

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.



Results related to balance and coordination, monitoring the progress and challenges observed during the project

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5 QUESTIONS WHY ?



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Monitoring Progress and Feedback

- Continuous data entry in the E-Training Diary
- Feedback loops between experts, trainers, and parents
- Systematic monitoring toward specific goals:
 - Standing on one leg
 - Walking on a balance beam
 - Completing an obstacle course focused on balance

Training included varied surfaces to ensure better quality in ADL

Challenges During Development

Development process: from initial sketch to final platform

- Collaboration among students, trainers, parents, and multidisciplinary experts
- Constant testing, feedback, and updates to improve usability
- Focus on making the app practical, intuitive, and adaptable in real settings
- Key challenge: balancing technical complexity

Next Steps and Future Vision

- Transition to a mobile application version
- Introduction of personalized avatars to motivate users
- Visual rewards for completing motor tasks
- Example: legs grow stronger after performing more squats
- Aim: increase engagement, motivation, and continuity in motor learning
- Expand collaboration and usability across different profiles



Results: Balance and Coordination Improvements

- Visible progress in coordination and balance among participants
- Exercises from Sportism YouTube used as guidance when parents lacked ideas
- Parents reported exercises were progressively adapted to children's abilities
- Greater progress observed with consistent therapy (minimum twice a week)
- Training led by kinesiologists, educational rehabilitators etc.



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CONCLUSION

- The SPORTISM project successfully improved motor skills through structured, evidencebased training
- The E-Training Diary serves as a sustainable tool for ongoing progress monitoring and collaboration
- Foundation laid for future digital innovations in inclusive sport and motor development