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## Desinging an effective physical activites program for children with developmental coordination disorder based on the ICF model

Children with developmental coordination disorder (DCD) have motor coordination impairments and their motor abilities are substantially below their age and intelligence levels. The motor impairments are not due to medical or neurological disorder. The impairments can range from severe to mild. Children with DCD may have poor fine motor skills restricting their ability to perform daily activities such as using eating utensils, dressing and toileting themselves or school activities such as being unable to grip a pencil. They may have gross motor deficits including awkward running patterns, poor balance, throwing, catching and jumping. That leads to having difficulties performing playground and sport activities. Their motor ability negatively influences their tendency to participate in out-of-school activities, therefore they become frustrated and isolated and at risk of being overweight or obese. Recent research shows that DCD exists in adolescents and even in adulthood, so not all children can grow out of DCD. These children need early intervention in order to prevent deterioration of their conditions. Although structured intervention like physiotherapy and occupational therapy is essential to improve the condition, children with DCD need physical activities program in daily base to maintain their functional level, reduce their activities limitations, and improve their participation in their communities. This workshop aims to help participants to understand the nature of DCD condition and design an effective, easy, and sustanable physical activity program based on the ICF model to improve their quality of life. It is suitable for professionals and non-professionals audiances.

### Biography

Suad Alanzi has completed her PhD in 2011 from Curtin University and Post-doctoral studies from different institutes. She is the Founder of Developmental Coordination Disorder Clinic in Kuwait, a Sub-coordinator of CP clinic in Sabah Hospital, and Head of Risk Analysis Committee and active member of Risk Management Committee. She has presented more than 15 papers in international conferences and has been serving as a reviewer member of journals and conferences. Furthermore, she conducted several Post-graduate workshops in the field of pediatric, evidence-based practice, and ICF model at national and international levels.

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