

Research on APA in Finland

Dr. Piritta Asunta

chief specialist, adapted physical activity



About me

- **Working:** at Jamk University of Applied Sciences, School of Health and Social Studies, Likes research Unit for Physical Activity and Health, located in Jyväskylä, Finland.
- **Background:** in sport pedagogy, APA/APE, PE teacher
- **PhD:** DCD, identification and support for pupils with motor learning difficulties in a school setting / 2018
- **Research interests:**
motor learning and assessment, intellectual disabilities, motor learning difficulties/DCD
- **Memberships in national or international expert:**
 - National adapted physical activity education and research working group (“FINAPA”)
 - ISR-DCD Board member (Developmental Coordination Disorder)
 - EUFAPA Board
 - IFAPA Board (European representative)



piritta.asunta@jamk.fi


 Asunta.Piritta

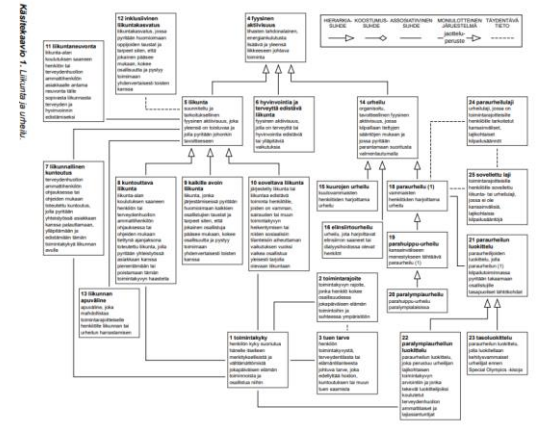
Soveltavan liikunnan ja paraurheilun sanasto



Soveltavan liikunnan ja paraurheilun sanasto (sanastokeskus.fi)

Glossary of Adapted Physical Activity and Parasports Ordlista för anpassad motion och paraidrott

- The same language - facilitates cooperation 
- For research and education
- Contains 40 APA and para-sports terms/words
- Recommendations are given for Finnish terms
- Includes Swedish and English equivalents
- charts



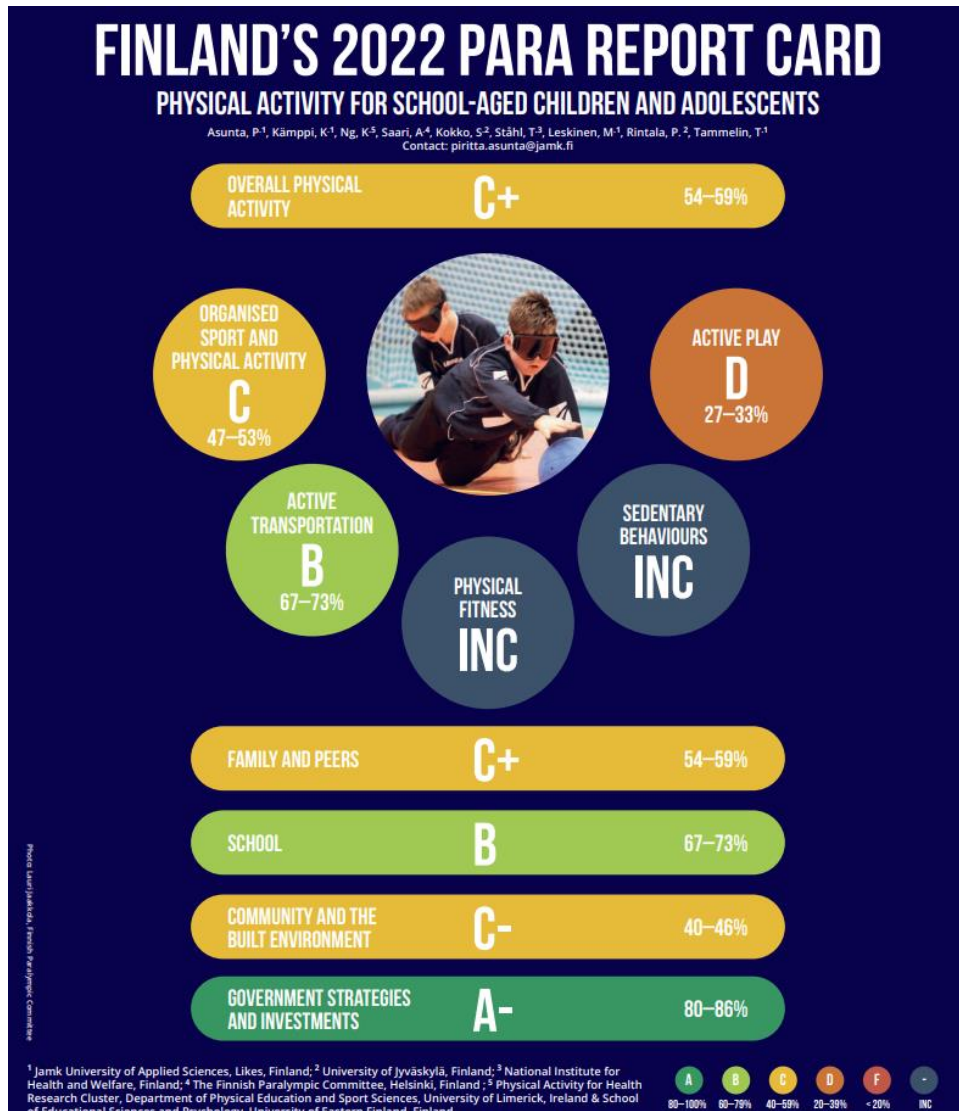
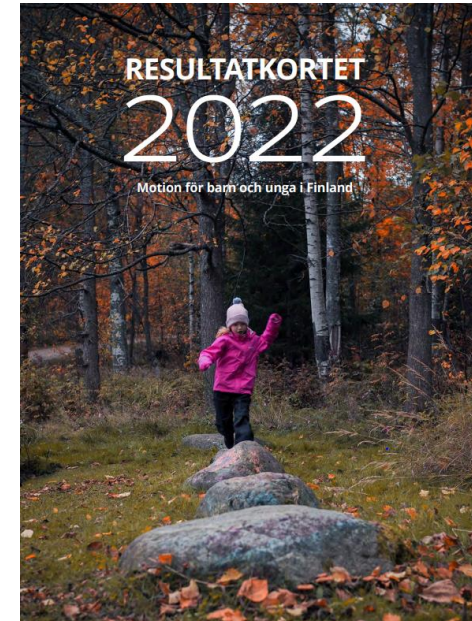
Para Report Cards

- The aim of this study was to summarize the data on physical activity (PA) behavior for children and adolescents with and without functional difficulties.

Asunta P, Kämppi K, Ng K, Saari A, Tammelin T. (2022) Results From Finland's 2022 Para Report Card on Physical Activity for Children and Adolescents With Disabilities. *Adapt Phys Activ Quarterly*, 40(3):475-484. DOI:

<https://doi.org/10.1123/apa.q.2022-0068>

[Resultatkortet 2022 \(theseus.fi\)](https://theseus.fi)



Para Report Cards

Countries, #Indicators, average grade



Ng et al, (review). APAQ

@ifapanet | @kwokwng #ParaReportCard

- 14 countries were involved
- Ng et al. (2023)
- Hutzler et al. (2023)

National surveys incl. functional difficulties /disabilities

- **The Washington Group/UNICEF Module on Child Functioning**

- <https://www.washingtongroup-disability.com/question-sets/wg-unicef-child-functioning-module-cfm/>

(physiological, cognitive, and psychosocial difficulties)

Surveys:

- LIITU (n=7132) / TUTKA (n=889) 2018 (JYU)
- LIITU (n=3328) / AMEO (n=1257) 2020 (JUY, Likes)
- School Health Promotion (SHP) (n=264 878) 2021 (Finnish institute for health and welfare)
- Liikkujaksi (n=1213) 2021 (Parlympic committee)

- PhD-student Vilma Pikkupeura, JYU:

- Subjective (survey) and measurement based PA for adolescents with Functional Difficulties
- WG module – how valid and reliable is the use with children and adolescents with FD

Move! – monitoring system for physical functional capacity (since 2016)

- Move! is a part of the national core curriculum for basic education in Finland
- Adapted Move! Measurements have been developed – but research evidence is missing





SOVELTAVIEN MOVE! MITTAUSTEN OPAS OPETTAJILLE

Piritta Asunta ja Anni Lindeman (toim.)

A guidebook for teachers

- <https://www.oph.fi/sites/default/files/documents/Soveltavien%20Move-mittauksen%20opas.pdf>

Move!

20 meter line run

5 continuous jumps

Upper body lift

Push-up

Mobility of the body

- Squat
- Lower back extension
- Mobility of the right and left shoulders

Throw-catch combination



20 metrin viivajuoksu
Kestävyys ja liikkumistaidot:
Oppilas juoksee kiihtyvässä tahdissa 20 metrin matkan viivalta viivalle niin kauan kuin jaksaa.

20 m

Vauhditon 5-loikka
Voima, nopeus, tasapaino:
Oppilas loikkaa viisi loikkaa. Tulos mitataan.

1 2 3 4 5

Ylävartalon kohotus
Vatsalihasten kestävyys:
Oppilas tekee liikkeen äänimerkin tahdissa mahdollisimman monta kertaa.

Heiton ja kiinnioton yhdistelmä
Välineen käsittely ja havaintomotoriset taidot:
Oppilas yrittää osua tennispallolla yhden käden heitolla 20 kertaa seinään merkittyyn 1,5 x 1,5 metrin alueeseen ja ottaa seinästä pomppaavan pallon kiinni yhden pompun jälkeen.

Etunojapunnerrus
Yläraajojen voima ja kestävyys: Oppilas punnertaa 60 sekunnissa mahdollisimman monta kertaa.

Tytöt 60 sek

Pojat

Kehon liikkuvuus

Lihasten venyvyys ja nivelten ja jänteiden liikelajuuus: Kriteerit täyttävä liike tuo yhden, väärä liike nolla pistettä.

Olkapäiden liikkuvuus

Alaselän ojennus

Kyykistys

Falla

Physical activity monitoring and feedback system for children and adolescents with functional difficulties (FALLA 2022–2024)

- Primary home page <http://www.jamk.fi/falla> (only in Finnish at the moment)
- Profile form will be developed in order to choose reliable, valid and feasible activity monitors
- Physical activity will be measured with activity monitors



Pictures: Mari Varonen, Jamk

School environment

- **Terhi Huovinen**

- Dissertation (2019): Promoting pupil participation and physical activity in heterogeneous pupil group of basic education physical education
- Nord-Plus project “Nordic Baltic Learning Environments for Movement Affordances” (Rutkauskaite et al. 2021).
 - Accessibility in the school yard (one of the research questions in Anni Ahonen, 2023, master’s thesis)
- Several theses are in progress on APE

- **Piritta Asunta**

- Dissertation (2018): Identification and support for pupils with motor learning difficulties in a school setting
- MOQ-T: <https://ekapeli.lukimat.fi/?site=q;q=moqt>

- **Anni Lindeman, PhD student**

- *Motor difficulties of 6-8-year-old children in school environment; systematic review and intervention study (started in 2022 with asystematic review, which is in progress, and continues with a 6 month intervention)*

Conclusions

- The journey towards an equal PA culture is still in progress in Finland. For example children and adolescents who have functional difficulties/disabilities are less physically active than their peers.
- There is a lack of research on physical fitness, in addition accelerometer-measured data is not available for children and adolescents with disabilities.
- Studies would be needed from schools: how individualized educational plans are realized in PE, how many students are exempted from PE, why all students with disabilities do not participate in the national Move measurements and whether the school facilities are sufficiently accessible from the point of view of equal participation.
- Lots of national surveys + separate surveys available 😊

References

- Report Cards
 - English https://www.theseus.fi/bitstream/handle/10024/785027/Report-Card_2022.pdf
 - Swedish <https://www.theseus.fi/bitstream/handle/10024/788766/Resultatkortet%202022.pdf?sequence=2&isAllowed=y>
- Asunta, P., Viholainen, H., Ahonen, T., Cantell, M., Westerholm, J., Schoemaker, M. M., & Rintala, P. (2017). Reliability and validity of the Finnish version of the motor observation questionnaire for teachers. *Human Movement Science*, 53, 63-71.
- Asunta, P., Kämppe, K., Saari, A., Ng, Kwok., & Tammelin, T. 2022. Results from Finland's Report Card 2022 on Physical Activity for Children and Adolescents with Disabilities. *Adapted Physical Activity Quarterly*, in press.
- Hutzler, S., Barak, S., Aubert, S., Arbour-Nicitopoulos, KP., Tesler, R., Sit, C., Augusto, D., Asunta, P., Pozeriene, J., Lopez-Gil, JF. & Ng, K. 2022. 'WOT' do we know and do about physical activity of children and adolescents with disabilities: A SWOT oriented synthesis of Para Report Cards. *Adapted Physical Activity Quarterly*, in press.
- Ng, K., Sit, C., Arbour-Nicitopoulos, K., Aubert, S., Stanish, H., Hutzler, S., Aguila Farias, N., Asunta, P., Augusto, D., Kang, M-G., Lopez-Gil, JF., Pozeriene, J., Urbanski, P., Wilson, O., Lee, EY., Reilly, J. 2022. A global overview of the physical activity report cards for children and adolescents with disabilities. *Adapted Physical Activity Quarterly*, in review.
- Sit, C., Aubert, S., Carty, C., Silva, D. A. S., López-Gil, J. F., Asunta, P., ... & Ng, K. 2022. Promoting physical activity among children and adolescents with disabilities: the translation of policy to practice internationally. *J Phys Act Health*, 2022-0351.
- Rutkauskaitė, R., Gísladóttir, T., Pihu, M., Kjønniksen, L., Lounassalo, I., Huovinen, T., Gruodyte-Raciene, R., Visagurskiene, K., Olafson, O., Kull, M., Rudzinska, I., & Fjørtoft, I. (2021). Schoolyard Affordances for Physical Activity : A Pilot Study in 6 Nordic–Baltic Countries. *Sustainability*, 13(21), Article 11640. <https://doi.org/10.3390/su1321116>



jamk

Jyväskylän ammattikorkeakoulu
University of Applied Sciences