

MOTOR ACTIVITIES TRAINING PROGRAM

The Motor Activities Training Program (MATP) is designed for those athletes with severe disabilities whose physical and/or behavioral limitations preclude participation in traditional Special Olympics team and individual sports competitions. The emphasis in MATP is on training and participation rather than competition.

Training programs are established based on the individual needs of the athlete. The program utilizes goals, short-term objectives, task-analyzed activities, assessments and teaching/coaching suggestions for individualizing motor activity instruction so that people with severe disabilities can participate in appropriate activities geared to their ability levels. Training and participation are done on site.

In school settings, MATP can help physical education teachers integrate students with severe disabilities into regular physical education classes in activities including warm-ups, conditioning, gymnastics and track and field through the use of partial participation and game modifications.

After completion of a training program, a "Training Day" can be held which provides each athlete a chance to demonstrate his or her "personal best" in an activity and be recognized for his or her accomplishments. MATP seeks to improve the athlete's basic motor skills in the following areas: dexterity, striking, kicking, manual wheelchair, electric wheelchair and aquatics.

MATP ribbons and challenge medals should be awarded for "personal bests" during training day activities.

REQUIRED FORMS FOR STATE GAMES ENTRY

- ◆ Athlete Sports Entry Form
- ◆ MATP Athlete Profile



MOTOR ACTIVITIES TRAINING PROGRAM ATHLETE PROFILE

The assessment is divided into four major areas: 1) manipulation, 2) posture, 3) mobility, and 4) sensory awareness. Each of these areas contains three to six test items. In administering the assessment, observe the participant as he/she performs each test item. Each test item is further divided into a hierarchical progression of subtasks from lowest to highest ability. Score the participant by checking the box located to the left of each subtask which the participant can perform independently. If there is some question as to the participant's competence in a particular skill, require the participant to perform the task three out of five times.

Name: _____

County: _____

Date of Birth (month/day/year): _____ / _____ / _____

Examiner: _____

FUNCTIONAL MOTOR ASSESSMENT

- | | |
|---------------------------|---------------------------|
| Mental Retardation | Physical Handicap |
| _____ mild | _____ cerebral palsy |
| _____ moderate | _____ spina bifida |
| _____ severe | _____ muscular dystrophy |
| _____ profound | _____ other (please list) |

- | | |
|---------------------------------|---------------------------|
| Topography of Disability | Other handicaps |
| _____ paraplegia | _____ visually impaired |
| _____ hemiplegia | _____ hearing impaired |
| _____ diplegia | _____ seizure |
| _____ quadriplegia | _____ other (please list) |

- | | |
|----------------------------|------------------------------|
| Cerebral Palsy Type | Postural Disabilities |
| _____ spastic | _____ scoliosis |
| _____ athetoid | _____ hip dislocations |
| _____ ataxic | _____ contractures |
| _____ mixed | _____ brittle bones |
| _____ rigid | _____ other (please list) |

- | | |
|-------------------------------|-----------------------------|
| Severity of Disability | Communication Skills |
| _____ mild | _____ verbal |
| _____ moderate | _____ communication board |
| _____ severe | _____ sign language |
| _____ rigid | _____ other (please list) |

DEXTERITY

REACHING – reaches for object:

- with less than 5 degrees range of motion
- by extending arm to less than 90 degrees
- by extending arm to less than 180 degrees
- by extending arm to less than 180 degrees w/open hand

B. GRASPING

- shows some movement in fingers
- shows some movement in fingers in an attempt to grasp
- holds object when it is placed in hand for less than 5 seconds
- holds object when it is placed in hand for less than 15 seconds
- holds object when it is placed in hand for less than 20 seconds
- opens fingers in an attempt to grasp
- opens then closes fingers around object: cannot hold
- opens then closes fingers around object: holds for less than 5 seconds
- opens then closes fingers around object: holds for less than 15 seconds
- holds object for more than 20 seconds
- holds object while moving arm

C. RELEASING

- needs assistance to release object
- releases object without control in less than 1 minutes
- releases object by shaking entire arm
- releases object without control in less than 30 seconds
- releases object away from body
- releases object 4-6" away from body
- drops object into box 4-6" away from body
- drops object into box 8-12" away from body
- tosses object less than 6" away from body
- tosses object less than 12" away from body
- tosses object less than 24" away from body
- tosses object and hits target 24" away 25% of the time

POSTURAL CONTROL

A. HEAD CONTROL (best position _____)

- has random head movements
- lifts head slightly
- aligns head with body for less than 5 seconds
- aligns head for less than 15 seconds
- aligns head for less than 30 seconds
- turns head less than 5 degrees towards object or sound
- turns head less than 20 degrees towards object or sound
- makes random movements with head stick
- attempts to touch object with head stick
- touches 8" x 11" object with head stick
- touches 4" x 6" object with head stick
- uses head stick for communications

B. PRONE POSITION (lying on back)

- shows random movement in prone position
- changes head from side to side
- lifts head off mat for less than 15 seconds
- attempts to use arms to lift body off mat
- pushes body less than 2" off mat
- pushes body less than 4" off mat
- props on forearms less than 5 seconds
- props on forearms less than 15 seconds
- props on hands with arms bent for less than 5 seconds
- props on hands with arms bent for less than 15 seconds
- props on one hand for less than 5 seconds
- props on one hand for less than 15 seconds
- reaches for object with one hand while propping on other hand

C. PRONE OVER WEDGE

- shows random movement over wedge
- shows random movement over wedge
- moves head from side to side
- aligns head with body for less than 5 seconds
- aligns head with body for less than 15 seconds
- aligns head with body for less than 30 seconds
- moves arms randomly over wedge
- attempts to reach for object
- touches object with hand
- manipulates object or switch for less than 5 seconds
- manipulates object or switch for less than 15 seconds
- uses prone position over wedge for recreation play with toys or switches

D. SUPINE (lying on back)

- shows random movement in supine position
- moves head from side to side
- moves arms randomly in supine position
- attempts to reach for object
- touches object with hand
- manipulates object or switch for less than 5 seconds
- manipulates object or switch for less than 15 seconds
- uses supine position for recreation play with toys or switches

E. SITTING ON CHAIR

- shows minimal head control in chair
- lifts head slightly in chair
- aligns head with body for less than 5 seconds
- aligns head with body for less than 15 seconds
- aligns head with body for less than 30 seconds
- shows random arm movements in chair
- attempts to touch object with hand
- touches object with hand
- manipulates object or switch for less than 5 seconds
- manipulates object or switch for less than 15 seconds
- manipulates object or switch for less than 30 seconds
- uses feet for recreational play with toys or switches

MOBILITY

A. ROLLING

- attempts to roll from stomach to back
- rolls from stomach to back using extensor pattern
- rolls from stomach to back using minimal extensor pattern
- rolls from stomach to back using abnormal patten
- rolls from stomach to back and then from back to stomach
- rolls over once towards a sound or object
- rolls less than 91 centimeters towards a sound or object
- rolls uses rolling for mobility

B. CRAWLING ON STOMACH

- on stomach, moves arms and legs randomly
- attempts to push with legs or pull with arms
- prone on scooter board, moves forward or backward using arms and/or legs
- moves forward or backward less than 91 centimeters on scooter
- in prone, uses scooter for mobility
- prone on the floor, moves body less than 30 centimeters
- moves body less than 61 centimeters towards a sound or object
- uses crawling on floor for mobility

C. ON BACK

- on back, moves arms and legs randomly
- attempts to push with feet
- supine on scooter, moves forward or backward by pushing with feet
- moves forward or backward less than 91 centimeters on scooter
- in supine position, uses scooter for mobility
- supine on floor, moves body less than 30 centimeters
- moves body less than 61 centimeters toward a sound or object
- uses back, lying and pushing with legs for mobility

D. ELECTRIC WHEELCHAIR (Optional)

- attempts to make wheelchair move
- makes wheelchair move for less than 5 seconds
- makes wheelchair move for less than 15 seconds
- makes wheelchair move for less than 1.52 meters
- makes wheelchair move for less than 3.04 meters
- makes wheelchair move forward and backward less than 3.04 meters
- maneuvers wheelchair around one obstacle
- maneuvers wheelchair around two obstacles
- uses wheelchair for mobility in school
- uses wheelchair for mobility in recreation

SENSORY AWARENESS

A. VISUAL MOTOR

- looks in direction of object for less than 5 seconds
- looks in direction of object for less than 15 seconds
- follows slowly moving object with eyes 10 degrees to side of head
- follows slowly moving object with eyes 20 degrees to side of head
- looks at and attempts to reach for stationary object
- looks at, reaches, and touches stationary object
- looks at and attempt to reach for moving object
- enjoys watching objects or people for recreation

B. AUDITORY MOTOR

- shows some indication of awareness of sound
- looks in direction of sound for less than 5 seconds
- looks in direction of sound for less than 15 seconds
- enjoys listening to music for recreation
- attempts to reach for sound or musical toy
- reaches and touches musical toy
- enjoys manipulating musical toys, musical instruments, or tape players for recreation

C. TACTUAL AWARENESS

- pulls away or fusses at contact in less than 5 seconds
- pulls away or fusses at contact in less than 15 seconds
- allows body part to be stroked
- stroking body parts is soothing
- enjoys being touched with a variety of textures
- explores textures with hands with assistance
- explores object or textures with hands independently
- uses touching and exploring of objects for recreation