Children and Adolescents
With Movement Difficulties

AMPitup (13 -18 years)

Children and Adolescents with Movement Difficulties

The University of Notre Dame Australia offers an exercise-based program for adolescents with movement difficulties. This program is designed for youth with poor coordination, who experience difficulty learning and performing many daily tasks and the skills needed to play the games and sports enjoyed by their peers.

The focus of the program is on building fitness, developing movement skills, gaining confidence and most of all, having fun!

Adolescent Movement Program (AMPitup) is for teenagers aged between 13 years and 18 years. Participants attend sessions on both Monday and Thursday for a 13 week block following the University calendar. AMPitup provides an individually designed exercise program that focuses on building aerobic fitness, strength, flexibility, balance and fundamental movement skills.

Each participant has an Exercise and Sport Science, or Physiotherapy student as their personal fitness coach. AMPitup classes are run in our exercise clinic and indoor pool (cnr Henry and Phillimore Street, Fremantle) between 4.30pm - 6.00pm.

Entry Requirement

Eligibility is based on:

* a formal movement assessment using an age standardised clinical test.
* a history of movement difficulties and withdrawal from physical activity opportunities
* conditions may include Developmental Coordination Disorder, cerebral palsy, Autism spectrum disorder and ADHD

Research Program

The AMPitup Program forms part of an ongoing research program investigating the impact of movement difficulties on a range of physical, social and emotional health outcomes. As such individuals are involved in many short term and long term research projects.

Exercise

This research focus is on determining how best to develop physical fitness and movement skills in adolescents with movement difficulties through exercising in a supportive, fun and non-competitive setting, as well as investigating the changes in long term physical outcomes.
Self Perceptions
This research is focussed on identifying the social and emotional benefits derived by adolescents with movement difficulties after participating in this exercise program, in particular self perceptions of their physical self.

Bone Density
This component of the research program is examining the effect of the AMPitup program on bone density measures over time in the adolescents.

Western Australian DCD Research Group
Its members want to provide the community with up to date information about Developmental Coordination Disorder (DCD). A website has been developed as a portal for information about work being done in Western Australia, intervention programs and services for families and carers, and professional resources for practitioners. To explore other DCD research we are doing, information, services and support for DCD please visit the website www.movegrowengage.com.au.

Who are we?
The experienced team overseeing the clinics comprise:
- Dr Fleur McIntyre PhD
- Mr Carlos Bervenotti-Filho MExSci AEP
- Dr Paola Chivers PhD

Cost
The University is committed to research into child and adolescent movement disorders, therefore these research based exercise clinics are offered at no cost to participants. Participants will be regularly asked to participate in ongoing research projects.

Want to know more?
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Not sure who to contact, then email your query and we will forward it to the appropriate person.

General Email: ihr@nd.edu.au

Parent Testimonials

*Fictitious names have been used in these testimonials

AMPitup has completely changed John’s attitude towards exercise as he enjoys the environment and the people involved so much. He always looks forward to each session.

This is the first time we have been able to find a program that caters to his individual requirements and gives him the positive motivation that he requires.

John, age 15*

This has been fantastic for Dylan. He loves AMPitup and always comes out smiling. Such a change for a boy who used to go to extreme lengths to avoid physical activity, especially in a group or where he may be compared to other kids. He is now on a soccer team and scored a goal on Sunday!

I can’t believe it!

Dylan, age 13*