

Teagan Strachan

HONOURS RESEARCH

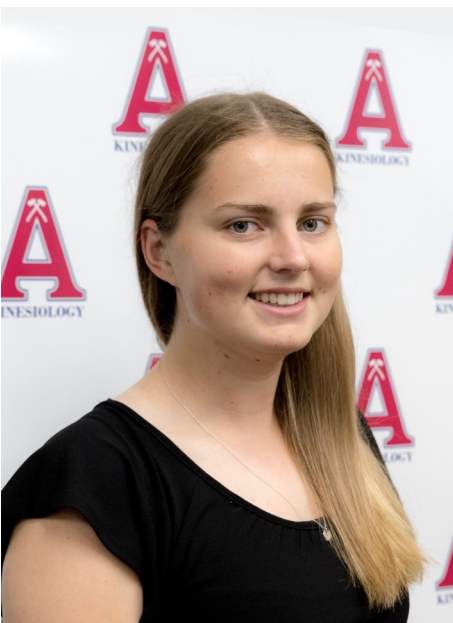


Research Focus:

Teagan is completing her honours research under the supervision of Dr. Roxanne Seaman to determine the feasibility of using the Canadian Assessment of Physical Literacy (CAPL) as an evaluation method for children with various disabilities. Currently, this method has been used nationally to assess the physical literacy of Canadian children though it has not been validated for children with autism, Down syndrome and global developmental delay. Several Saturday morning S.M.I.L.E. participants completed the specific CAPL protocol that is used to assess their physical competencies. Teagan determined that the participants' motivation and understanding of the timing concept for the obstacle course may limit their success of the assessment. Teagan's thematic analysis is consistent with other recent research that indicates that physical literacy is a multidimensional movement journey. It not only emphasizes consideration of the individual's motor skill outcomes but also the affective, social, and cognitive components of each individual's physical literacy experience. This finding will lead to effectively implementing physical literacy experiences for individuals of all ages and abilities.

About Teagan:

Teagan Strachan is a 4th year student graduating with a Bachelor of Kinesiology with Honours (Psychology option). Originally from Ottawa, Ontario she has found a second home in Wolfville. She has been actively involved in many kinesiology and community programs including S.M.I.L.E, Cardiac Rehab and Girls Night Out. For the past 4 years, Teagan has been a member of the Acadia Varsity Women's Soccer team. Throughout her time at Acadia, she has gained a particular interest in rehabilitation and hopes to one day become a physiotherapist to work with either the amputee, intellectual disability or pediatric populations.



Supervisor: Dr. Roxanne Seaman