

225th Sports Science Research Conference

Dates: Monday 10 April 2023 **15:00~16:30**

Location: Conference Room1 Building No.100 Waseda University Tokorozawa Campus
Simultaneous online (Zoom)

Title

Application of an adapted judo program in people with ASD

Prof. Jose Morales (Ramon Llull University)

■ **Abstract** : Judo practice has certain characteristics that can contribute to the educational process of children and young people. These advantages also have a great deal of potential in the field of special needs education.

It has been shown that physical exercise and participation in sports programs can lead to substantial improvements in the lives of people with ASD. More specifically, research has shown that judo practice can contribute to the improvement of psychosocial skills, motor skills and physical fitness as it relates to health.

The adaptation of judo programs for populations with ASD must be undertaken following certain guidelines, which should be based on prior knowledge of the characteristics of the population with ASD in order to apply simple didactic adaptations that help ensure the success of the process.

■ **Bio:** The main objectives of my research are directly related to deepening the knowledge and teaching of combat sports, especially judo since I have been practicing judo since I was seven years old in Barcelona (Spain) and I have a 6th Dan black belt.

My doctoral thesis is not related to the field of knowledge of judo, was focused on the relationship between academic performance and the practice of physical activity. Subsequently, I was able to develop several studies related to aspects focused on judo that was successful in indexed scientific publications. From the research experience accumulated in these works, I have had the opportunity to collaborate with other colleagues in the publication of other articles focused on other sports and other specialties such as rehabilitation, health, and disability. I am currently involved in the development and study of the effects of judo practice on people with intellectual disabilities. My university is leading a project with European partners and is developing high-quality work in this regard.

