

## **Bowling Boccia on to the map at the University of Lincoln**

**Blackman, M & Evans, A. B.**

Department of Sport, Coaching and Exercise Science, University of Lincoln, United Kingdom.

People who have a disability have traditionally been excluded from different aspects of society like work, education and sports (DePauw and Gavron, 2005: *Disability Sports*, 15). In recent decades there has been a dramatic change in the extent of this exclusion, as legislation, interventions and programmes have increased the amount of opportunities available to those with a disability (DePauw and Gavron, 2005: *Disability Sports*, 16). However, even with these changes in recent years the University of Lincoln still provide little sports provision for disability sports and its followers. Therefore the principal aim of this project was to develop and complete a programme evaluation of additional provision of Boccia in the short term, with a view to ensuring long-term provision at the University. The project aimed to increase the awareness of the sport amongst students creating the conditions necessary to start up a club. The project took on a reverse integration approach as reverse integration can serve to promote a better understanding of the actual abilities of people with disability and create an equitable platform for socialisation and competition (Spencer-Cavaliere and Peers, 2011: *Adapted Physical Activity Quarterly*, **28**, 291-309). As Boccia was a new sport to the university, the project focused on the short term goal of increasing the awareness of the sport amongst the university students but also to increase the interest of starting up a club. This was done by organising, promoting and running an event in which the sport was showcased to the students. A programme theory was developed which enabled us to complete a programme evaluation of the project (Evans and Sleaf, 2012: *International Journal of Aquatic Research and Education*, **6**, 24-38). A re-aim framework contoured outcome measures of this programme evaluation to ensure the validity and effectiveness of the project. Questionnaires were administered to participants in the programme and results suggested the project met initial targets, including; the increased awareness of Boccia, a number of qualified officials and also an interest in a Boccia specific club at the University. The project highlighted that the students at the University of Lincoln are in need of disability sports provision, beyond Boccia. In conclusion the project was able to increase the awareness of Boccia and this was achieved more so by the reverse integration approach that was taken.