

**Exercise & Recreation for Individuals with a Disability:
Assessment and Intervention**

Final Report

March 20, 2001

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Acknowledgments

Funding was provided by the National Institute on Disability and Rehabilitation Research, U.S. Department of Education, Office of Special Education and Rehabilitative Services
H133A960032.

Rita Bode, Ph.D., and Patrick Semik, B.S., at the Rehabilitation Institute of Chicago provided major assistance in the preparation of this report.

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Table of Contents

	Page
1. Specific Aims	1
2. Background and Significance	2
A. Study 1: The Long-Term Effects of an Exercise Fitness Program on Individuals with a Disability	5
B. Study 2: Assessment of Recreation and Exercise Activities: Benefits and Barriers	8
3. Objectives and Hypotheses	8
A. Study 1	9
B. Study 2	11
4. Research Design and Methods	11
A. Study 1	14
B. Study 2	20
5. Results	23
A. Study 1	23
Descriptive Statistics	23
Age	23
Gender	23
Table 1 Distribution by Gender	24
Race	24
Attrition	24
Hypothesis Testing	25
Figure 1 Heart Rate and Oxygen Consumption	25
Table 2 Heart Rate and Oxygen Consumption	26
Table 3 Change versus Baseline Status	26
Figure 2 Physiological Measurements by Impairment Group	27
Table 4 Change in other Physiological Measures	28
Figure 3 Grip Strength by Impairment Group	28
Table 5 Change in Grip Strength	29
Table 6 Change in Quality of Life	30
B. Study 2	30
Descriptive Statistics	30
Age	30
Gender	30
Race	30
Marital Status	31
Table 7 Marital Status Distribution	31
Education	31
Table 8 Educational Status Distribution	31
Employment	31
Living Arrangements	32
Transportation	32
Activities of Daily Living	32
Hypothesis Testing	32
Table 9 Exercise activity by impairment group	32
Table 10 Relationship between exercise and life satisfaction	33
Table 11 Relationship between exercise and activity and self-efficacy	33
Table 12 Relationship between exercise/activity and mental well being	34
Table 13 Relationship between exercise/activity and physical well being	34

Exercise & Recreation for Individuals with a Disability: Assessment and Intervention

6. Discussion	34
A. Study 1	35
B. Study 2	39
C. Focus Groups	40
D. Limitations of the Study	41
E. Clinical Implications	44
F. Future Directions	45
7. Appendices	
A. Instruments used in the study	
B. Calibration of instruments	
C. Racial/Ethic Distribution – Study 1	
D. Psychological Measures – Study 1	
E. Racial/Ethic Distribution – Study 2	
F. Psychological Measures – Study 2	
G. References	