



# SAPIK

# NEWSLETTER

Awareness week 2024



## WHAT IS KINDERKINETICS?

Kinderkinetics is a profession that aims to promote and optimise the neuro-motoric development of young children (0–13 years) through scientifically-based physical activity. All programmes within this profession have a preventative, stimulating, developing and rehabilitative nature. In summary, it has the following goals:

- Promote functional growth and proper motor development of young children.
- Focus on certain movement activities to promote/facilitate sport-specific skills.
- Implement appropriate rehabilitation programmes for children with growth and/or developmental disabilities in order to maintain an active, healthy lifestyle.

## TELL ME MORE...

The South African Professional Institute for Kinderkinetics (SAPIK) is a non-profit professional organisation representing the interests of Kinderkinetics across South Africa.

SAPIK is therefore the professional home of Kinderkineticists in South Africa where the professional behaviour of Kinderkineticists is regulated by registration.

SAPIK is dedicated to the advancement of the Kinderkinetics profession and the improvement of services to those in need and take pride in representing the profession. This professional body was established in 2002 with the support of various academic training institutions and qualified members of this profession in order to set up a quality control mechanism to guide the profession but also to protect the public.



[www.kinderkinetics.co.za](http://www.kinderkinetics.co.za)

# WHAT IS OUR EDUCATION LEVEL?

Kinderkinetics in South Africa is offered at various tertiary educational institutions in the country. The two universities presenting these degrees in Kinderkinetics are as follows:

**North-West  
University**

**Stellenbosch  
University**

## WHICH PROGRAMMES DO KINDERKINETICS INCLUDE?

### **Programme for infants 0 - 24 months of age:**

This programme focuses on the sensory-motor development of a baby from a stimulation point of view. This programme also has a preventative, improvement and rehabilitative nature. Infants are assessed by Kinderkineticists using the latest version of internationally recognised test batteries such as the Peabody Developmental Motor Scales to determine if a baby's motor development is on par. This ensures that attention can also be given towards the milestone development of a baby. Should an infant be delayed in his/her development, the correct intervention can be followed in order to ensure optimal motor development, thus helping the baby to reach their full potential.

### **Programme for Pre-School children 2 - 7 years of age:**

This programme is a fun-filled perceptual-motor developmental programme that is specifically taught to meet the various aspects of gross motor development such as balance, body awareness, spatial orientation, coordination, rhythm and timing.

This programme is also designed towards the neuro-motoric development of the child, and aims to prevent any adverse implications on education due to any motor discrepancies.

Kinderkineticists will carefully plan and design unique lessons according to the different age groups as well as the developmental phases of the children. Children are assessed by Kinderkineticists using the latest version of nationally and internationally recognised test batteries such as the Movement ABC to determine if a child's motor development is on par.

Should the child be delayed in his/her development, the correct intervention can be followed in order to ensure optimal motor development, thus helping the child to reach their full potential.

## **Sport Development programme for children 8 - 13 years of age:**

This programme is a group-based sport development programme where different sport skills are taught in a fun and exciting manner. It also focuses on fitness and ensures that the basic fundamental skills underlying the various sporting skills are established before moving on to specialising in a specific sport. Children participating in this programme can also be assessed with the test battery known as the FitnessGram.

The FitnessGram is the most widely used youth physical fitness assessment tool in the world. It assesses the five components of health-related fitness, namely: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. The Wellness programme focuses on children 10 - 14 years of age.

The latter assists pre-teens and teens to develop an active, healthy lifestyle by encouraging both girls and boys to get moving via fun, age-appropriate exercises. For girls, the main focus is on aerobic dancing. For boys, physical conditioning using the child's own body weight plays an important part.

Some practices also present water safety programmes that focus on the basic water safety skills necessary for a child to be safe in the water.



## **Remedial and Adapted programme for children 0 - 13 years of age:**

This programme is specially designed and adapted to meet the unique needs of a child from a gross motor as well as a neuro-motor point of view. In this programme, each child receives an in-depth assessment using well-researched test batteries that are internationally recognised.

This helps the Kinderkineticist to form a clear picture of the child's development and aids in helping to identify possible underlying problems as to why a child may battle with their development. Sessions are then planned according to well-researched principles and can be presented once or twice a week.

Children with obesity, asthma, allergies and diabetes as well as children experiencing specific conditions such as autism, DCD, ADHD or other neuro-motor-based learning problems, will benefit from this programme. Kinderkineticists will be working in conjunction with other professionals to ensure the optimal development of the child.

Some practices in South Africa offers land and/or water rehabilitation programmes for children with Down syndrome and Cerebral Palsy. This programme aims to improve a child's functionality and/or fitness in terms of the motor and physical aspects of their development.

If the problem falls outside the expertise of the Kinderkineticist, the child will be referred to the appropriate professionals.

