

# Voice of Post Secondary Students with Developmental Disabilities: Physical Activity Experiences

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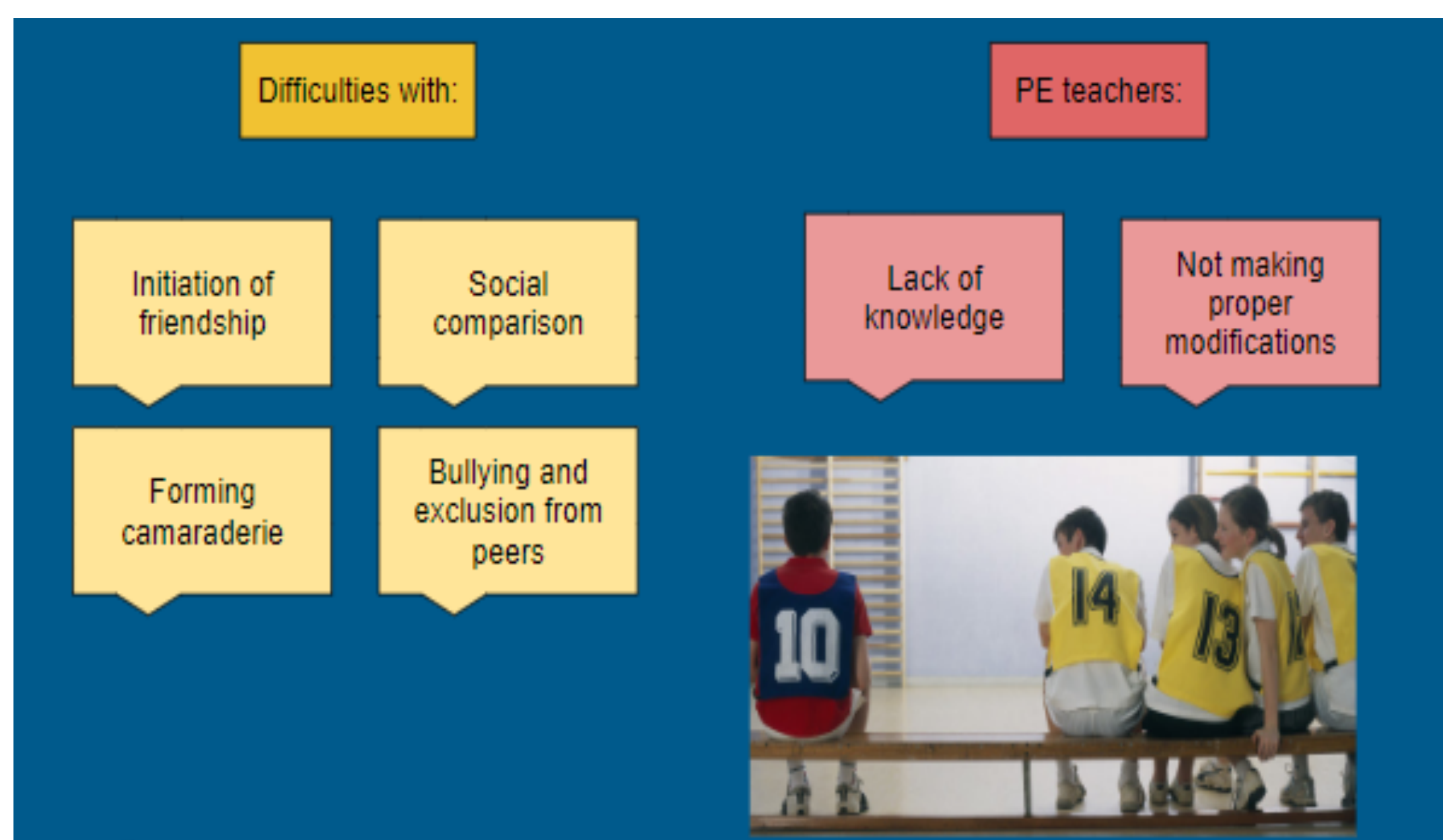
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## Abstract

Previous literature reported students with developmental disabilities often note having negative experiences in physical activity settings both inside and outside of school. In physical education classes, students with disabilities often face difficulties in dealing with socialization and developing relationships with other classmates while not having the support or opportunities to partake in physical activity in their own leisure time. This project explored what experiences postsecondary students with disabilities had in previous physical education classes and how this drove their feelings about engaging in current physical activity. Semi-structured interviews were conducted with 10 post-secondary students with developmental disabilities who participated in a physical activity program. Interview questions aimed to gain insight on previous experiences in physical education classes, previous experiences in leisure-time physical activity, and current experience in the physical activity program

## Project Activities

- The primary form of quantitative data collection has been conducted through semi-structured audio-taped interviews by the investigator. 10 participants (7 males and 3 females) were interviewed during the project. Photographs that were taken by the San Jose State University coaches of the participants actively engaging in the activities were utilized during the interview when needed in order to evoke participants' memories and emotions. The photographs also work to share the meaning they gave to their experiences.
- Interview questions were formulated to be open and expansive in order to cover the participants' past and current physical activity experiences. Examples of questions include: What were your experiences in PE in elementary school, middle school, and high school like? What were your experiences with your previous PE teachers like? What kinds of interactions did you have with your classmates during PE? What types of physical activities did you engage in with your family members and friends when you were a child? How did you feel about the Spartan Fitness Program and the SJSU coaches?
- After the data were collected, the audio-taped interviews were transcribed by the investigator.
- Further analysis of the data to find themes within the participants' previous and current experiences will take place as the investigation continues.



## Research Questions

- What types of physical activity experiences post-secondary students with developmental disabilities encountered in their previous physical education classes?
- What types of physical activity experiences post-secondary students with developmental disabilities encountered in leisure-time with family members?
- What types of physical activity experiences post-secondary students with developmental disabilities encounter at the end of a 10-week physical education program?

## Citations

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