

THENAPA

DISSEMINATION YEAR

Belgium

Different Universities and Institutes of Higher Education implemented APA contents in the curriculum (teacher education for physical education, social care work, occupational therapy etc.) Some of those Institutes started organising additional APA - trainings for professionals and students. Representative organisations for P.E. teachers (like the BVLO- Bond voor Lichamelijke Opvoeding) started to implement practical APA workshops on a yearly base.

Some sport federations for people with a handicap and governmental organisations are organising retraining for their own staff (VFGS f.i.) or for volunteers in A.P.A. (different provinces). At the first EUPEA Symposium (European Physical Education Association) on Quality Physical Education (November 2002- Brussels, Belgium), A.P.A was mentioned in the proceedings, stimulating all P.E. teachers to include children with special needs in their lessons and school activities.

Despite the increase of primary and secondary pupils in special schools in Belgium (8 different types), we see small efforts to stress the importance of A. P.A. in some inclusive schools. Some training sessions for physiotherapists, teachers and administrators involved in GON (Supported system for pupils integrated in regular schools) are focusing on APA.

The importance of APA in some institutions and schools for people with special needs has been increased by stimulating their own employees to take part in APA sessions.

Professionals and volunteers in recreational and competitive adapted sports are stimulated to obtain a certificate as an initiator or trainer. ADEPS and BLOSO (governmental organisations for sport and outdoor activities) f.i. recently developed interesting teaching materials and trainings courses for several adapted sports (f.e. boccia, swimming). They co-operated intensively with sport federations for people with a handicap and persons with a handicap themselves. Regular sports federations are also stimulated to integrate a special APA module in the education of their coaches and trainers (horse back riding, track and field, tennis...). Recently hippotherapy was admitted by a scientific intervention of the Thenapa co-ordinator Prof. H. Van Coppenolle.

The sports participation in rehabilitation centres in Belgium didn't change remarkably yet. We hope that the present students will increase APA in their

future work and will be able to convince their colleagues to change their attitude towards adapted sport and movement activities.

The attitude of the Belgian society towards integration and inclusion of people with a handicap cannot be called very open yet but small steps forward have been taken. Some organisations like f.i. "Ouders voor Inclusie" and "Inclusie Vlaanderen" are stimulating inclusive initiatives. Sportsfederations and clubs also started to integrate children and youngsters with a handicap (Unified Sport – Bewegingsschool Achilles etc.)

In some governmental letters of sports policy, adapted sport is totally included (f.e. R.De Lathouwer in VGC - Brussels). Some Institutes for Higher Education and Universities are organising inclusive sport camps for their own students together with persons with a handicap. These initiatives are integrated in the curriculum and give all participants the opportunity to break through a threshold fear in taking contact with people with a handicap. Those experiences are very important to promote inclusion through APA, doing sport together, touching each other in games, and making contact with other people during ADL (activities of daily life) and moments of free time.

Although sport and movement activities are not a priority, some Belgian sick-funds (Christelijke en Socialistische Mutualiteiten) are taking initiatives for integration through APA. The Belgian educational system of special schools is a barrier to inclusion but integration of pupils in regular schools is no longer a taboo.

A national committee was established. Two working groups held meetings and discussions (education and recreation/competition sports). The rehabilitation group didn't start because of time management problems and lack of interest.

In the education group there was a big engagement of different partners:

- representatives from the Ministry of Education (GON –accompanists of the
3 educational networks)
- representatives from governmental sport organisations (BLOSO – ADEPS etc.)
- representatives from sports federations for people with a handicap
- representatives from Schoolsportorganisations
- professors, teachers and staff of different Universities and Institutes of Higher Education

In the sports group also different interested persons were involved intensively:

- representatives from governmental sport organisations (BLOSO – ADEPS)

- representatives from sports federations for people with a handicap
- representatives from Schoolsportorganisations
- representatives from leisure organisations for people with a handicap
- persons with a handicap
- athletes

Results of the different groups were reported in each Belgian THENAPA meeting.

Those meetings were very effective discussing the different items of the European THENAPA proposals; there was a positive and constructive atmosphere.

During the 3 years of this European Network, all national THENAPA reports were supported by these groups and disseminated in their organisations.

Compared to some other European countries the contribution of THENAPA Belgium was quite big during each European THENAPA meeting. All contributions were produced and based on investigations and discussions of the national Belgian committee.

The educational and teaching approach was focused mainly on integrating APA –modules in existing curricula (theoretically as well as practically).

By improving the education of professionals and volunteers involved in APA and the stimulation of different sport federations and clubs, integration and inclusion has increased in society during the last years.

This approach promoted within the project, has had an important impact. This impact is obvious at different levels integrating THENAPA proposals:

- improvement of quality in different curricula
- enlargement and improvement of retraining in APA
- increase of inclusive sports initiatives
- enlargement of motivation in many people involved with APA
- promotion of integration / inclusion in society

EDUCATION → ATTITUDE → INTEGRATION

This diagram has been the Belgian guide in all meetings and actions

THENAPA CD - ROMs, video materials, brochures and reports, addresses of different websites and literature were distributed and disseminated during conferences and meetings.

Teaching material for a pilot project in Boccia was edited and experienced in a initiator course for sports coaches (in co-operation with BLOSO) and will be used as a canvas for developing teaching materials in other sports. Articles on APA will be published in magazines for P.E. - teachers and other professionals

The dissemination strategies were based especially on attendance in meetings, conferences, preparation sessions and in-service training sessions where THENAPA key person promoted and stimulated the both objectives of the network (education and integration) and distributed interesting material. Responsible of different organisations and participants of these meetings disseminate the results of the European network in their own rank and file.

Target groups were both educational- and sports settings and governmental organisations.

The estimate number of people reached is approximately 25.000 (100 staff and 20.000 students at Universities and Institutes of Higher Education, 20 sports staff and 100 new coaches and trainers in APA, 100 staff at the Ministry of Education and Sport, sport federations for people with or without a handicap, governmental organisations, school, sport federations and all their members.)

We estimate the number of persons reached in the future will be at least 8000 each year in education about 200 persons a year in sports and hopefully with the help of the media yearly 100.000 citizens.

In governmental discussions concerning equal chances in education (f.e. Flemish Minister M. Van Der Poorten) an intervention has been made in becoming conscious of the importance of P.E. and A.P.A.

This theme of increasing equal chances in education has been discussed many times during the last year at several levels.

Unfortunately inclusive initiatives for pupils with a handicap in education are not really promoted in the last Decree (Equal chances).

Several organisations has been founded to influence society and different Belgian governments to realise autonomy, equal treatment, self-determination and participation of persons with a handicap in an inclusive society as well in economical, social, cultural or political activities (f.e. GRIP: Gelijke Rechten voor Iedere Persoon met een handicap, Equal Rights for Each Person with a handicap).

THENAPA research in sports federations and clubs, schools and other organisations involved with A.P.A. over these 4 years stimulated the partners in arising questions of how integration and inclusion could be realised in the future.

All THENAPA Belgium partners were quite satisfied especially for the proposal of the ideal profile of an APA specialist. This proposal is already implemented in different teaching materials as well in education as in sports. We noticed also plenty of initiatives for scientific research in A.P.A. like the investigations of the Belgian Prof. Yves Van Landewijck and his team in Leuven.

Thanks to the co-operation of many volunteers, convinced of the importance of APA and to the 2 Belgian THENAPA co-ordinators Prof. Jean Claude De Potter en Prof. Herman Van Coppenolle and their staff, this Belgian work of THENAPA has been a success. The succession of this work is still needed and hopefully will be realised as well in education as in sports.

Beyond the Community grant, results will be sustained by exchanging students to different countries, by taking initiatives, organise in-service trainings with other key persons, exchanging interesting video-material and literature and keeping contact for further co-operation.

The transnational work has also been successful in a European perspective. Making contacts with different European and non European partners has been very interesting in considering critically the own approach in Belgium. The comparison of the different countries gave a stimulant to all Belgian THENAPA partners as well in substance as on an organizational level.

Integration and inclusion will become realistic in society when the positive changing attitude in the Belgian society will continue and future professionals and volunteers continue to implement the results of this European Network. An important start has been given thanks to this first European Thematic Network on Adapted Physical Activities.