

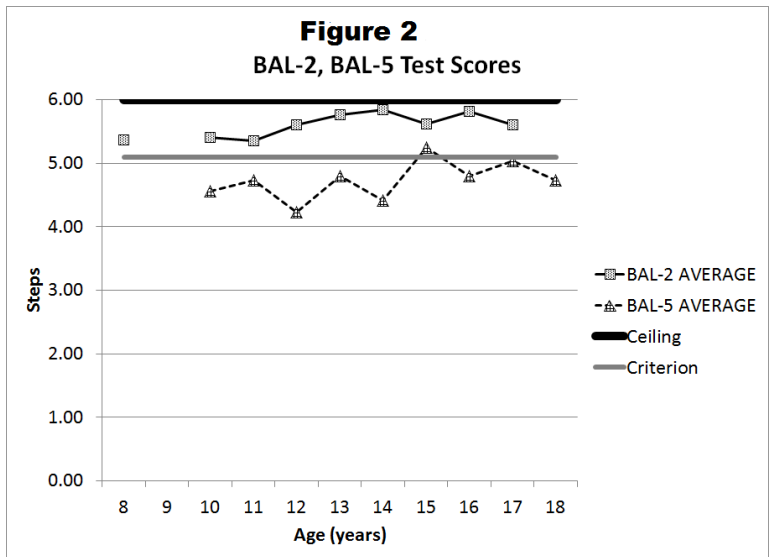
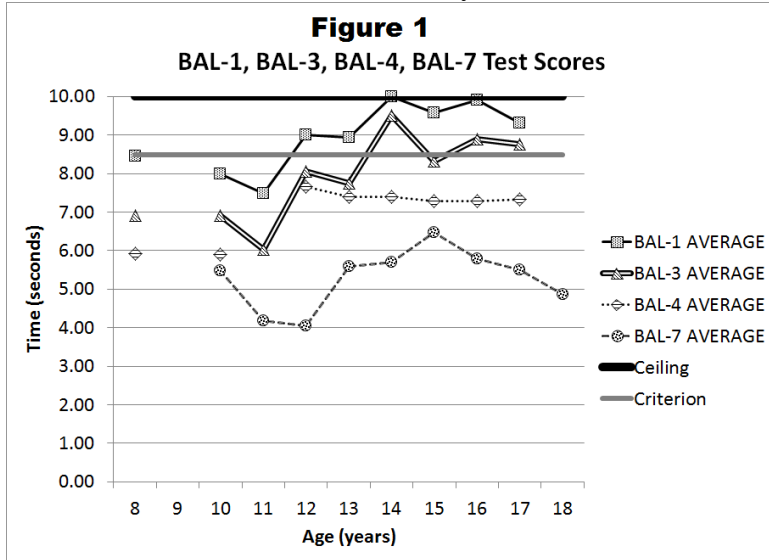
Evaluating Balance Capacities of Male Youth with Intellectual Disabilities

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Little is known about the gross motor skills of children with intellectual disabilities (ID). Six test items from the Bruininks-Oseretsky Test of Motor Proficiency (BOT-2) were used to evaluate the static and dynamic balance capacities of 99 males (ages 8-18 yrs) with ID, without Down syndrome: Standing with feet apart on a line-eyes open (BAL-1) and eyes closed (BAL-4), walking forward on a line heel-to-toe (BAL-5) and freely (BAL-2), standing on one leg on a line (BAL-3) or on a balance beam (BAL-7). For each age group, a minimum of 10 assessments were required for data analysis. A Microsoft Access 2010 database was developed and queries were written and ran to calculate mean and standard deviation of scores for each test item. Results were compared to the highest possible scores (ceiling scores, black line) and criterion scores (95% of ceiling scores, gray line) for each item established by BOT-2 standards for non-disabled youth (Figures 1 and 2). A total of 735 assessments indicated that the mean scores for all age groups were above criterion for BAL-2 and only two age groups (10 and 11 yrs) were below criterion for BAL-1. Mean scores for BAL-3 did not reach criterion until mid-adolescents, only one age group for BAL-5 and no age groups for BAL- 4 and -7 were above criterion. Present results indicate that mean item scores were consistently below ceiling and most fell below the criterion level thus indicating substandard balance capacities of male youth with ID. Future research should include males with Down syndrome (DS) and females with ID, with and without DS.



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