

## **Overcoming Barriers to Physical Activity for Children with Visual Impairments**

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Type of Contribution:

Age Range Elementary, Middle School, High School

Population Visual Impairment, Deafblindness

Physical Activity Visual Impairment, Deafblindness

Session Activity Practical Session: Hands-on or Demonstration (1 hour)

Children with visual impairments face many barriers related to involvement in physical activity and sports. In fact, a study by Linsenbigler et al. (2017) found that many barriers have been pervasive for more than 40 years, such as attitudes and overprotection. The result of the many layers of barriers is decreased opportunities for physical activity, which leads to deficits in balance, gross motor skill development, and health related fitness. Due to these pervasive and persistent barriers professionals are now attempting to determine the major barriers so solutions can be developed. As a result, a Physical Activity Barriers Questionnaire for children with Visual Impairment (PABQ-VI)(Armstrong, et al., 2023) was validated for use with children with visual impairments. The 23-question instrument has three sections 1. Personal, 2. Social, 3. Environmental Barriers. The participants had the opportunity to choose between 1-5 with each of the 23 potential barriers. This validated questionnaire was distributed to over 70 children with visual impairments from over 10 states in the US. This presentation will share the findings of this questionnaire and provide solutions for parents, teachers, specialists, and administrators. Knowing these barriers will help everyone decrease the limitations to involvement in physical activity and sports.