

INTERNATIONAL CONFERENCE

SPORTISM: A Transdisciplinary Approach to the Application of Physical Activity in the Treatment and Inclusion of Children with Autism
Novi Sad, Serbia, 24.10.2025.



Presentation of the **video manuals**

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YouTube channel

Videos of significant project activities:

- Project promotions at public sports and recreational events;
- Webinar: *Movement Therapy and Physical Exercise for People with Autism*
- **200 video demonstrations of physical exercises:**
- **movement coordination and balance.**



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BALANCE exercises

- With support on hands and feet
- With support on both feet
- With support on one foot
- In movement
- With the use of props

COORDINATION exercises

- Coordination of upper limbs – bilateral movements (simultaneous)
- Coordination of upper limbs – alternating movements
- Coordination of lower limbs – bilateral movements (simultaneous)
- Coordination of lower limbs – alternating movements
- Coordination of movements of upper and lower limbs – ipsilateral
- Coordination of movements of upper and lower limbs – contralateral

Three difficulty levels: **E**-easy, **M**-medium, and **H**-hard



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Important

Visual display of exercises - **front and side view recording and written description** of the exercise (allows for easier selection).

The exercises are **available to everyone** who work with people with autism and parents.

All exercises are performed by children and young people with autism.



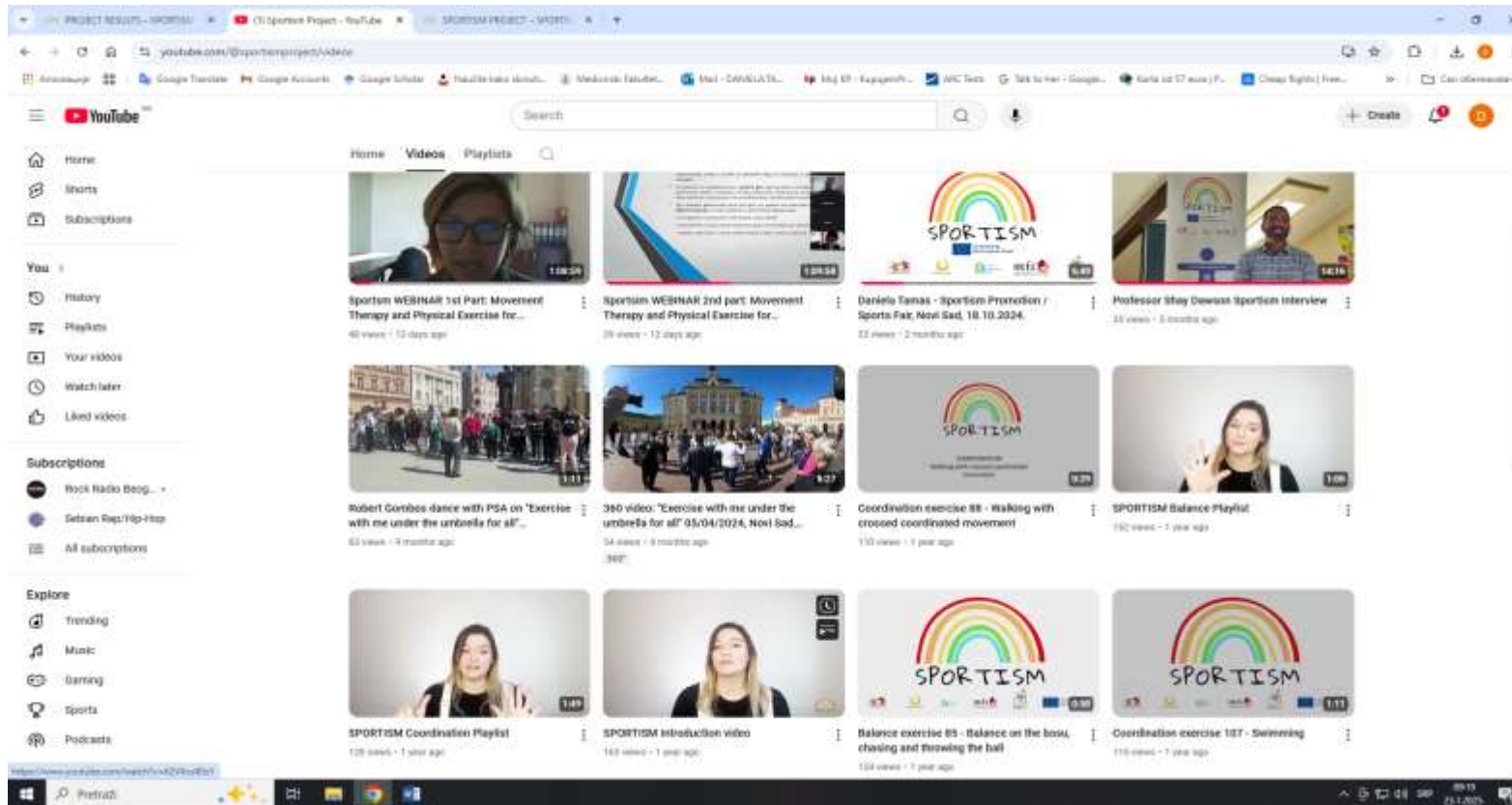
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YouTube channel:

<https://www.youtube.com/@sportismproject>

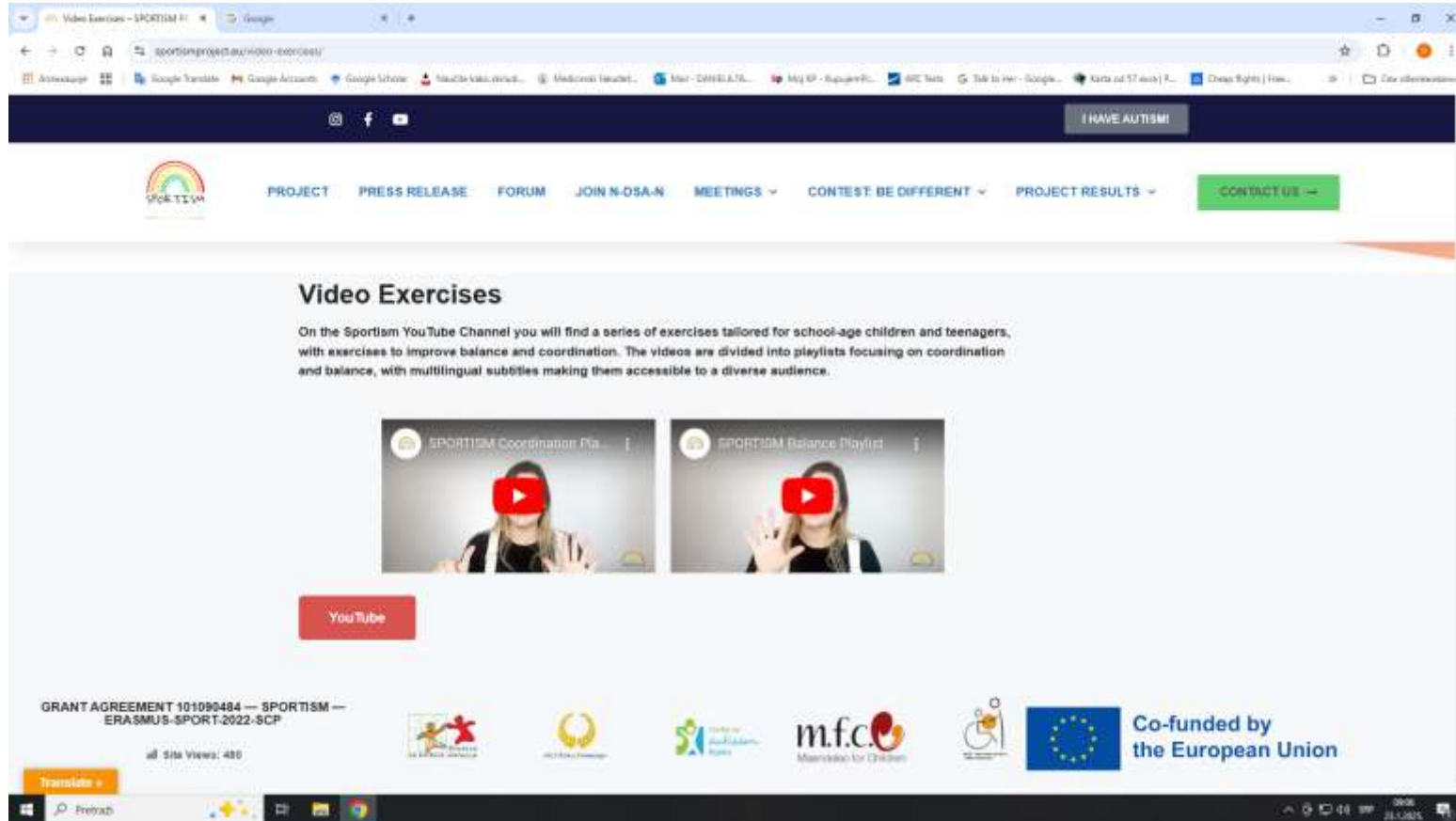


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