

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

ΚΙΝΗΤΙΚΗ ΑΓΩΓΗ ΚΑΙ ΑΥΤΙΣΜΟΣ: ΜΕΛΕΤΗ ΠΕΡΙΠΤΩΣΗΣ

MOTOR EDUCATION AND AUTISM: CASE STUDY

της

Γούσγουλα Ελένης

Μεταπτυχιακή διατριβή που υποβάλλεται
στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τ.Ε.Φ-Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο
Πληροφορικής και Επικοινωνιών
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ΠΕΡΙΛΗΨΗ

Ελένη Γούσγουλα: Κινητική Αγωγή και Αυτισμός: Μελέτη Περίπτωσης.
(Υπό την επίβλεψη του κ. Αντώνιου Καμπά, Αναπληρωτή Καθηγητή)

Σκοπός της παρούσας μελέτης περίπτωσης ήταν να διερευνηθεί η χρησιμότητα που μπορεί να έχει η εφαρμογή ενός εξατομικευμένου προγράμματος κινητικής παρέμβασης στην κινητική επιδεξιότητα ενός μαθητή με διάγνωση Διαταραχής Αυτιστικού Φάσματος. Για τις ανάγκες της έρευνας έγινε επιλεκτική δειγματοληψία παιδιού που υποστηρίζεται από το «Πρόγραμμα εξειδικευμένης εκπαιδευτικής υποστήριξης για την ένταξη μαθητών με αναπηρία ή/και ειδικές εκπαιδευτικές ανάγκες» για το σχολικό έτος 2017-2018 από δημοτικό σχολείο του Νομού Κορινθίας. Οι μετρήσεις έγιναν με τη χρήση της δέσμης Δημόκριτος Εργαλείο Κινητικής Ανίχνευσης για παιδιά Προσχολικής ηλικίας «Δ.Ε.Κ.Α.-ΠΡΟ». Η δέσμη «Δ.Ε.Κ.Α.-ΠΡΟ» αποτελείται από δέκα δοκιμασίες – τεστ εκ των οποίων βαθμολογούνται οι εννέα, καθώς η πρώτη αποτελεί έλεγχο της κυριαρχίας άνω άκρου. Διενεργήθηκε αρχική αξιολόγηση (pre test) της κινητικής επιδεξιότητας του ερευνητικού υποκειμένου με βάση την οποία σχεδιάστηκε ένα εξατομικευμένο πρόγραμμα κινητικής παρέμβασης, διάρκειας τεσσάρων εβδομάδων κατά την εφαρμογή του οποίου πραγματοποιήθηκαν δεκαέξι ωριαίες συναντήσεις. Οι δραστηριότητες του προγράμματος επιλέχθηκαν με στόχο τη βελτίωση των επιδόσεων και της γενικότερης κινητικής κατάστασης του μαθητή η οποία αξιολογήθηκε εκ νέου (post test) με την ολοκλήρωση της παρεμβατικής διαδικασίας. Οι επιδόσεις του ερευνητικού υποκειμένου βελτιώθηκαν σημαντικά στην πλειοψηφία των δοκιμασιών της δέσμης «Δ.Ε.Κ.Α.-ΠΡΟ». Συμπερασματικά στα ευρήματα της έρευνας προέκυψε πως η εφαρμογή ενός εξατομικευμένου προγράμματος κινητικής παρέμβασης επιδρά θετικά στην κινητική επιδεξιότητα ενός μαθητή με διάγνωση Διαταραχής Αυτιστικού Φάσματος.

Λέξεις κλειδιά: κινητική ανάπτυξη, κινητική αξιολόγηση, Διαταραχή Αυτιστικού Φάσματος, πρόγραμμα κινητικής παρέμβασης

ABSTRACT

Eleni Gousgoula: Motor Education and Autism: Case Study
(Under the supervision of Antonios Kambas, Associate Professor)

The purpose of the present case study was to investigate the possible impact induced by the application of an individualized program of motor intervention in the motor dexterity of a student diagnosed with Autism Spectrum Disorder. For the purposes of the study a selective sampling process was conducted and a student schooled in the prefecture of Corinthia and supported by a national individualized educational program for students with special educational needs was selected. The measurements were performed with the use of the Democritus - Screening Tool for Preschool Children (DEMOST-PRE©). The student's motor development was evaluated through a pretest prosecution and the design of a monthly individualized program of motor intervention followed. The activities included in the intervention program were adjusted to the student's singular needs aiming at the improvement of his motor performance and overall motor condition. The subject's motor performance was significantly improved at the nine tests of the DEMOST-PRE© screening tool. In conclusion, according to the results of the study, it emerged that the application of an individualized motor intervention program positively affects the motor performance of a student diagnosed with Autism Spectrum Disorder.

Key words: motor development, motor assessment, Autism Spectrum Disorder, motor intervention program

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