The Effects of Slackline Training on Motor Skills in Children with Autism Spectrum Disorder

Oral Presentation

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Abstract

Introduction: The purpose of the current study was to investigate the effect of slackline training for children with ASD on motor skills.

Methods: In this quasi-experimental design, 40 children aged between six and 9 years were randomly divided into two groups; an experimental group (n=20) and a control (CON) group (n=20). The experimental group participants participated in three times weekly, 45-minute aquatic exercises for eight weeks. The Bruininks-Oseretsky Test of Motor Proficiency – Short Form (BOTMP) was used to assess motor skill.

Results: Significant differences were found between the ROA and CON groups in static balance (F=43.60, p=0.002), dynamic balance (F=44.51, p=0.010). Slackline training was found to be an effective and safe intervention for children with ASD in Balance.

Conclusion: This study provides families, teachers, and other specialists with an alternative to traditional land-based exercise modes that are more exciting and motivational to children with ASD due to slackline training.

Keywords

autism; Balance; slackline training; motor skill

Reference:

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