



Wheelchair sports may increase exercise confidence among people with physical disabilities

Purpose

To determine if one wheelchair sport session can change thoughts and feelings about daily exercise for people with physical disabilities.

Summary

- People mostly felt more confidence about performing cardio exercises after completing the wheelchair sports session.
- The single session did not lead to greater participation in physical activity

Possible Applications

- One session of wheelchair sports activity may help people with physical disabilities be more confident in their ability to perform daily exercise.
- Additional strategies are needed to translate increased self-efficacy into increased physical activity participation.

Research Abstract

The purpose of this pilot study was to examine the impact of a single wheelchair sport session on constructs of Social Cognitive Theory (SCT; Bandura, 1986) and leisure time physical activity among people with a physical disability. Thirteen participants engaged in a single Wheelchair Sport Session. Task and barrier self-efficacy, outcome expectations, and intentions were measured at baseline and post-session, and task and barrier self-efficacy were measured 4-weeks following the exercise bout. Leisure time physical activity was measured at baseline and at the 4-week follow-up. Paired sample t- tests showed that moderate aerobic (task) self-efficacy significantly increased immediately following the session ($\Delta M = 0.93$, $p=0.02$). Other SCT constructs demonstrated small to medium changes post-session and four-weeks later; consequently, an acute wheelchair sports programs may motivate people with physical disabilities to engage in regular leisure time physical activity.

Foulon, B. L., Martin Ginis, K. A., Benedict, C., Latimer, A. E., & Sinden, A. R. (2013) The Effects of a Single Wheelchair Sports Session on Physical Activity

Cognitions and Behaviour. In C. Mohiyeddini (Ed.) *Advances in the Psychology of Sports and Exercise* (pp. 181-190). Hauppauge, New York: Nova.