

## **THENAPA final report of Sweden 2003**

### **Brief report**

Efforts are made by society to remove barriers for people with disabilities. Sweden has "From patient to citizen – A national action plan for disability policy – government bill", (Prop. 1999/2000:79). The goals for year 2010 are to achieve full participation and self-determination for all citizens including people with disabilities as well as ensuring that all citizens are treated with dignity. To succeed in these efforts, barriers will need to be identified and removed, discrimination prevented and combated, and the necessary conditions for independence created. This implies that the success of the action plan is a shared responsibility, not least within the area of sport.

A Swedish Network of Adapted Physical Activity (SNAFA) was started in 1996 and has established a Swedish secretariat at the School of Social and Health Sciences, Halmstad University. The School of Social and Health Sciences conducts among other things research in areas relevant to social welfare as well as adapted physical activity (APA). Research into the situation of disabled people and other vulnerable groups is a part of the School's activities. In 1997 the network was more formalised, and the first meeting was held at Halmstad University. The meeting discussed adapted physical activity in connection with education and research on different university and school levels. The SNAFA has nearly 400 members today and organises annual meetings and conferences at Halmstad University. The University is a member of EARAPA and the EMDAPA-program. The members receive information about APA and the THENAPA-project (Thematic network, educational and social integration of persons with a handicap through adapted physical activity) four times a year. THENAPA and EARAPA are also linked to SNAFA's website [www.hh.se/snafa](http://www.hh.se/snafa).

The THENAPA project was discussed during telephone meetings of SNAFA's educational board and also included in the programme of the SNAFA-conference (16-17/9-2002) at Halmstad University. The theme of the conference was: Children-Disability-Outdoor activities and Research. Prof Herman van Coppenolle attended the conference with a lecture about Psychomotor Therapy in adult and adolescents psychiatric patients.

The co-operation with the Swedish Development Centre for Disability Sports in Bollnäs, which is linked to Stockholm University College of Physical Education and Sports continues in the "EMIL-project" which will provide APA in schools and leisure time for persons with disabilities in Sweden. Co-operation has also started among the universities, resource centres and schools that have education and research in APA. The responsible persons have been informed, and a meeting was organised during the SNAFA-conference in Halmstad. Five universities started to provide courses in APA. Halmstad University have had a half-year specialization course in APA in the Sports Science programme in autumn 2002 (30 ECTS) and an obligatory course in APA (7.5 ECTS) in Physical Education and Health. The THENAPA project and EARAPA was discussed during a Nordic intensive course on APA in Nestved, Denmark (20/8-25/8-2002), sponsored by the Nordic Council of Higher Education (NORDPLUS) and co-ordinated from Halmstad University. The new started co-operation with the Swedish Institute for Special Needs Education will continue with discussions during spring 2003, about distance education in APA in Sweden.

### **Aims and objectives of the work at national level**

The SNAFA has the following specific goals:

- To increase the knowledge and understanding of adapted physical activity (APA) for children and adolescents with disabilities in training programs of physical education and related teacher training programs.
- To develop a Swedish competence in APA.
- To promote knowledge and information among the European countries.
- To encourage further education and exchange of experiences among the European countries.
- To promote research across national boundaries.
- According to this comes the aim of THENAPA in the identification of "good practices" of integration in both the educational as well as in the larger society, with regard to persons with a handicap.

## **Organisational approach and structure of the national group**

SNAFA - The Swedish Network of Adapted Physical Activity is an open network of which institutions as well as individuals can be a part. The Swedish main office is situated at the Halmstad University. Lars Kristén is the coordinator of SNAFA. There are about 400 SNAFA members with different interests and professions in the area. In SNAFA there is an Educational board with nine members from different Institutions and Universities from all over Sweden. This group has regular meetings, often by video or telephone (because of the distance). The Educational board works hard to implement and develop educational issues towards Universities and institutions. The Educational board plans a yearly two-day conference which is hosted by the Halmstad University. There are also a smaller committee (four members) which has more regular contact and discusses upcoming issues and tries to promote APA towards public authorities and other organizations in Sweden.

## **The role of the national partners, organisations and the way of national cooperation**

Many Universities (University of Lund, Växjö, Göteborg, Örebro, Karlstad, Stockholm, Gävle, Högskolan i Dalarna, Mithögskolan and Umeå University) in Sweden are partners of SNAFA. Exchange of experience and developing of new courses in the area of APA is one example of this cooperation. The Swedish Institute for Special Needs Education is another important partner. This institute is a new (since 2001) governmental institution which support the educational system in Sweden, in the area of children, young people and grown-ups with different disabilities. SNAFA has established cooperation with the Swedish institute for special needs education and the institute has participated in the conferences and other meetings. The Swedish Development Center for Disability Sports, The Swedish Sports Organization for Disabled and The Institute of Technical Aid are other partners of SNAFA. Many of these partners cooperate in projects to develop tools and teaching and training methods. A lot of these projects will be presented at the yearly SNAFA-conference.

## **Methodology, tools and technology**

Five universities started to provide courses in APA. Halmstad University have a half-year specialisation in APA in the new Sport Science programme starting in autumn 2000 (30

ECTS) and an obligatory course in APA (7,5 ECTS) in Physical Education and Health (see appendix 1).

SNAFA's website ([www.hh.se/snafa](http://www.hh.se/snafa)) has an important role for information. Pedagogical and didactical approaches are discussed and practiced, the members of the educational board have started up initiatives all over the country. At the university level quite a few programmes and courses on APA are developed and under progress. The EMIL-project from the Swedish Development Centre for Disability Sports focuses on APA in the school and leisure time.

The Swedish Institute for Special Needs Education arranges one- or two-day courses and shorter lectures in adapted physical activity. These courses are both theoretical and practical (see appendix 2 and 3). One of the main issues in these courses is "how to include students in PE". The courses are also about how to make all students feel good about their bodies and to strengthen their self-confidence by participating in physical activities, and to provide PE-teachers knowledge so that they learn how to adapt different situations and teaching methods. The institute is also starting distance courses under this year (2003) in adapted physical activity. The distance courses take place with ITC but sometimes they are combined with regular meetings. The Swedish Sports Organization for Disabled gives also shorter courses and lectures in the area of adapted physical activity.

The impacts we have seen on our end-users are that more students get included in regular PE-lessons. We can also see that more students, who have been having physiotherapy instead of regular PE, now take part in PE-lessons. The comments from the participants in the courses are that they improve as PE-teachers generally, when they have learnt how to adapt methods and tools. The target groups in these courses, given by the Swedish Institute for Special Needs Education, are PE-teachers and other personnel in the school system that is involved in physical education. The target group of the Swedish Sports Organization for Disabled is leaders, coaches and people who work with adapted physical activities in sports clubs and in spare time.

The Swedish Network of Adapted Physical Activity (SNAFA) has members from above mentioned organizations and delivers information about the THENAPA project to all of them. An educational board process is in progress with courses in APA on University level. Annual meetings and conferences on APA involves both practical workers and researches.

## **Products and results, dissemination**

The THENAPA project was discussed during a Nordic intensive course on APA in Beitostølen, Norway (29/8-3/9-2000), sponsored by the Nordic Council of Higher Education (NORDPLUS) and co-ordinated from Halmstad University (see appendix 4, report). APA and the THENAPA-project were mentioned in a couple of articles in the autumn 2000 issue of The Journal of Swedish Sport Research, whose theme was 'Sports for the Disabled'.

The THENAPA project (Thematic network, educational and social integration of persons with a handicap through adapted physical activity) was discussed during a meeting of SNAFA's educational board at the Stockholm University College of Physical Education and Sports (20/3-2000). It was also included in the programme of the SNAFA-conference (30-31/10-2000) at Halmstad University. The theme of the conference was: Children-Movement-Sport and Disability.

Information about THENAPA was presented during a conference in Bollnäs of Sports for the Disabled (8-9/3-2000). The conference resulted in a co-operation with the Swedish Sports Development Centre for the Disabled in Bollnäs, which is linked to Stockholm University

College of Physical Education and Sports. The Swedish Development Centre for Disability Sports is responsible for a national project (EMIL) year 2000-2003 about integration through APA. SNAFA is an important part in the project.

Co-operation has also started among the Universities, resourcecenters and schools that have education and research in APA. Some theses have been written and one good example is, Jeremo, M & Ström, J – APA in physical education and health (bachelor level, *Halmstad University* 2000).

Movements for all, a co-operation project between the Swedish Institute for Special needs education, the University of Örebro and the Sports Organization for Disabled in Örebro, 2001 (appendix 5).

The SNAFA is one of our most important tools to reach the target groups. We work from the single PE-teachers and leaders of sports club, to Universities, institutions and public authorities in Sweden.

## **Evaluation**

The Educational Board of SNAFA has worked with the evaluation. It has been a regular point at our meetings. Thus it has been an on-going discussion.

APA is not known in Sweden. The process takes some time. SNAFA is a good base, but many members do not realise the benefits of a project on a European level. The information and discussion of APA opens up the field of education and integration.

The time and financial support sets the limit. The aim and objectives are still there, but needs support for a longer time.

SNAFA is the base for information about THENAPA. The co-operation among the universities, resource centres and schools is an important part for exchange of ideas about THENAPA. A positive and continuing process has started. Our intensions and goals are that more people in Sweden become included in all areas of physical activity in society. We see it as an on-going process.

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