



PLAYable: A Physical Literacy Assessment for Individuals with Intellectual and Developmental Disabilities

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PROJECT SUMMARY

The PLAYable project developed and tested a tool to assess movement skills in adults with intellectual and developmental disabilities (IDD). Physical literacy, being able to move confidently and safely, is important for overall health. However, most existing movement assessments were designed for children or didn't work well for adults with IDD. PLAYable was created to address this gap, measuring a range of movement skills, from basic actions like walking and jumping to more complex tasks like throwing and catching. The goal was to develop a reliable tool that could assess physical abilities across different skill levels in both daily life and sports settings.

Key Findings: PLAYable proved to be reliable and effective in measuring movement skills, with most participants rated "Fair" to "Good," meaning they could perform movements but had room for improvement. The tool accurately identified differences in ability rather than inconsistencies in scoring, making it a trustworthy assessment. Over time, PLAYable showed consistent results, particularly in balance and running. However, upper body skills, like throwing and catching, were less reliable, suggesting further refinement is needed. No participants scored in the "Best" range, indicating the need for additional practice and support to improve movement skills.

Conclusion: PLAYable is a promising tool for assessing movement skills in adults with IDD, offering valuable insights for healthcare professionals and program coordinators. While it effectively measures key skills, improvements, especially in upper body movement, can make it even more useful in guiding support and promoting physical activity. Further testing and refinement will help enhance its real-world applications.

KEY MESSAGES

PLAYable is a reliable tool for assessing movement skills in adults with intellectual and developmental disabilities, helping ensure consistent evaluations and identifying individual differences to support personalized programs.

Improving movement quality requires focused training and support, especially in upper body skills like throwing and catching, where enhancements to PLAYable can make assessments even more effective.

Expanding the use of PLAYable in community and sports programs, alongside continued research and refinement, will help optimize its real-world application for coaches, professionals, and individuals in Special Olympics and beyond.

FOR MORE INFORMATION

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