

Exercise and Sport for Autism: Misconceptions, Truths, and Opportunities

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ABSTRACT

This presentation addresses common misconceptions about exercise and sport for individuals with autism and People of Determination, emphasizing the transformative opportunities these activities offer. Attendees will discover research-supported strategies and evidence-based protocols designed to enhance physical activity, engagement, and overall well-being in various settings, including home, school, and therapeutic environments. Gain practical insights to foster a more inclusive, active, and empowering environment for individuals and the professionals who support them.