

Evaluation report about the implementation of the first adapted judo program (school year 2020-21)

The adapted judo programme is aimed at children of between 8 and 15 years of age who have been diagnosed with ASD and who have been introduced to judo. All the project partners have been in contact with institutions and organisations involved in the education of people with ASD in their respective localities and countries. The partners explained the project and enlisted the help of these institutions to recruit participants. In this intervention, all participants were asked to sign an informed consent document drafted in keeping with all applicable research ethics protocols, including a guarantee of the confidentiality of personal data and assurance that participants can choose to abandon the study at any time. The partners in all the participating countries attempted to recruit a group of 10-15 members to implement the judo programme that has been designed within the framework of this project.

The judo programme was scheduled to be carried out over the course of two academic years (2020-21, 2021-22). The present report about the school year (2020-21) allowed for pilot testing of the methods and point toward any necessary adaptations in the assessment techniques used. The design of this first phase took into account prior experiences, expert input and information gleaned from focus groups in order to arrive at an initial proposal, which has been subject to modification in accordance with the first results. The conclusions drawn from this initial experience will form the scientific and pedagogical basis for the definitive version of the programme.

The judo sessions were performed in a large and well-ventilated space suitable for athletic activity in general and for judo in particular, such that the safety of the participants could be guaranteed. The judo equipment required for this project included a tatami mat with a minimum surface area of 90 m², made using high-density cushions that help prevent injuries and ensure that a wide range of activities can be carried out safely. Each participant was outfitted with a judogi (a traditional uniform consisting of a cotton jacket and trousers and a belt that indicates the participant's level of technical skill).

The sessions have been divided into three parts in accordance with the physiological principles of exercise: warm-up, main exercise and cool-down. The main content of the sessions included:

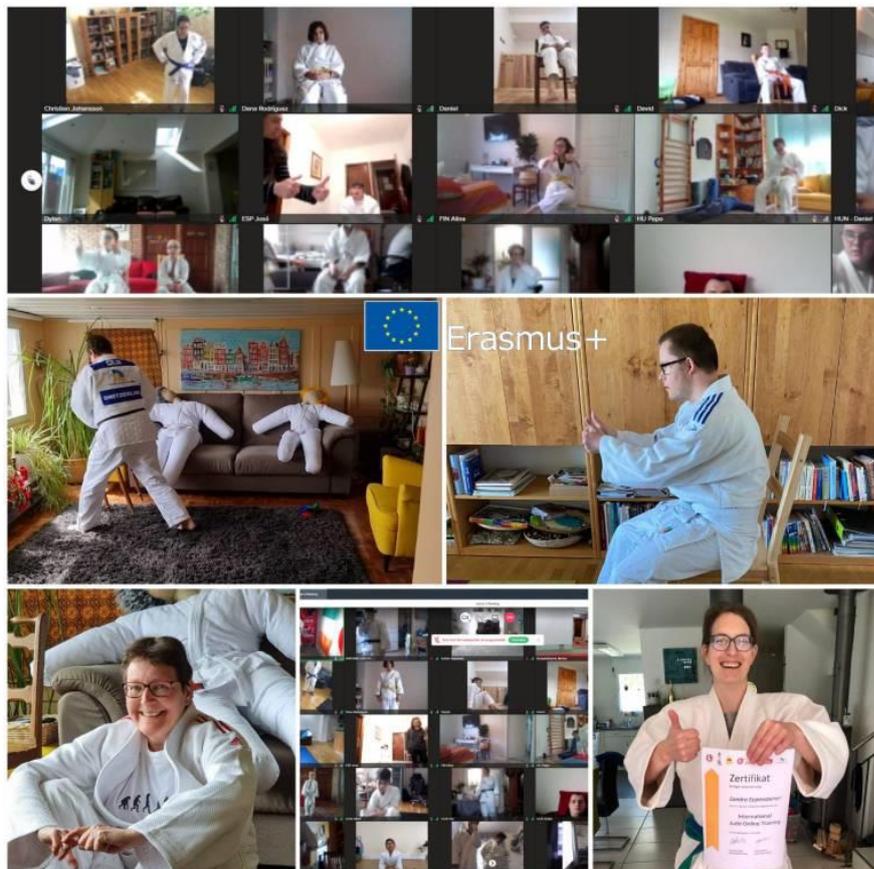
- Judo analytical techniques and judo games
- Different types of movements and falling techniques.
- Ground control techniques and throws.

The instruction methodology always applied the principle of gradual progression, featuring practice to consolidate the concepts learned in the initial lessons before moving on to more complex material. Each participant has been allowed to progress at his or her own pace. Learning has been largely based on imitation and guided modelling of techniques.

Special circumstances

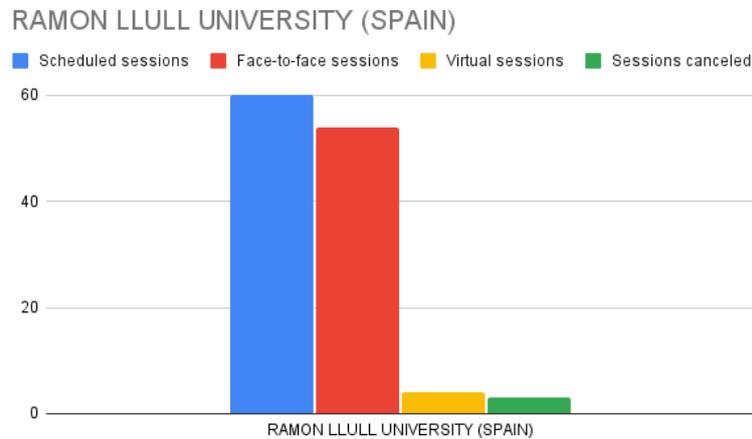
This school year has been characterized by the exceptional situation caused by the global COVID-19 pandemic. The unequal incidence in all EU countries, depending on the period and the situation of sanitary restrictions, have caused different rates in the application of adapted judo programs. While in some countries the sessions could be held without any problem, in others there was a total restriction of sports practice, even this situation was reversed according to the period.

The following report shows the number of face-to-face sessions, virtual sessions, and cancelled sessions for each program partner. In this sense, the opportunity to carry out the sessions virtually has made it possible to connect participants from several countries simultaneously to carry out the adapted judo sessions together.



Report on country implementation

RAMON LLULL UNIVERSITY (SPAIN)



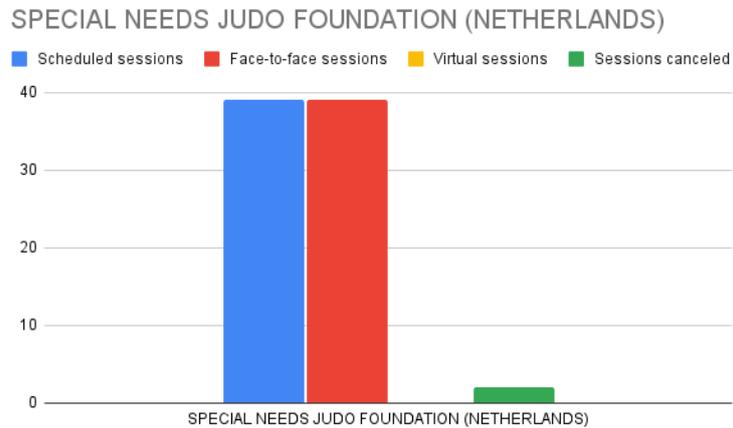
Comments:

The adapted judo sessions have proceeded normally. The pandemic had a minimal influence since the health authorities allowed the population with intellectual disabilities to continue carrying out sports activities.

We have had two groups (of 11 and 12 children) so only one of them dropped out. All performed motor tests (TGMD), answered the GARS and the PACES questionnaire was administered. All participants obtained the white-yellow judo belt.



SPECIAL NEEDS JUDO FOUNDATION (NETHERLANDS)



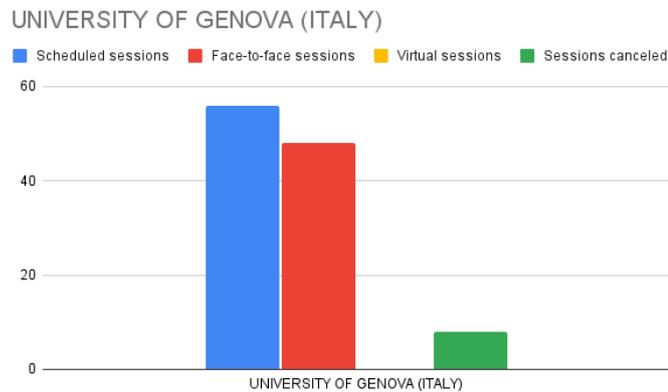
Comments:

In February, the lockdown that started in October was partially lifted and we could resume lessons, albeit in a tent. We could not do the



GARS tests as the subjects we selected for these tests were in extended lockdown. Mid-June the lessons picked up again as we were allowed to perform normal lessons again.

UNIVERSITY OF GENOVA (ITALY)

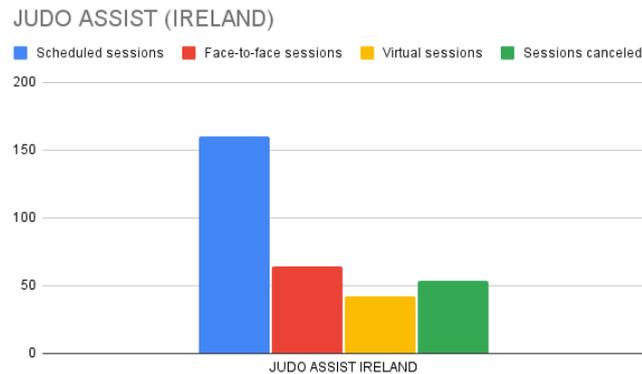


Comments:

In Italy the restrictions were very intense. The university facilities suffered a very severe blockage during the pandemic. Our program had a group of 5-8 participants who were finally able to hold face-to-face sessions, however during the lockdown periods they had the possibility of participating in the virtual sessions of the other Autjudo partners (Switzerland and Ireland).



JUDO ASSIST IRELAND (IRELAND)

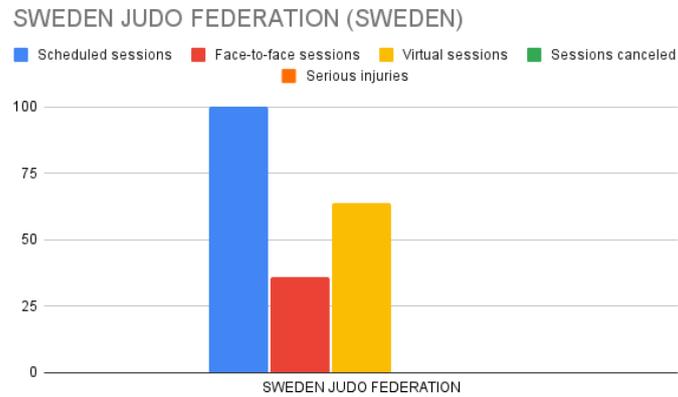


Comments:

Our adapted judo sessions have continued to develop and progress in both physical and virtual capacities from September 2020 – June 2021, with the exception of a brief closure during our transition from physical face to face lessons to virtual online lessons. This was required due to national restrictions due to the Covid 19 pandemic. In the period up to December 2020 we carried out the GARS test and completed the PACES questionnaires with our target group. In addition to local and national adapted judo sessions here in Ireland, we also collaborated with our Swiss partners to promote and deliver a series of six International/European online adapted judo trainings in line with the objectives of this Autjudo Erasmus project. These were hugely successful and attracted interest from a large number of European countries.



SWEDEN JUDO FEDERATION (SWEDEN)

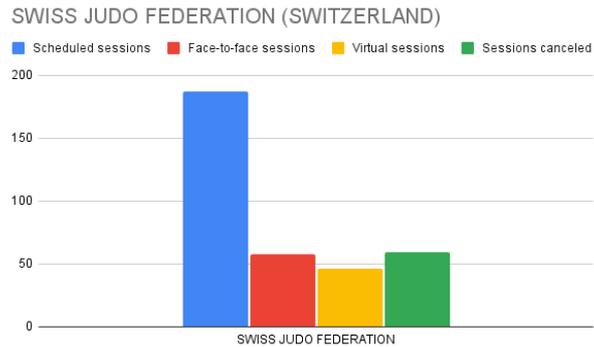


Comments:

We continued to have our regular training, but went on-line during October-May. We had 6-14 athletes every time. Not included here is one National training with 8 clubs, EJU vice president Jane Bridge and EJU SN-prize-winner Tycho van der Werff taking part.



SWISS JUDO FEDERATION (SWITZELAND)



Comments:

From September 2020 to June 2021 we conducted 34 weeks of training (without training in school holidays).

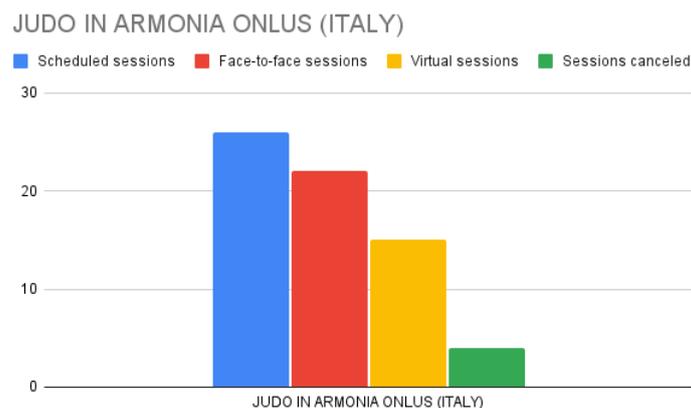
During the entire course we had 14 weeks of lockdown, after that, only

the children (-20yrs) were allowed to do judo, and later 20+ years old.

We were finally able to do judo outdoors. The participants were divided into 3 training groups in Uster and 2 training groups in Balgach.



JUDO IN ARMONIA ONLUS (ITALY)



Comments:

Those data refer to 2021 only (February - June 2021) // online sessions: our kids and coaches took part in our partners' online sessions from March 2021 to June 2021. We had to stop face-to-face sessions in March/April 2021, due to the restrictions, and again 3 weeks between April and May because of a suspected contact among us. We could not do the GARS tests, as the athletes we had selected could not participate in the sessions, due to the restrictions.

