**UQ Summer or Winter Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **Development of a needs assessment tool for people with disability wanting to participate in physical activity.** |
| **Hours of engagement & delivery mode** | Student engagement will involve approximate 30 hours per week, for four weeks. This project will be conducted off site, online. |
| **Description:** | Approximately 18% of Australians live with disability. People with disability are more likely to report experiencing poor mental and physical health compared to those without disability. Regular physical activity participation has been demonstrated to result in improved health and wellbeing outcomes. For people with disability, these improvements include increased independence and functioning, increased social engagement, and greater quality of life. Despite these benefits, 72% of people with disability do not get enough physical activity to maintain good health and are faced with many barriers to participation. One barrier consistently identified within the literature is the lack of disability specific knowledge and training of community-based fitness professionals. Although many community-based fitness professionals such as grass roots coaches, and personal trainers report being motivated to work with people with disability, they acknowledge that they lack the skills and confidence to successfully support people with disability participate in physical activity.  To better support community-based fitness professionals identify and support the specific needs of their clients, the aim of this project is to develop a pilot needs assessment tool for people with disability wanting to participate in physical activity. To achieve this aim we will use an e-Delphi technique to clarify the essential support needs that require consideration from health and fitness professionals supporting people with disability participate in physical activity. An e-Delphi technique will be used allowing for the perceptions of key-consumers and stakeholders to be represented. |
| **Expected learning outcomes and deliverables:** | The student involved in this project will gain skills in implementing an e-Delphi, which will involve developing skills in data collection and analysis. There will also be the opportunity to be listed as an author on the final manuscript submitted for publication. |
| **Suitable for:** | This project is open to students with interest and knowledge in disability and physical activity i.e., occupational therapy, physiotherapy, exercise physiology. |
| **Primary Supervisor:** | Dr Jessica Hill  Associate Professor Sjaan Gomersall |
| **Further info:** | For further information regarding this project, please email, [jessica.hill@uq.edu.au](mailto:jessica.hill@uq.edu.au). |