

New Skills • No Scores!

Research Study

A sport sampling and nutrition education study for teens with intellectual disabilities (ID) ages 12-16 yrs



OVERVIEW

- The **New Skills • No Scores** program is a **Sport Sampling** and **Nutrition Education** study for teens with ID.
- The research team is from UMass Medical School, UMass-Boston, and Tufts University School of Medicine
- The goal is to build knowledge, skills, confidence, and motivation to live an active and healthy lifestyle
- **Sport Sampling** gives teens the opportunity to try different sports to find what they like and to practice basic movement skills
- **Nutrition Education** includes learning about healthy eating, trying new foods, and learning to make healthy snacks

WHO CAN PARTICIPATE?

Teens with an intellectual disability (ID) ages 12-16 years who are able to:

- communicate verbally in English
- walk without assistance
- participate in a group sport program



WHAT IS INVOLVED?

- Brief phone screen and in-person enrollment meeting are required to confirm eligibility
- Teens participate in a fun, non-competitive sport sampling and nutrition education program with peers 1x/week. Trained instructors lead games and activities
- Motor skill assessment and short survey(s) two times for teens and their parents

WHERE & WHEN?

- **Sundays from 10:00 am -12:00 pm - beginning March 1, 2020**
- Program is for **12 weeks – March to June**
- At the **Boys and Girls Club in Woburn, MA**
- There is no cost to participate

To see if your teen qualifies or for more information call us at 774-570-2207 email us at N2S2study@umassmed.edu

-OR-

Check out our website at: <https://shriver.umassmed.edu/research>

