



Title: The Investigation of Adapted Physical Activity in Relation to the Participation and Quality of Life of Children and Adolescents with Motor Disabilities in the Greek Population

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Date of Committee Appointment: September 26, 2023 – Decision No. S.T. 21

Childhood and adolescence represent crucial stages for the development of physical, psychological, and social skills in every individual. Motor disabilities, particularly cerebral palsy, significantly affect mobility, participation in daily and school life, and overall quality of life in children. International literature emphasizes the pivotal role of adapted physical activity in improving motor function, psychological well-being, and social integration. Nevertheless, available data remain limited and often inconsistent, while studies focusing on the Greek population are still scarce.

The present research aims to examine how participation in systematic adapted physical activity is associated with quality of life, functionality, and social participation among children and adolescents with motor disabilities. Through a comparative study design, it seeks to explore how regular physical activity can enhance self-perception, mental well-being, and social interaction in this population. Data collection will be based on valid and standardized assessment tools that allow for a comprehensive evaluation of quality of life and participation.

The study is expected to provide valuable new insights into the role of adapted physical activity as a factor promoting empowerment and social inclusion for children and adolescents with motor disabilities. Its findings may contribute to the development of more targeted exercise programs, educational practices, and health policies that foster equal participation, autonomy, and improved quality of life for these children and adolescents.