



**ΔΗΜΟΚΡΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ**  
**ΣΧΟΛΗ ΚΛΑΣΙΚΩΝ ΚΑΙ ΑΝΘΡΩΠΙΣΤΙΚΩΝ ΣΠΟΥΔΩΝ**  
**ΤΜΗΜΑ ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ**  
σε συνεργασία με το  
**ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΕΡΕΥΝΑΣ ΦΥΣΙΚΩΝ ΕΠΙΣΤΗΜΩΝ**  
**«ΔΗΜΟΚΡΙΤΟΣ»**  
**ΙΝΣΤΙΤΟΥΤΟ ΠΛΗΡΟΦΟΡΙΚΗΣ ΚΑΙ ΤΗΛΕΠΙΚΟΙΝΩΝΙΩΝ**

ΔΙΔΡΥΜΑΤΙΚΟ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ:  
ΕΞΕΙΔΙΚΕΥΣΗ ΣΤΙΣ Τ.Π.Ε. ΚΑΙ ΕΙΔΙΚΗ ΑΓΩΓΗ – ΨΥΧΟΠΑΙΔΑΓΩΓΙΚΗ ΤΗΣ ΕΝΤΑΞΗΣ

**ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ**

**ΦΥΣΙΚΗ ΑΓΩΓΗ, ΑΘΛΗΣΗ ΓΙΑ ΑΤΟΜΑ ΜΕ ΑΥΤΙΣΜΟ**

Κυριακοπούλου Σταματία Α.Μ.: 568

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 Τηλεπικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

Εγκεκριμένη από την τριμελή επιτροπή:

1η Ερευνήτρια: Χριστίνα Συριοπούλου, Αναπληρώτρια καθηγήτρια – Τμήμα Εκπαιδευτικής & Κοινωνικής Πολιτικής, Πανεπιστήμιο Μακεδονίας

2ος Επιβλέπων: Αντώνιος Καμπάς, Καθηγητής Τ.Ε.Φ.Α.Α Δ.Π.Θ.

3ος Επιβλέπων: Φωτεινή Βενετσάνου, Επίκουρη Καθηγήτρια, Τ.Ε.Φ.Α.Α. Ε.Κ.Π.Α.

Κομοτηνή/Αθήνα

2024

## ΠΕΡΙΛΗΨΗ

Ο αυτισμός είναι μία συχνή αναπτυξιακή διαταραχή που χαρακτηρίζεται από δυσκολίες στην κοινωνική αλληλεπίδραση και επικοινωνία, και εμφανίζει περιοριστικά και επαναλαμβανόμενα πρότυπα συμπεριφοράς, ενδιαφέροντα ή δραστηριότητες (American Psychiatric Association, 2020). Τα συμπτώματα είναι συνήθως εμφανή κατά την διάρκεια του πρώιμου αναπτυξιακού σταδίου, ως την ηλικία των δύο ετών, και προκαλούν σημαντική βλάβη στην κοινωνική, επαγγελματική ή άλλη κοινωνική λειτουργία. Ο αυτισμός είναι μια εγκεφαλική διαταραχή που μειώνει την ικανότητα ενός ατόμου να επικοινωνεί, να δημιουργεί σχέσεις, να δρα κοινωνικά και να ανταποκρίνεται κατάλληλα μέσα σε ένα περιβάλλον. Επιπλέον, επιδεικνύουν φτωχές κινητικές δεξιότητες (Green, 2023) συμπεριλαμβανομένων των δεξιοτήτων ελέγχου, της κίνησης και των αντικειμένων, (Berkeley, 2001) τον προγραμματισμό κινήσεων (Mari, 2003) και των γραφοκινητικών δεξιοτήτων (Mayes, 2003). Αν και δεν υπάρχει ακριβής θεραπεία για τα άτομα με ΔΑΦ, ωστόσο μπορούν να βελτιωθούν και να διδαχθούν σημαντικές δεξιότητες, όπως η έκφραση των συναισθημάτων τους, η υπέρβαση των φόβων τους, η ανάπτυξη των φυσικών τους ικανοτήτων και η συνεργασία με τους συνομηλίκους τους. Η συμμετοχή σε σωματικές δραστηριότητες μπορεί να προσφέρει πολλά πλεονεκτήματα στην ψυχοφυσική κατάσταση των ατόμων με ΔΑΦ. Έρευνες έχουν δείξει ότι η σωματική δραστηριότητα και ο αθλητισμός μειώνουν τις στερεοτυπικές συμπεριφορές, συμβάλλουν στην βελτίωση της κατάλληλης συμπεριφοράς, αναπτύσσουν βασικές κινητικές δεξιότητες (Yanardag, 2008) και βελτιώνουν τις κοινωνικές δεξιότητες (Reid, 2006).

Λέξεις κλειδιά: Διαταραχή Αυτιστικού Φάσματος, Φυσική Αγωγή, Αθλητισμός για άτομα με ΔΑΦ, Σωματική Δραστηριότητα.

## Βιβλιογραφία

- Alp, H. &. (2019, August). The Effect of Adapted Basketball Exercises on the Development of Non-Oral Communication Skills of Autistic. *Journal of Education and Training S*.  
<https://doi.org/10.11114/jets.v7i10.4435>
- Alves, A. P. (2019). Use of Dance/Movement Therapy strategies in Children with Autism spectrum Disorders as Facilitators of Creative Movement and nonverbal Communication. <https://doi.org/10.17951/pe/2019.3.41-48>
- American Psychiatric Association. (2013). Ανάκτηση από psychiatry.org
- American Psychiatric Association. (2020). Ανάκτηση από psychiatry.org
- Amos, P. (2013, April). Rhythm and timing in autism: learning to dance. *Frontiers in Integrative Neuroscience*, 7. <https://doi.org/10.3389/fnint.2013.00027>
- Babic, M. M. (2014, July). Physical Activity and Physical Self-Concept in Youth: Systematic Review and Meta-Analysis. *Sports Medicine*, 18(11).  
<https://doi.org/10.1007/s40279-014-0229-z>
- Baron-Cohen, S. (2003). The Essential Difference: the male and female brain.
- Bell, A. P. (2016, January). Using Martial Arts to Address Social and Behavioral Functioning in Children and Adolescents With Autism Spectrum Disorder. *Therapeutic Recreation Journal*, 50(2), σσ. 176–180. <https://doi.org/10.18666/TRJ-2016-V50-I2-7287>
- Berkeley, S. Z. (2001, October). Locomotor and object control skills of children diagnosed with autism. *Adapted physical activity quarterly: APAQ*, 18(4), σσ. 405-416.  
<https://doi.org/10.1123/apaq.18.4.405>
- Block, M. J.-D. (2020, September). How physical activity can benefit your child with autism. *Autism Exercise and Fitness*.
- Bodnar, I. &. (2020, November). Physical education of children with autism spectrum disorders: a systematic review of structure and effects of interventional programs. *Physiotherapy Quarterly*, 28(4), σσ. 61-70. <https://doi.org/10.5114/pq.2020.96232>
- Bodnar, I. P. (2022, December). Inclusive physical education program of schoolchildren with autism spectrum disorders. *Health sport rehabilitation*, 8(4), σσ. 70-82.  
<https://doi.org/10.34142/HSR.2022.08.04.06>
- Brahim, H. B. (2022, November). THE EFFECTIVENESS OF AN EDUCATIONAL PROGRAM OFFERED, IN SWIMMING AND ITS EFFECT ON IMPROVING THE ATTENTION DEFICIT HYPERACTIVITY DISORDER IN AUTISTIC CHILDREN. *Quality in Sport*, 8(2), σσ. 7-14.  
<https://doi.org/10.12775/QS.2021.08.02.001>
- Bürgi, F. M.-V. (2011, March). Relationship of physical activity with motor skills, aerobic fitness and body fat in preschool children: A cross-sectional and longitudinal study (Ballabeina). *International Journal of Obesity*, 35(7), σσ. 937-44.  
<https://doi.org/10.1038/ijo.2011.54>

- Castillo, A. D. (2021, January). "Biking? Let's Make it Happen!": Cycling Intervention to Enhance Motor Skills, Social Interaction and Inclusion of Pupils with Autism and other Special Needs. Στο Β. Α.-Μ. Gheorghe Balint, *Physical Education and Sport for Children and Youth With Special Needs*. Bratislava: Slovak Scientific Society for Physical Education and Sport.
- Chambers, C. &. (2019, August). Training Soccer Skills to Adolescents with Autism Spectrum Disorder via Peer-Mediated Behavioral Skills Training. *Behavior Analysis in Practice*, 13(2). <https://doi.org/10.1007/s40617-019-00381-2>
- Chen, A. M. (2020, October). *Mini-Basketball Training program Improves Social Communication white Intefrity in Children with Autism*, 10(11). Ανάκτηση από <https://doi.org/10.3390/brainsci10110803>
- Constantino, J. &. (2003, May). Autistic traits in the general population: a twin study. 60(5), σσ. 524-30. <https://doi.org/10.1001/archpsyc.60.5.524>
- Courchesne, E. K. (2001, July). Unusual brain growth patterns in early life in patients with autistic disorder: an MRI study. *National Library of Medicine*, 57(2), σσ. 245-54. <https://doi.org/10.1212/wnl.57.2.245>
- DeJesus, B. M.-M. (2020, March). Dance promotes positive benefits for negative symptoms in autism spectrum disorder (ASD): A systematic review. *Complementary Therapies in Medicine*, 49(6):102299. <https://doi.org/10.1016/j.ctim.2020.102299>
- Doğru, S. Ö. (2007, January). TEACHING HOW TO RIDE A BALANCE WHEELED BICYCLE TO AUTISTIC CHILDREN USING THE DIRECT INSTRUCTION METHOD. *DOAJ*. Ανάκτηση από <https://www.researchgate.net/publication/26506059>
- Engelhard, E. &. (2021, February). The Potential Benefits of Dance Movement Therapy in Improving Couple Relations of Individuals Diagnosed With Autism Spectrum Disorder—A Review. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.619936>
- Ferster, C. B. (1961). Positive reinforcement and behavioral deficits of young children. *Child Development* 32, σσ. 437–456. <https://doi.org/10.1111/j.1467-8624.1961.tb05042.x>
- Frith, U. (1991). Autism and Asperger syndrome. *American Psychological Association*. <https://doi.org/10.1017/CBO9780511526770>
- Good, P. (2017, December). Evidence the U.S. autism epidemic initiated by acetaminophen ( Tylenol ) is aggravated by oral antibiotic amoxicillin/clavulanate ( Augmentin ) and now exponentially by herbicide glyphosate ( Roundup ). *Clinical Nutrition ESPEN*, 23(1). <https://doi.org/10.1016/j.clnesp.2017.10.005>
- Gouva, E. A. (2009, March). Dolphin therapy (In Greek). *Journal of the Hellenic Veterinary Medical Society*, 60(2), σσ. 154-160.
- Grace, M. G. (2019, January). High school athletes: Their motivation, study self-discipline and academic performance. *International Journal of Physical Education, Sports and Health*, 6(1), σσ. 86-90. <https://doi.org/10.13140/RG.2.2.20538.44488>

- Grandin, T. (2019, July). Case Study: How Horses Helped a Teenager with Autism Make Friends and Learn How to Work. *International Journal of Environmental Research and Public Health*, 16(13):2325. <https://doi.org/10.3390/ijerph16132325>
- Green, J. (2023, July). Debate: Neurodiversity, autism and healthcare. *Child and Adolescent Mental Health*. <https://doi.org/10.1111/camh.12663>
- Grossi, E. (2024, February). The Psychological Impact of Leisure and Rehabilitation Activities in Children and Adolescents With Autism: A Delphi Approach. *Qeios*. <https://doi.org/10.32388/P5EIRP.3>
- Gueita, J. O.-S.-A.-C.-Z.-P. (2021, March). Effects of Aquatic Therapy for Children with Autism Spectrum Disorder on Social Competence and Quality of Life: A Mixed Methods Study. *International Journal of Environmental Research and Public Health*, 18(6):3126. <https://doi.org/10.3390/ijerph18063126>
- Harris, A. &. (2017, July). The Impact of a Horse Riding Intervention on the Social Functioning of Children with Autism Spectrum Disorder. *International Journal of Environmental Research and Public Health*, 14(7). <https://doi.org/10.3390/ijerph14070776>
- Hassani, F. M. (2020, May). The physical literacy and children with autism. *Early Child Development and Care*, 192(3). <https://doi.org/10.1080/03004430.2020.1766452>
- Hawks, Z. C. (2019, September). Accelerating motor skill acquisition for bicycle riding in children with ASD: A pilot study. *Journal of Autism and Developmental Disorders*, 50(7). <https://doi.org/10.1007/s10803-019-04224-5>
- Kavlak, B. B. (2018, August). Investigate the effect of bicycle education provided for children with autism on recognising bicycle and cycling skill. *SHS Web of Conferences*, 48(2). <https://doi.org/10.1051/shsconf/20184801048>
- Konukman, F. Y. (2017). Teaching Sport Skills to Children with Autism. *Journal of Physical Education, Recreation & Dance*, 88(1), σσ. 65-66. <https://doi.org/10.1080/07303084.2016.1249774>
- Koole, S. &. (2016, June). Synchrony in Psychotherapy: A Review and an Integrative Framework for the Therapeutic Alliance. *Front Psychol*, 7, σ. 862. <https://doi.org/10.3389/fpsyg.2016.00862>
- Kreiviniene, B. &. (2020, August). Dolphin Assisted Therapy: Evaluation of the Impact in Neuro-Sensory-Motor Functions of Children with Mental, Behavioural and Neurodevelopmental Disorders. *XXIX(N°4)*, σσ. 292-307. <https://doi.org/10.24205/03276716.2020.829>
- Kreiviniene, B. M. (2019, May). THE PSYCHOSOCIAL EFFECT OF THERAPEUTIC ACTIVITIES WITH DOLPHINS FOR CHILDREN WITH DISABILITIES. *SOCIETY INTEGRATION EDUCATION Proceedings of the International Scientific Conference*, 3, σσ. 94-10. <https://doi.org/10.17770/sie2019vol3.3850>
- Lanning, B. B.-H. (2014, February). Effects of Equine Assisted Activities on Autism Spectrum Disorder. *Journal of Autism and Developmental Disorders*, 44(8). <https://doi.org/10.1007/s10803-014-2062-5>

- Lawson, L. &. (2017, January). Feasibility of a Swimming Intervention to Improve Sleep Behaviors of Children With Autism Spectrum Disorder. *Therapeutic Recreation Journal*, 51(2), σσ. 97-108. <https://doi.org/10.18666/TRJ-2017-V51-12-7899>
- Lemes, V. &. (2023, September ). AUTISM SPECTRUM DISORDER, PHYSICAL EDUCATION AND HEALTH: AN EXPERIENCES REPORT WITH A BRIEF LITERATURE REVIEW. Στο C. Digital, *AUTISMO: UMA ABORDAGEM MULTIPROFISSIONAL*. <https://doi.org/10.37885/230613414>
- Levante, A. M. (2023, June). The Effect of Sports Activities on Motor and Social Skills in Autistic Children and Adolescents: a Systematic Narrative Review. *Current Developmental Disorders Reports* (, 10, σσ. 155–174. <https://doi.org/10.1007/s40474-023-00277-5>
- Li, L. L. (2023, July). Retracted: Comprehensive Intervention and Effect of Martial Arts Routines on Children with Autism. *Journal of Environmental and Public Health*, 2023:1-1. <https://doi.org/10.1155/2023/9763140>
- Li, S. (2022). Research on the Intervention Program of Dance Therapy on the Joint Attention of Children with Autism. *Journal of Higher Education Research*. <https://doi.org/10.32629/jher.v3i1>.
- Liu, S. (2022, February). Research on the Intervention Program of Dance Therapy on the Joint Attention of Children with Autism. *Journal of Higher Education Research*, 3(1), σ. 56. <https://doi.org/10.32629/jher.v3i1.639>
- Livingston, A. B. (2014). Autism Spectrum Disorder Research Proposal for Improved Social Interactions and Communication Skills. *AUTISM SPECTRUM DISORDER AND ORGANIZED ACTIVITIES* .
- López, J. C. (2021, November). Football as an Alternative to Work on the Development of Social Skills in Children with Autism Spectrum Disorder with Level 1. *Behavioral Sciences*. <https://doi.org/10.3390/bs11110159>
- Macdonald, M. E. (2012, February). Bicycle Training for Youth With Down Syndrome and Autism Spectrum Disorders. *Focus on Autism and Other Developmental Disabilities*, 27(1), σσ. 12-21. <https://doi.org/10.1177/1088357611428333>
- Mari, M. C. (2003, March). The reach-to-grasp movement in children with autism spectrum disorder. *Philosophical Transactions B*, 358(1430), σσ. 393-403. <https://doi.org/10.1098/rstb.2002.1205>
- Marouli, E. K. (2021). THE EFFECT OF A GREEK TRADITIONAL DANCE PROGRAM ON THE MOTOR COMPETENCE OF CHILDREN WITH AUTISM SPECTRUM DISORDER. *European Journal of Physical Education and Sport Science*, 7(3).
- May, T. B. (2017, August). ‘We’re Doing AFL Auskick As Well’: Experiences of an Adapted Football Program for Children With Autism. *Journal of Motor Learning and Development*, 6(1):1-29. <https://doi.org/10.1123/jmld.2016-0055>
- Mayes, S. &. (2003, April). Ability Profiles in Children with Autism Influence of Age and IQ. σσ. 65-80. <https://doi.org/10.1177/1362361303007001006>

- Meers, L. C. (2021, October). A behavioural study on dolphins involved in dolphin-assisted sessions for children (6-12) with autism. *XI Convegno Nazionale della Ricerca nei Parchi. "Conoscere per proteggere"*. Bussolengo, Italy.
- Melillo, R. L. (2023, July). The Relationship between Retained Primitive Reflexes and Hemispheric Connectivity in Autism Spectrum Disorders. <https://doi.org/10.13140/RG.2.2.20943.87201>
- Mishra, K. &. (2020, May). Effect of Dance Movements on Stereotypical and Repetitive Behaviours of Cases with Autism Spectrum Disorder. *Global Psychiatry*. <https://doi.org/10.2478/gp-2020-0010>
- Morena Mari, U. C. (2003, March). The reach-to-grasp movement in children with autism spectrum disorder. *Philosophical Transactions B*, 358(1430), σσ. 393-403. <https://doi.org/10.1098/rstb.2002.1205>
- Morsanuto, S. C. (2023, September). Outdoor Education, Integrated Soccer Activities, and Learning in Children with Autism Spectrum Disorder: A Project Aimed at Achieving the Sustainable Development Goals of the 2030 Agenda. *Sustainability*, 15(18):13456. <https://doi.org/10.3390/su151813456>
- Moscatelli, F. P. (2020). Autism spectrum disorder and physical activity. *Journal of Human Sport and Exercise - 2020 - Spring Conferences of Sports Science*. <https://doi.org/10.14198/jhse.2020.15.Proc3.29>
- Munn, E. R. (2021, November). Improvements in Swim Skills in Children with Autism Spectrum Disorder Following a 5-Day Adapted Learn-To-Swim Program (iCan Swim). *Journal of Clinical Medicine*, 10(23):5557. <https://doi.org/10.3390/jcm10235557>
- Musiyenko, O. C. (2020). Effects of a swim program for children with autism spectrum disorder on skills, interest, and participation in swimming. *Health, sport, rehabilitation*, 6(3). <https://doi.org/10.34142/HSR.2020.06.03.07>
- Orhan, B. E. (2024, January). The Effects of Physical Activity in Individuals with Autism Spectrum Disorder: A Qualitative Study. *International Journal of Disabilities Sports & Health Sciences*, 7(1), σσ. 1-12. <https://doi.org/10.33438/ijds.1315842>
- Pan, C. T. (2011, September). Physical Activity Correlates for Children With Autism Spectrum Disorders in Middle School Physical Education. 82(3), σσ. 491-8. <https://doi.org/10.1080/02701367.2011.10599782>
- Parlak, Ö. Ş. (2021, July ). EFFECTS OF SPORTS TRAINING ON SOCIAL. *European Journal of Education Studies*, 8(9). <https://doi.org/10.46827/ejes.v8i9.3867>
- Phung, J. &. (2021, May). Mixed martial arts training improves social skills and lessens problem behaviors in boys with Autism Spectrum Disorder. *Research in Autism Spectrum Disord*, 83(3):101758. <https://doi.org/10.1016/j.rasd.2021.101758>
- Polevaia-Secareanu, A. (2023, December). The Use of Martial Arts Means in the Development and Socialization of Children with Autistic Spectrum Disorder. *Bulletin of the Transilvania University of Braşov Series IX Sciences of Human Kinetics*, Vol. 16(65) (No. 2 ). <https://doi.org/10.31926/but.shk.2023.16.65.2.22>

- Reid, T. T. (2006, August). Increasing Physical Activity in Individuals With Autism. *Focus on Autism and Other Developmental Disabilities*, 21(3), σσ. 167-176.  
<https://doi.org/10.1177/10883576060210030501>
- Rutter, M. B. (1997). Genetic Influences and Autism, in Cohen D. J., Volkmar F. R. *Handbook of Autism and Pervasive Developmental Disorders*, σσ. 370-387.
- Ryan, S. F.-T. (2017, October). Patterns of sport participation for youth with autism spectrum disorder and intellectual disability. *Journal of Applied Research in Intellectual Disabilities*, 31(3). <https://doi.org/10.1111/jar.12414>
- Salar, S. J. (2024, January). The effects of aquatic exercise on motor skills and social behaviors in children and adolescents with autism spectrum disorder: A Systematic review. <https://doi.org/10.21203/rs.3.rs-3879024/v1>
- Salgueiro, E. N. (2012, April). Effects of a dolphin interaction program on children with autism spectrum disorders: An exploratory research. *BMC Research Notes*, 5:199.  
<https://doi.org/10.1186/1756-0500-5-199>
- Scharoun, S. R. (2014, December). Dance/Movement Therapy as an intervention for children with Autism Spectrum Disorders. *American Journal of Dance Therapy*, 36(2).  
<https://doi.org/10.1007/s10465-014-9179-0>
- Sheikh, M. (2017, July). The Effect of dolphin therapy on running speed and agility and bilateral coordination motor skills of eight year-old children with autism spectrum disorder. *Journal of Chemical, Biological and Physical Sciences*, Vol. 7(No. 3), σσ. 889-894. <https://doi.org/10.24214/jcbps.B.7.3.88994>
- Singh, B. O. (2023., February). Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews. *British Journal of Sports Medicine*, 57(18). Ανάκτηση από [creativecommons.org/licenses/by-nc/4.0/](https://creativecommons.org/licenses/by-nc/4.0/)
- Sixin, Y. L. (2021, May). Effects of Mini-Basketball Training Program on Social Communication Impairment and Executive Control Network in Preschool Children with Autism Spectrum Disorder. *International Journal of Environmental Research and Public Health (IJERPH)*, 18(10). <https://doi.org/10.3390/ijerph18105132>
- Smalley, S. L. (1991). Genetic influences in autism. *Psychiatric Clinics of North America*, 14(1), σσ. 125–139.
- Spiteri, M. (2018, August). The Holistic effects of Dance Movement Therapy on individuals with Autism Spectrum Disorder.
- Stamou, A. B.-R. (2019, October). The Effectiveness of a Music and Dance Program on the Task Engagement and Inclusion of Young Pupils on the Autism Spectrum. *Music & Science*, 2: 1-12. <https://doi.org/10.1177/2059204319881852>
- Tarik, Ö. S. (2016, March). *The Journal of Sports Medicine and Physical Fitness*.
- Tayebah Baniyasi, T. S. (2022, January). The Effect of Observing Video and Point-Light Models on Learning a Basketball Shot in Adolescents with Autism.  
<https://doi.org/10.22034/JHI.2022.327665.1048>

- Todd, T. &. (2006, August). Increasing Physical Activity in Individuals With Autism. *Focus on Autism and Other Developmental Disabilities*, 21(3), σσ. 167-176.  
<https://doi.org/10.1177/10883576060210030501>
- Trzmiel, T. P. (2018, November). Equine Assisted Activities and Therapies in children with Autism Spectrum Disorder: a systematic review and a meta-analysis. *Complementary Therapies in Medicine*, 42, σσ. 104-113. <https://doi.org/10.1016/j.ctim.2018.11.004>
- Venetsanou, F. &. (2004, December). How can a traditional Greek dances programme affect the motor proficiency of pre-school children? *Research in Dance Education*, 5(2), σσ. 127-138. <https://doi.org/10.1080/14617890500064019>
- Verstraeten, T. D. (2003, November). Safety of thimerosal-containing vaccines: a two-phased study of computerized health maintenance organization databases. *National Library of Medicine*, 112(5), σσ. 1039-48.
- Vetri, L. &. (2020, October). On the Playing Field to Improve: A Goal for Autism. *Medicina*, 56(11):585. <https://doi.org/10.3390/medicina56110585>
- Wachtel, K. &. (2008, October). Reaction to diagnosis and parenting styles among mothers of young children with ASDs. 12(5), σσ. 575-94.  
<https://doi.org/10.1177/1362361308094505>
- Wakefield, A. J. (1983). Ileal-Lymphoid Hyperplasia, Non-Specific Colitis, and Pervasive Developmental Disorder in Children with ASDs. *The Lancet* 351, σσ. 637-641.
- Wijaya, H. D. (2023). Basketball Learning Model for Children with Autism. *INTERNATIONAL JOURNAL OF MEMBRANE SCIENCE AND TECHNOLOGY*.  
<https://doi.org/10.15379/ijmst.v10i3.1588>
- Yanardag, M. E. (2008, March). Effects of most to least prompting procedure on ball playing skills on children with autism. *Research Quarterly for Exercise and Sport*, March(Supplement):A87.
- Yang, Y. C. (2024). Effects of mini-basketball training program on social communication impairments and regional homogeneity of brain functions in preschool children with autism spectrum disorder. *BMC Sports Science, Medicine and Rehabilitation*.  
<https://doi.org/10.1186/s13102-024-00885-7>
- Δελλή, Δ. Χ. (2011). ΔΙΑΧΥΤΕΣ ΑΝΑΠΤΥΞΙΑΚΕΣ ΔΙΑΤΑΡΑΧΕΣ. ΓΡΗΓΟΡΗ.
- Καμπάς, Α. (2019). ΦΥΣΙΚΗ ΔΡΑΣΤΗΡΙΟΤΗΤΑ & ΨΥΧΟΚΙΝΗΤΙΚΗ ΣΤΗΝ ΠΡΟΣΧΟΛΙΚΗ ΗΛΙΚΙΑ. GUTENBERG.
- Κυπριωτάκης. (1995). Τα αυτιστικά παιδιά και η αγωγή τους. Ηράκλειο: Παπαγεωργίου.