

Exercise Intervention Analysis

As an expert in your respective field I would like to ask for your assistance in completing the following form to get feedback and guidance on whether my proposed exercise intervention is suitable for adolescents with autism between the ages of 11-15.

***Required**

Please view the programme overview below. Would you make any changes to the programme overview? If so please comment under the option "other" with proposed changes and reasons for the changes. *

- ☐ The overview looks good, I would not make any changes
- ☐ Other:

Overview of the 12 week intervention programme

Component	Intervention phase		
	Weeks 1-4	Weeks 4-8	Weeks 8-12
Aerobic function	As part of the warm up and cool down One additional aerobic exercise to be included		
Strength	2 upper body 1 core 1 lower body	3 upper body 2 core 1 lower body	3 upper body 2 core 2 lower body
Endurance	2 exercises	Progress reps and sets	Progress reps and sets
Manual dexterity	2 exercises	2 exercises & progress	3 exercises
Ball skills	3 exercises	Increase speed and distance	Increase speed and distance
Balance	2 exercises	2 exercises (eyes open to closed)	3 exercises (eyes open to closed)
Agility	1 exercise	1 exercise	1 exercise
Gait	2 exercises	Progress exercises	Progress exercises
Posture	Postural corrections for each exercise done and emphasis on correct posture for ADLS		
Flexibility	*Stretching to be done at the end of each session		

IN-DEPTH ANALYSIS OF WEEKS 1-4

The following questions pertain to weeks 1-4 of the exercise intervention

Please see the image below. Do you believe these 2 warm up exercises are appropriate for weeks 1-4 for the exercise intervention ? If no, please give a reason for your answer under the option "other". *

☐ Yes

☐ Other:

Warm-up exercises for weeks 1-4

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
WARM UP					
	2	A walk in available space	1 walk	-	5 min
		"Jumping Jacks" dance – this dance will be done to music and the children will give ideas for moves that will slowly build their own dance	1 dance		

Please see the image below. Do you believe the following strength exercises are appropriate for weeks 1-4 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes

☐ Other:

Strength exercises for weeks 1-4

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
STRENGTH					
	2 upper body	Bicep & tricep curls (with a 2kg weight)	1	15	
		Squeezing balls/play dough or hand grip dynamometer	1	15	
	1 core	Tug of war	1	2	5 mins
	1 lower body	Sit to stand (sitting up from a chair)	2	15	

Please see the image below. Do you believe the following

endurance exercises are appropriate for weeks 1-4 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes

☐ Other:

Endurance exercises for weeks 1-4

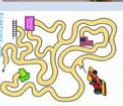
TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
ENDURANCE  	1 upper body	Extended arm hang (hanging off a monkey bar)	1	2	4 mins
	1 lower body	Stepping or standing marches	2	30s	

Please see the image below. Do you believe the following manual dexterity exercises are appropriate for weeks 1-4 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes

☐ Other:

Manual dexterity exercises for weeks 1-4

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
MANUAL DEXTERITY  	2	Cheerios/beads threaded onto a string- This will be done in race format where the children will race to see how fast they can do this	1	1(20 cheerios)	3 mins
		Trail drawings- Level 1- The child will have to draw a line within a path on a piece of paper	1	1	30 s

Please see the image below. Do you believe the following ball skills exercises are appropriate for weeks 1-4 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes

☐ Other:

Ball Skill Exercises for weeks 1-4

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
BALL SKILLS					
	3	Passing ball behind back (no weight)	2	15	5 mins
		Throwing ball into the goals	1	5	
		Line passing (side to side) & (over and under)	2	-	

Please see the image below. Do you believe the following balance exercises are appropriate for weeks 1-4 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes

☐ Other:

Balance exercises for weeks 1-4

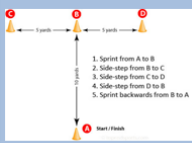
TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
BALANCE					
	2	Tandem walking (heel to toe walking)	1	-	5 mins
		Eyes open/closed, standing on a flat surface, 1 leg	1	30s	

Please see the image below. Do you believe the following agility exercises are appropriate for weeks 1-4 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes

☐ Other:

Agility exercises for weeks 1-4

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
AGILITY					
	1	T setup, Y setup or W setup (alternate)	1	1 min	2 mins

Please see the image below. Do you believe the following

gait exercises are appropriate for weeks 1-4 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes

☐ Other:

Gait exercise for weeks 1-4

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
	2	Walking on toes	1	1	2 mins
		Walking on heels	1	1	
		Heel walk			

IN-DEPTH ANALYSIS OF WEEKS 4-8

The following questions pertain to weeks 4-8 of the exercise intervention

Please see the image below. The warm up exercises have now been progressed from weeks 1-4. Do you believe the following progressions are appropriate for weeks 4-8 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the warm-up exercises for weeks 4-8

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
	2	A walk in available space	1 walk	-	6 min
		"Jumping Jacks" dance – this dance will be done to music and the children will give ideas for moves that will slowly build their own dance	1 dance		

Please see the image below. The strength exercises have now been progressed from weeks 1-4. Do you believe the

following progressions are appropriate for weeks 4-8 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the strength exercises for weeks 4-8

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
	3 upper body	Bicep & tricep curls (with a 2kg weight) Squeezing balls/play dough or hand grip dynamometer Seated rows	1 1 1	15 15 15	
	2 core	Tug of war Crunches	1 1	2 15	8 mins
	1 lower body	Sit to stand (sitting up from a chair)	2	15	

Please see the image below. The endurance exercises have now been progressed from weeks 1-4. Do you believe the following progressions are appropriate for weeks 4-8 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the endurance exercises for weeks 4-8

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
	1 upper body	Extended arm hang (hanging off a monkey bar)	2	3	
	1 lower body	Stepping or standing marches	2	1 min	5 mins

Please see the image below. The manual dexterity exercises have now been progressed from weeks 1-4. Do you believe

the following progressions are appropriate for weeks 4-8 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the manual dexterity exercises for weeks 4-8

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
	2	Cheerios/beads threaded onto a string- This will be done in race format where the children will race to see how fast they can do this	1	1(30 cheerios)	4 mins
		Trail drawings (Level 2)- The child will have to draw a line within a path on a piece of paper	1	1	30 s

Please see the image below. The ball skills exercises have now been progressed from weeks 1-4. Do you believe the following progressions are appropriate for weeks 4-8 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the ball skills exercises for weeks 4-8

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
	3	Passing ball behind back (with weighted ball)	2	15	5 mins
		Throwing ball into the goals (increase speed/distance)	1	5	
		Line passing (side to side) & (over and under) (increase speed/distance)	2	-	

Please see the image below. The balance exercises have now been progressed from weeks 1-4. Do you believe the following progressions are appropriate for weeks 4-8 of the exercise intervention? If no, please give a reason for your

answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the balance exercises for weeks 4-8

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
BALANCE					
	2	Tandem walking (increase distance or add 2kg weight)	1	-	5 mins
		Eyes open/closed, standing on a flat surface, 1 leg	1	1 min	

Please see the image below. The agility exercises have now been progressed from weeks 1-4. Do you believe the following progressions are appropriate for weeks 4-8 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the agility exercises for weeks 4-8

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
AGILITY					
	1	T setup, Y setup or W setup (alternate)	1	2 mins	2 mins

The gait exercises have now been progressed from weeks 1-4. Do you believe the following progressions are appropriate for weeks 4-8 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the gait exercises for

weeks 4-8

GAIT	No.	EXERCISE	SETS	REPS	TIME
	2	Walking on toes (increase distance or add 2kg weight)	1	1	2 mins
		Walking on heels (increase distance or add 2kg weight)	1	1	

IN-DEPTH ANALYSIS OF WEEKS 8-12

The following questions pertain to weeks 8-12 of the exercise intervention

Please see the image below. The warm-up exercises have now been progressed from weeks 4-8. Do you believe the following progressions are appropriate for weeks 8-12 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the warm-up exercises for weeks 8-12

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
	2	A walk in available space	1 walk	-	6 min Stays the same
		"Jumping Jacks" dance – this dance will be done to music and the children will give ideas for moves that will slowly build their own dance	1 dance		

Please see the image below. The strength exercises have now been progressed from weeks 4-8. Do you believe the following progressions are appropriate for weeks 8-12 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the strength exercises for weeks 8-12

STRENGTH					
	3 upper body	Bicep & tricep curls (with a 2kg weight) Squeezing balls/play dough or hand grip dynamometer Seated rows	1 1 1	15 15 15	8 mins
	2 core	Tug of war Crunches	1 1	2 15	
	2 lower body	Sit to stand (sitting up from a chair) Ball squats	2 2	15 15	

Please see the image below. The endurance exercises have now been progressed from weeks 4-8. Do you believe the following progressions are appropriate for weeks 8-12 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the endurance exercises for weeks 8-12

ENDURANCE					
	1 upper body	Extended arm hang (hanging off a monkey bar)	3	4	5 mins
	1 lower body	Stepping or standing marches	3	2 min	

Please see the image below. The manual dexterity exercises have now been progressed from weeks 4-8. Do you believe the following progressions are appropriate for weeks 8-12 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the manual dexterity exercises for weeks 8-12

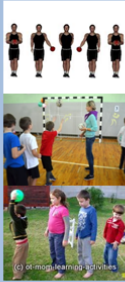
MANUAL DEXTERITY					
		Cheerios/beads threaded onto a string- This will be done in race format where the children will race to see how fast they can do this	1	1(30 cheerios)	4 mins
	3	Trail drawings- Level 3- The child will have to draw a line within a path on a piece of paper	1	1	30 s
		Placing pegs- The child will have to place pegs in a certain pattern	1	1	1 min

Please see the image below. The ball skills exercises have now been progressed from weeks 4-8. Do you believe the following progressions are appropriate for weeks 8-12 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the ball skills exercises for weeks 8-12

TYPE OF EXERCISE	No.	EXERCISE	SETS	REPS	TIME
		Passing ball behind back (with weighted ball)	2	15	
	3	Throwing ball into the goals (increase speed/distance)	1	5	5 mins
		Line passing (side to side) & (over and under) (increase speed/distance)	2	-	

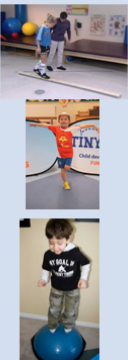
Please see the image below. The balance exercises have now been progressed from weeks 4-8. Do you believe the following progressions are appropriate for weeks 8-12 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the balance exercises for

weeks 8-12

BALANCE					
		Tandem walking (backwards)	1	-	
	3	Eyes open/closed, standing on an uneven surface, 1 leg	1	1 min	5 mins
		Standing on a bosu or wobble board	1	1 min	

Please see the image below. The agility exercises have now been progressed from weeks 4-8. Do you believe the following progressions are appropriate for weeks 8-12 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the agility exercises for weeks 8-12

AGILITY					
	1	T setup, Y setup or W setup (alternate)	1	3 mins	3 mins

Please see the image below. The gait exercises have now been progressed from weeks 4-8. Do you believe the following progressions are appropriate for weeks 8-12 of the exercise intervention? If no, please give a reason for your answer under the option "other" *

☐ Yes, this is an appropriate progression

☐ Other:

Progression of the gait exercises for weeks 8-12

 	2	Walking on toes (backwards)	1	1	2 mins
		Walking on heels (backwards)	1	1	

Thank you for your feedback !

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