

P11- THE EFFECT OF USING INYEGRATED MOVEMENT PRACTICE PROGRAM ON PHYSICAL CAPACITY OF STUDENTS WITH AUTISM

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ABSTRACT

The objectives of this research were to 1) study the effect of using integrated movement practice program on physical capability of students who have autism before and after using the program and 2) compare the physical capability before using the program with the capability after using the program. The sample group was 7 students from Research and Development Center of Inclusive Special Education for Children with Autism, Khon Kaen University Demonstration School. The result was found that the 7 students had different body shapes. One student was thin, two out of seven were well-built, one of them was getting fat, and the other three were fat. After practicing, three students had increased level of body mass index, whereas another three students got less, and the less had the same level as before practicing. Three students with autism had reduced heartbeat rate, yet the rate of the other four remained the same. The heartbeat rate of the samples when pausing was normal, and after practicing, they had more hand force, however the force was very low. As far as the flexibility was concerned, one in the samples was in the average, and the others were in very-low level. Their strength of abdominal muscles was increased. Three of them had average strength level, and the others were in very-low level. Moreover, the time taken in moving, climbing, body balancing and moving with aids was shorter.

Keywords : integrated movement practice program, physical capability of autistic students