

Evaluating the short and long-term changes experienced by people with physical impairments who undertake supervised sports training

ACTRN12625000343404

Status	RECRUITING
Sponsor	Professor Sean Tweedy - University of Queensland, School of Human Movement and Nutrition Sciences
Enrollment	30 participants

Plain Language Summary

Sport can be transformative for people with physical disabilities — not just for fitness, but for confidence, independence, and mental wellbeing. This study follows participants in the ParaSTART program, a performance-focused para-sport training service at the University of Queensland, to measure the health and wellbeing benefits of sustained, structured sports participation for people with neuromusculoskeletal impairments.

Each participant chooses their sport of interest and trains under supervision, with regular assessments of performance, fitness, independence, and psychological wellbeing over time. Because participants serve as their own controls — tracked during both training and rest periods — the study can show what changes directly result from the training program.

You may be eligible if you are aged 12 to 65, have a neuromusculoskeletal impairment (a movement disorder of neurological origin, such as limb loss, coordination impairment, or muscle weakness), are medically fit for moderate-to-high intensity physical activity, and can travel to the University of Queensland's St Lucia campus. People with recent major surgery or severe cardiovascular risk are not eligible.

Key Eligibility Criteria

Inclusion (8)

- Have a neuromusculoskeletal impairment, defined as a movement disorder of neurological origin either progressive or non-progressive.
- Have a diagnosis that could lead to one of the below minimum impairment criteria for Para sport as defined by the International Paralympic Committee:
 - Physical impairment: limb loss or deficiency, leg length difference, coordination impairments, such as hypertonia, ataxia, or athetosis, muscle weakness, restricted joint range of movement and short stature)
- Can travel to The University of Queensland's St Lucia Campus on an agreed training and assessment and training schedule.
- Are medically fit to participate in supervised moderate-to-high intensity physical activity.

... and 3 more (see full listing online)

Exclusion (6)

- Major surgery currently scheduled or received in the past 6 months.
- Intellectual disability which impacts upon the ability of an athlete to follow the instructions to complete the testing and training protocol as required. The impact of their intellectual disability will be assessed using the University of California, San Diego Brief Assessment of Capacity and Consent.
- Severe cardiovascular, metabolic or pulmonary risk.
- Compromised skin integrity that is contagious or severe in nature.
- Pain levels which affect ability to engage in exercise.

... and 1 more (see full listing online)

Locations (1 total)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000343404>

QLD, Australia

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