

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.



VOLUNTEERS TRAINING

**Dr Maniu Emese Agnes
ACS Kory Francisc - Romania**



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

GA n°101090484 - SPORTISM - ERASMUS-SPORT-2022-SCP



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.

Volunteering to support autistic children is a wonderful way to make a meaningful difference in their lives and the lives of their families. There are many opportunities to get involved, depending on interests, skills, and the needs of the community.



**Co-funded by
the European Union**

GA n°101090484 - SPORTISM - ERASMUS-SPORT-2022-SCP



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.

Importance of Volunteers in Working with Autistic Children in Balance & Coordination Activities

1. Individualized Attention

- Children with autism often require **one-on-one support** to participate effectively in physical activities.
- Volunteers can provide **personalized guidance**, ensuring that each child feels safe, encouraged, and understood.

2. Building Trust and Routine

- Many autistic children thrive on **predictability and consistent relationships**.
- Regular interaction with familiar volunteers helps build **trust** and reduce anxiety, making them more open to trying new motor skills.



Co-funded by
the European Union



Importance of Volunteers in Working with Autistic Children in Balance & Coordination Activities

3. Enhancing Communication

- Volunteers often act as **communication bridges** between coaches and children, using adapted methods like **visual cues, gestures, or simplified language**.
- This helps children understand instructions more easily, especially during **balance and coordination drills**, which can be complex.

4. Promoting Safety

- Balance and coordination exercises can involve **risks of falls or injury**.
- Volunteers ensure a **safe environment**, assisting with spotting, guiding movement, and managing transitions between activities.



Co-funded by
the European Union



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.

Importance of Volunteers in Working with Autistic Children in Balance & Coordination Activities

5. Motivation and Encouragement

- Children may feel overwhelmed or hesitant with physical tasks.
- Volunteers offer **positive reinforcement**, celebrate small wins, and help **build self-confidence**, which is key for motor skill development.

6. Creating an Inclusive Environment

- Volunteers help model **inclusive attitudes** and **social behaviors** for both children and other participants.
- They contribute to a space where **neurodiversity is respected and supported** through meaningful interaction.



Co-funded by
the European Union

GA n°101090484 - SPORTISM - ERASMUS-SPORT-2022-SCP



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.

Importance of Volunteers in Working with Autistic Children in Balance & Coordination Activities

7. Support for Coaches and Specialists

- Coaches can't always give every child individual attention.
- Volunteers allow professionals to **focus on structured teaching**, while volunteers assist with **hands-on support** during balance games, obstacle courses, or coordination tasks.

8. Encouraging Participation and Engagement

- Volunteers can gently guide children who may resist participation, using **strategies tailored to the child's interests or needs**.
- This boosts overall **engagement levels**, making sessions more productive and enjoyable.



Co-funded by
the European Union



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.



Volunteers are not just helpers—they are **key enablers** of progress, inclusion, and joy for autistic children in sport-based programs. Their presence ensures that balance and coordination activities are **accessible, engaging, and meaningful** for every child involved.



**Co-funded by
the European Union**



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.

How to work with autistic children in the field of sport

A curriculum for volunteers

*This curriculum is designed to equip volunteers with essential knowledge and practical strategies to effectively support autistic children in sport-based activities, particularly in developing **balance and coordination skills**.*

Core Modules Include:

Understanding Autism

Introduction to autism spectrum disorders (ASD), including common characteristics such as social communication challenges, restricted behaviors, sensory sensitivities, and developmental differences.

Autism and Physical Activity

Overview of how sport and movement benefit children with autism—covering **motor skills development, physical health, emotional regulation, social interaction, and community inclusion**.

Balance and Coordination for ASD

Specific focus on the importance of balance and coordination exercises, with strategies to support children through **sensory integration techniques, movement games, and adapted physical activities**.



**Co-funded by
the European Union**



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.

How to work with autistic children in the field of sport A curriculum for volunteers

- **The Role of Volunteers**

Practical guidance on how volunteers can create a supportive, inclusive, and safe environment. This includes setting realistic expectations, understanding common challenges, and using effective communication methods tailored to children with ASD.

- **Working Effectively with Autistic Children**

Real-life scenarios and tips to handle challenges, build trust, and maintain consistency during activities. Volunteers will learn how to encourage participation, promote emotional well-being, and celebrate progress.

By the end of the training, volunteers will be well-prepared to contribute meaningfully to the Sportism Project, helping autistic children thrive physically, socially, and emotionally through sport.



**Co-funded by
the European Union**



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.

I THANK YOU FOR YOUR ATTENTION!



**Co-funded by
the European Union**

GA n°101090484 - SPORTISM - ERASMUS-SPORT-2022-SCP



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.

THANK YOU FOR YOUR ATTENTION!



Co-funded by
the European Union

GA n°101090484 - SPORTISM - ERASMUS-SPORT-2022-SCP