

**3rd BRICSCESS 2024-New Delhi
Keynote Speaker**



Prof. Myriam GUERRA-BALIC, MD, PhD
Board of Directors, GCH
FPCEE-Blanquerna
University Ramon Llull
Spain

Prof. Dr. Myriam Guerra-Balic, is a professor in the Faculty of Psychology, Education and Sport Sciences–Blanquerna, University Ramon Llull (URL). She is a MD specialized in Sport Medicine, with a PhD developed on Exercise Physiology and Down Syndrome. She is the Head of the Department on Sport Sciences and Sport Management. She is the former Vice-Dean of International Relations at the FPCEE-Blanquerna coordinating national and international exchange programs, cooperation programs and research mobility for students and professors. She has also been a member of the International Relations Committee of the ACSM. She has received the ACSM Student Award (2000) and the ACSM Dr. Lisa Stroud Krivickas Clinician Scholar Award (2015). She has taught as international visitor professor in several countries from Europe, North America, South America, Asia and Africa. She has been developing her career as a professor and researcher for more than 30 years in the field of Health, Adapted Physical Activity and Adapted Sport, especially focused on children, adults and elderly with Intellectual Disabilities. She collaborates with the Health Agency of the Barcelona's City Council, with the Fundación Iberoamericana Down21, and she is also involved in the HYPOXSPORT network. At present she is member of the Board of Directors of the Foundation for Global Community Health.

“Adapted Judo for Children with Autistic Spectrum Disorder: the AUTJUDO Project”

Physical activity is one of the main components for health and wellbeing in all kinds of populations. It has been shown that persons with ID have decreased cardiovascular fitness and present lower rates of PA. They are considered inactive and very sedentary. Barriers to be active are several: socio-economic, low autonomy, institutionalization, lack of motivation and movement limitations. Since some years ago, researches are proposing different kind of activities that could be motivating for this population, and that would improve not only their functionality and fitness levels, but

also produce some cognitive and social benefits. The Autistic Spectrum Disorder (ASD) is defined as a developmental and neurological disorder with an idiopathic etiology that appears with difficulties and deficits for communication and social interaction, repetitive behaviors, and stereotypes. ASD includes several conditions that used to be diagnosed separately: Autistic disorder, Pervasive developmental disorder not otherwise specified (PDD-NOS) and Asperger syndrome. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some people with ASD need a lot of help in their daily lives; others need less. People with ASD also show motor difficulties. Judo might attract children and youngsters with ASD because of their repetitive structure. It decreases stress and cortisol levels in youngsters with ASD. It improves health and psychosocial behaviors and decreases aggressive conducts. Children with ASD enjoy and wish to participate in Judo programs, with a very high percentage of adherences. The European AUTJUDO project (612954-EPP-1-2019-ES-SPO-SCP) will be presented, which consists of an adapted judo program developed for children and adolescents with ASD. It will be shown how this program impacts improving their motor skills and psychosocial behaviors, taking into account their social inclusion.