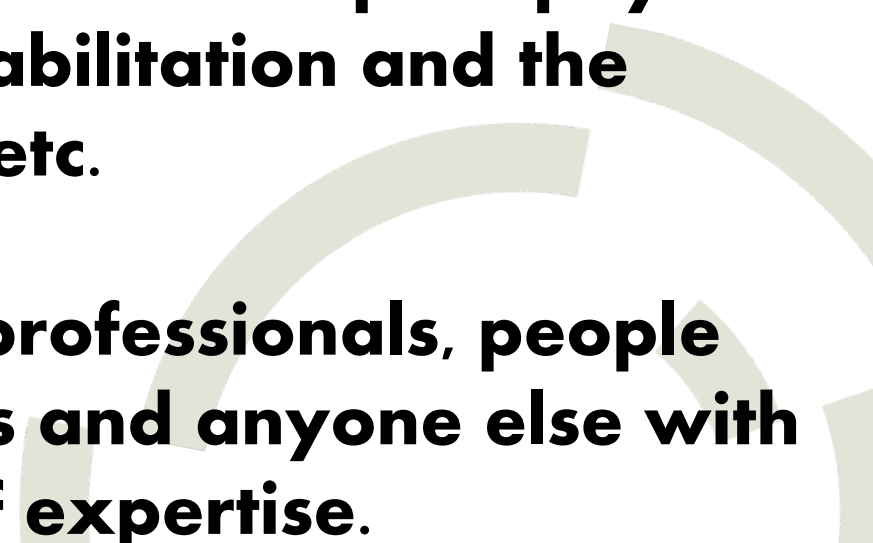


A soft-focus background image showing several hands of different colors (pink, blue, yellow) gently holding a baby's hands. The baby is wearing a light blue wristband. The overall tone is warm and supportive.

1

# **Introduction to 'Knowledge Center on Disability'**

# About Videnscenter om handicap

- **28 years old**
  - **Danish Knowledge Centre on Disability is a non-governmental and non-profit organization.**
  - **We do not focus on any specific diagnoses or disabilities. We utilise a broad understanding of 'disability' including both mental, physical, sensory, cognitive disabilities etc.**
  - **Our vision is that all people are enabled to live an active life and experience full involvement in society.**
  - **We collect knowledge, develop new practices and advise different actors on adapted physical activities, education, rehabilitation and the inclusive labour market etc.**
  - **We offer free advice to professionals, people with disabilities, students and anyone else with an interest in our field of expertise.**
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# About us

- **Heidi Gabriel**
- **Educated from the University of Aarhus (Institute of Arts) Teacher's degree + Master in Educational psychology**
- **Main area of focus – inclusion and well being in school for all children.**
- **Consultant and project manager since November 2020 at the knowledge Center on Disability**



# 4 areas

1

**School**

2

**Education**

3

**Employment**

4

**Leisure activities (Sports)**





2

# **Knowledge, models & projects in leisure time activities in Denmark**

# What do we know?

**In Denmark, three major surveys about people with disabilities participation in sports have been carried out:**

- » **Pilgaard, M. et al., 2021**
- » **Skrubbeltrang, L. et al., 2023**
- » **(Elmose-Østerlund, K. et al., 2021)**

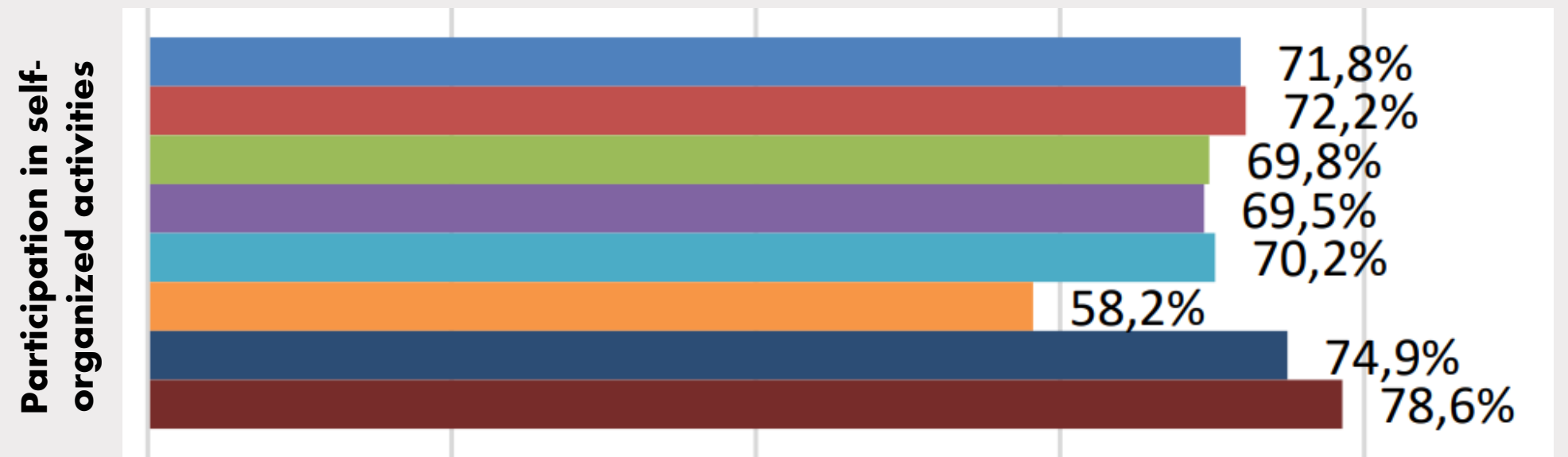
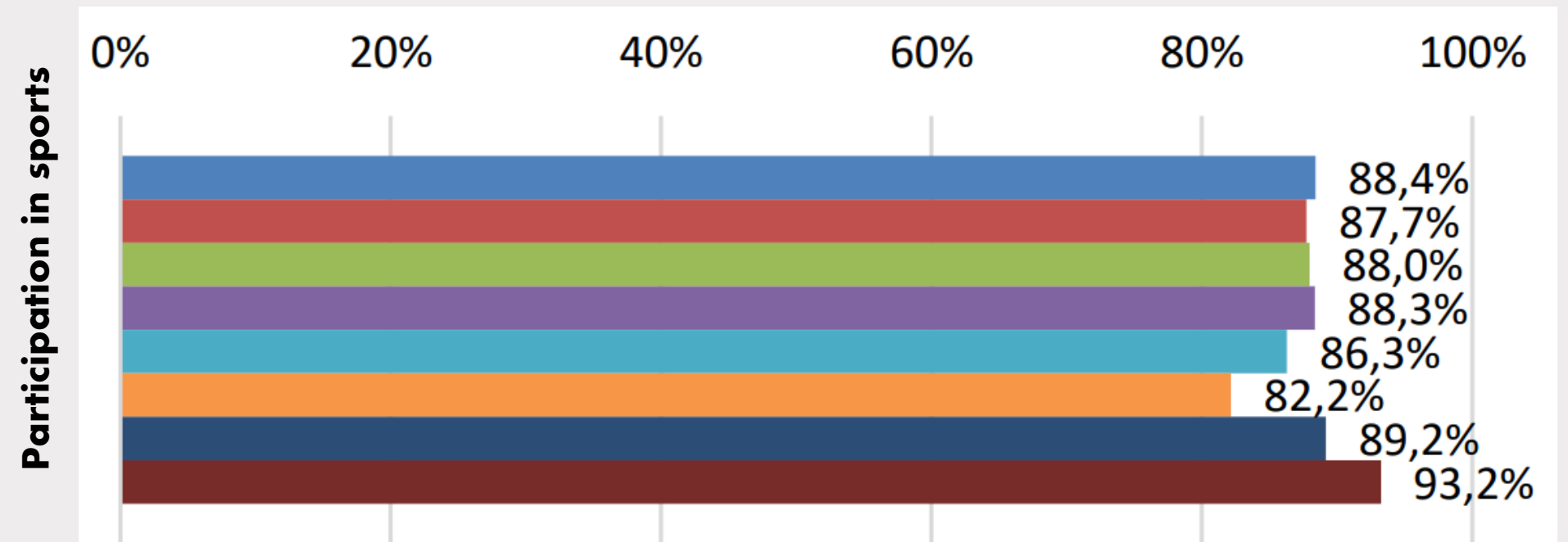
## Selected points

- **Degree of participation in sport and movement activities.**
- **Prominent barriers for participation**
- **Motivational factors to be active**





# Degree of participation



# Prominent barriers



Children / parents

1	Sports activities are not adapted to my child's special needs
2	There is no help for my child's special needs
3	Sports clubs do not provide room for children with special needs
4	There is a lack of helpers to support my child during the activities

Young people & adults 15+

1	I have a disability
2	I am exhausted
3	I am injured
4	I am in bad shape
5	I need somebody to be active together with

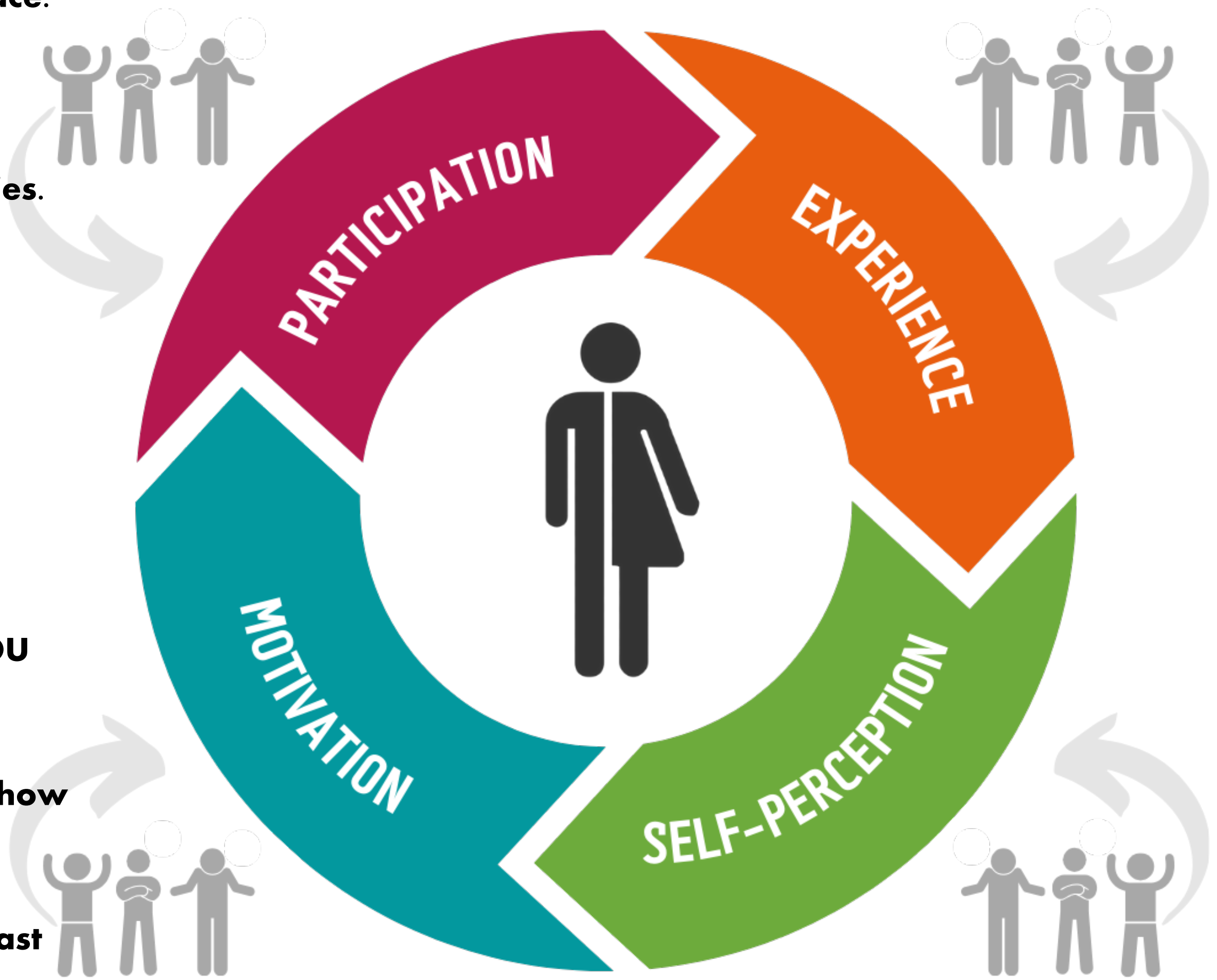


# Motivational factors

Children / parents

1	Being a part of a team
2	Having fun
3	Being together with friends
4	Getting new friends

- **Create a safe space.**
- **Acknowledge.**
- **Adapt the activities.**



- **Listen and observe.**
- **Transform.**

- **Ask: What do YOU want?**
- **Be a guide and show the possibilities.**
- **Help taking the last decision**

- **Believe in the person!**
- **Be curious and open minded.**
- **Mirror – If your friend can, maybe you can.**

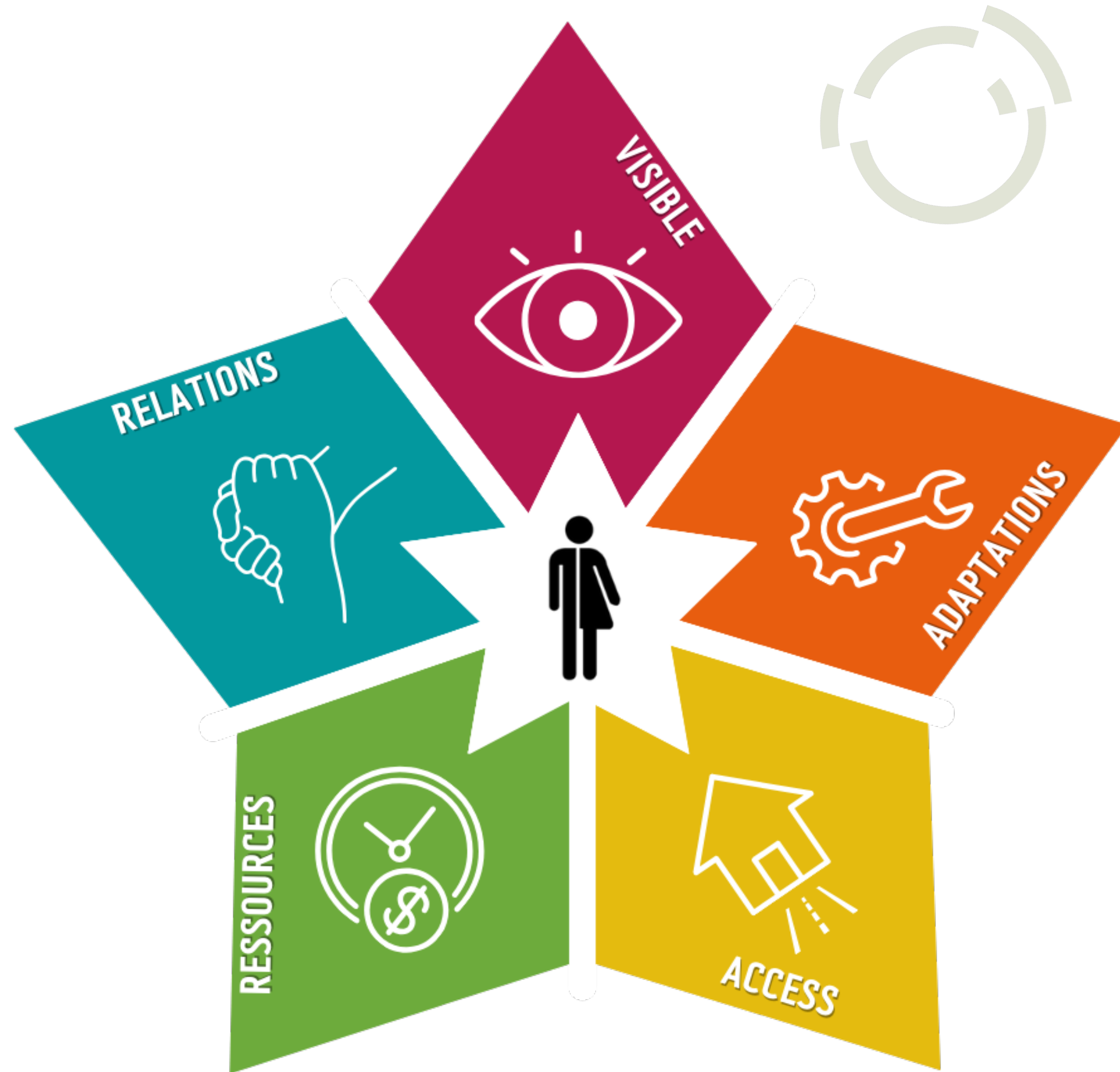
**Visible:** It must be clear for people with disabilities that different opportunities for participation exist and that it is also for them.

**Adaptations:** Conditions in and around must be adapted so that everyone has the opportunity to participate satisfactorily.

**Access:** Everyone should both be physically and psychologically able to enter and get around when participating in an activity - both physically and online.

**Resources:** Practical circumstances should make participation affordable or prohibitive. The resources (energy, time, money) you put into the activity must not exceed the resources you have available.

**Relations:** Both the person who will participate and the others who are part of the participation situation must be prepared to enter into an inclusive community with mutual acceptance and respect.



A background image showing a group of people holding hands in a circle, symbolizing unity and support. The image is slightly blurred and has a soft, warm tone. The hands are of various colors, suggesting diversity. The overall mood is positive and collaborative.

3

# **Projects regarding APA in schools in Denmark**

# TILPASSET IDRÆT OG BEVÆGELSE I SKOLEN

E-LÆRINGSFORLØB E-BOG LÆS MERE OM TIBIS

## Bliv klædt på til at få alle med i skolens idræts- og bevægelsesfællesskaber

Her på siden har vi samlet viden og værktøjer, der kan hjælpe både nuværende og kommende lærere og pædagoger til at arbejde inkluderende i skolens idræts- og bevægelsesfællesskaber.

Du kan bl.a. blive klogere på inklusion i idræt og bevægelse med et gratis og fleksibelt e-lærings-forløb, og du kan fordybe dig i en tilhørende e-bog.



### Institut for Idræt og Ernæring

- > Om instituttet
- > Ansatte
- > Forskning
- > Uddannelser
- > Samarbejde
- > Kommunikation
- > Bibliotek
- > Kontakt

20. oktober 2020

## Projekt MOVEOUT sætter fokus på udeskole, bevægelse og leg

BØRN OG UNGE

**UDESKOLE** Institut for Idræt og Ernæring ved Københavns Universitet og Steno Diabetes Center Copenhagen har modtaget en bevilling på i alt 5,36 mio. kr. fra Novo Nordisk Fonden til projekt MOVEOUT. Projektet skal undersøge, hvordan udeskole i 4. - 9. klasse påvirker elevernes bevægelse, trivsel og faglige niveau.

Bliver folkeskolens ældste elever glattere for at gå i skole, når nogle timer foregår udendørs? Bevæger de sig mere? Og kan det øge det faglige niveau? Det er blot tre af de spørgsmål, som Institut for Ernæring ved Københavns Universitet og Steno Diabetes Center Copenhagen undersøger. Det sker gennem donationer fra Novo Nordisk Fonden.

### Kontakt

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## Om projektet

Bevægelse i skolen har betydning for alle børn og unge. Projektet har til hensigt at fremme bevægelsesglæde og inklusion i bevægelsesfællesskaber for alle børn. Derfor skaber vi, i projektet, viden og redskaber til at varetage inklusionsopgaven i bevægelsesaktiviteter. Vi leverer derudover konkrete materialer til bevægelsepauser, bevægelse i fagene samt faget idræt.

Læs mere om projektet

BEVÆGELSE FOR ALLE



## Nyt projekt skal styrke trivslen hos børn i specialundervisning



Aktivitetsdatabasen

Kurser

Idrætsfaget

Bevægelse h

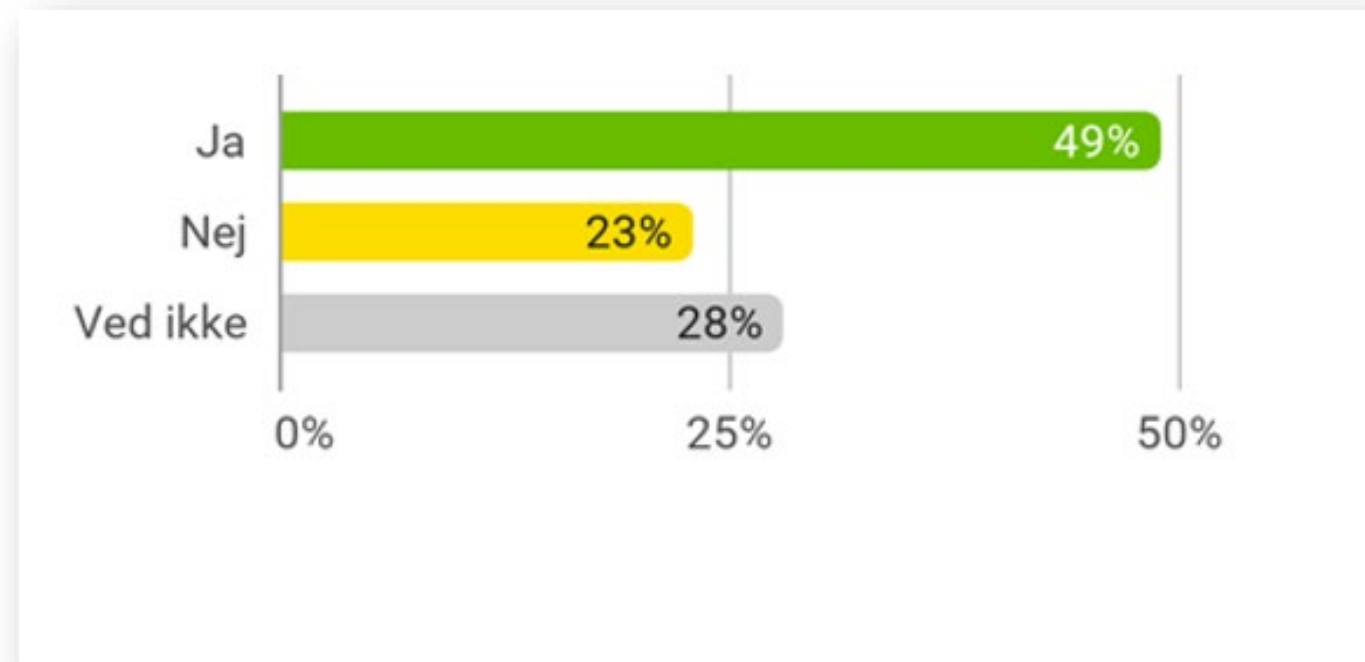






# Learnings and data –

## BFA:



***“It is easier to get all students involved now. That is why I use physical activities more”.***



A background image showing a close-up of hands holding a baby. The hands are wearing colorful, textured sleeves in shades of pink, orange, and blue. The baby is wearing a white onesie with a blue waistband. The image is slightly blurred and has a soft, warm tone.

3

# Questions

# Nature for Everyone

**Project: Mapping out accessible trails in Denmark**



## Selected points

- **Map with accessible trails.**
- **Fully accessible website with trail filters according to special needs**
- **Set up as part of the official Danish Nature Agency's website**

# Thank you

Videnscenter  
om handicap

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## Contacts



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