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Approaches to the Teaching Exercise and Sports for the Children with Autism

Abstract

Autism is a developmental disorder that appears during the first three years of life and is characterized by communication problems, social interaction deficits and repetitive/restricted interests and behaviors. Although a diagnosis criterion of autistic spectrum disorders does not involve incapacitating to cover motor skills, studies indicated that motor deficits and delays in children with autism are possible. Sports and exercise are useful in that they decrease these motor failures and provide social integration. However, although these useful effects, exercise and sports activities are not supplied enough for children with autism, and it is observed that family, teachers and other specialists have some difficulties in adapting physical activity in the daily life activities of children with autism. This article focuses on what type sports activities can be introduced to children of certain ages with autism, the strategies followed and the measures adopted.

Key words: Autism, Exercise, Sports, Teaching Strategies.

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