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Bibliometric Analysis of Studies on Adapted Physical Activity, Physical Education and Sports Concepts: An Example from The WoS Database

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Abstract

In this study, the aim was to conduct a bibliometric analysis of articles discussing the concepts of "adapted physical education," "adapted physical activity," and "adapted sport" published between 2015 and 2023 in the Web of Science (WoS) database. For this purpose, a search was conducted using the keywords "Adapted Physical Education" OR "Adapted Physical Activity" OR "Adapted Sport" and selecting the "Topic" field, resulting in 195 articles remaining after exclusion criteria were applied, forming the sample group of the research. Web of Science analysis results were used for data analysis and the data were visualized using the VOSviewer program. Version 1.6.20 of VOSviewer was used in the study. The examined articles were classified based on the Web of Science science categories, the countries with the highest publication rates, authors, institutions, and journals, as well as the number of articles and citations between the specified years. Information was provided about the most cited articles. According to the research findings, Italy was the country with the highest publication rate, author Nyquist A institution National Institute of Health and Medical Research (France), and the journal International Journal of Environmental Research And Public Health were identified as the leading contributors. The article titled "Provocations for Critical Disability Studies" was observed to be the most cited. The year 2022 was identified as having the highest number of articles and citations, and according to the WoS science categories, most articles were found to be written in the field of Sports Sciences.

Keywords: Adapted Physical Activity, Adapted Physical Education, Adapted Sport, Bibliometric Analysis, Web of Science

Uyarlanmış Fiziksel Aktivite, Beden Eğitimi ve Spor Kavramlarına Yönelik Çalışmaların Bibliyometrik Analizi: WoS Veri Tabanı Örneği

Öz

Bu araştırmada, Web of Science (WoS) veri tabanında bulunan 2015-2023 yılları arasında yayınlanmış olan “uyarlanmış beden eğitimi”, “uyarlanmış fiziksel aktivite” ve “uyarlanmış spor” kavramlarını ele alan makalelerin bibliyometrik analizinin yapılması amaçlanmıştır. Bu kapsamda, “Adapted Physical Education” OR “Adapted Physical Activity” OR “Adapted Sport” anahtar kelimeleri ile “Topic” başlığı seçilerek yapılan arama sonucunda dışlanma kriterleri sonrasında kalan 195 makale araştırmanın örneklem grubunu oluşturmaktadır. Verilerin analizinde Web of Science analiz sonuçlarından faydalanılmış ve veriler VOSviewer programı aracılığı ile haritalandırılmıştır. Araştırmada VOSviewer 1.6.20 sürümü kullanılmıştır. Araştırma kapsamında incelenen makaleler Web of Science bilim kategorilerine göre, en çok yayın yapan ülkelere, yazarlara, kurumlara ve dergilere göre, belirlenen yıllar arasındaki makale ve atıf sayısına göre sınıflandırılmıştır ve en çok alıntı yapılan makaleler hakkında bilgiler verilmiştir. Araştırma bulgularına göre en çok yayın yapan ülke İtalya, yazar Nyquist A., kurum Ulusal Sağlık ve Tıbbi Araştırma Enstitüsü (Fransa), dergi International Journal of Environmental Research And Public Health olarak belirlenmiştir. En çok atıf alan makalenin “Provocations for Critical Disability Studies” başlıklı çalışma olduğu görülmüştür. En çok makale ve atıf sayısının olduğu yıl 2022 olarak tespit edilirken WoS bilim kategorilerine göre en çok makalenin Spor Bilimleri alanında yazıldığı bulunmuştur.

Anahtar Kelimeler: Uyarlanmış Fiziksel Aktivite, Uyarlanmış Beden Eğitimi, Uyarlanmış Spor, Bibliyometrik Analiz, Web of Science

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Introduction

The World Health Organization (2011) states that disability is a part of being human and that every individual will experience disability, whether temporarily or permanently, in their life. The concept of disability is understood as the inability to have equal opportunities in social life and being restricted (İsbir, 2018). Due to the situation created by disability, individuals with disabilities have been excluded by society and abandoned to a sedentary lifestyle (Savucu, 2019).

Additionally, the accessibility problems experienced by people with disabilities lead to their inability to fully and effectively participate in society. To enhance social participation within the framework of disability, it is necessary to remove these barriers and facilitate the daily lives of individuals with disabilities (WHO, 2011). Physical activity, which enhances both physical and mental well-being (Chan et al., 2021), is known to help develop motor skills, self-confidence, socialization, and communication (Zhao & Chen, 2018). The participation of individuals with disabilities in physical activity and sports offers numerous benefits for their physical and mental health (Khoo et al., 2018). However, individuals with disabilities encounter various challenges that affect their level of participation in physical activity (Roe et al., 2016).

Therefore, by minimizing the problems encountered in adapted physical activity, physical education and sports, individuals with disabilities can lead an active life, simultaneously supporting their physical, mental, and social development. Adapted physical activity programs, which facilitate the participation of individuals with disabilities in physical activities (Hutzler, 2011), can be designed by shaping programs according to individuals' developmental characteristics.

Adapted physical activity has positive effects on individuals' self-concept development, mental well-being, and social development (Howland et al., 2023). Adapted physical education is an individualized program that is designed to meet specific needs, incorporating motor and physical fitness, fundamental motor skills, individual and group games, and sports (Winnick & Porretta, 2016). The term 'adapted sports' refers to sports that have been modified or altered to meet the unique needs of individuals (Winnick & Porretta, 2016). Adapted sports utilize adapted rules and equipment to make sports accessible for individuals with disabilities (Swartz et al., 2019). This research aims to analyze articles encompassing adapted physical activity,

physical education, and sports developed for individuals with disabilities using bibliometric analysis methods.

In this research, the aim is to analyze articles encompassing the concepts of adapted physical activity, physical education and sports developed for individuals with disabilities using bibliometric analysis methods.

Method

Purpose and Research Questions

In this research, the aim is to conduct a bibliometric analysis of articles encompassing the concepts of "adapted physical education", "adapted physical activity" and "adapted sports" published between 2015 and 2023 in the Web of Science database. Bibliometric analysis is a method used to interpret unstructured data appropriately, forming the foundation for innovative and significant progress in a particular field (Donthu et al., 2021). Additionally, the bibliometric analysis method allows for the quantitative expression of studies (Hood & Wilson, 2001).

This research aimed to address the following questions:

1) How are the articles included in the study distributed across scientific categories in Web of Science?

2) What is the distribution of articles according to countries?

3) How are the distributions of articles and citation counts within the specified years?

4) What are the distributions of authors, institutions, and journals based on the number of articles?

5) What are the distributions, in terms of publication years, journals, and scientific categories in WoS, of the most cited articles?

6) What are the clustering and connections in the relationship network of co-authors and their co-citations?

7) How are the connections and clustering of author-generated keywords?

8) How is the clustering resulting from the bibliographic coupling analysis of the articles examined within the scope of the research?

The Inclusion Criteria for the Research

On December 14, 2023, a search was conducted in the Web of Science database using the keywords 'Adapted Physical Education' OR 'Adapted Physical Activity' OR 'Adapted Sport' under the 'Topic' category, resulting in 1134 hits. Filtering

for the oldest year being 2015 and the most recent being 2023, 785 results were obtained. Further refinement by selecting articles with open access and as the publication type yielded 219 results. Lastly, applying the filter for articles written only in English resulted in 195 articles. As a result of this analysis, 195 articles were included in the scope of the bibliometric analysis.

Data Analysis and Visualization

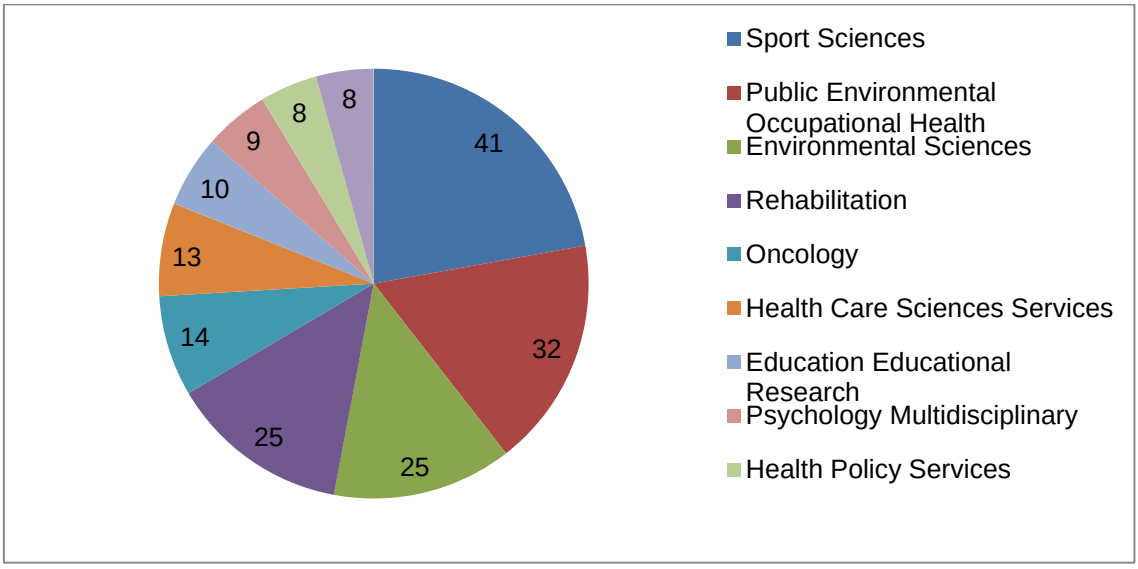
In the analysis of the data, the results from Web of Science were utilized, and the data were analyzed and visualized using the VOSviewer program. The research utilized version 1.6.20 of VOSviewer. Developed by Van Eck and Waltman (2010) for creating and displaying bibliometric maps, VOSviewer offers various visualization types to represent findings through circles or labels, determining relationships between elements using shared colors and connection lines.

Results

Distributions of Articles According to WoS Science Categories

The first 10 science categories where the articles included in the scope of the research are found, along with the number of publications, are showed in Figure 1.

Figure 1. Distribution of Articles According to Web of Science Categories



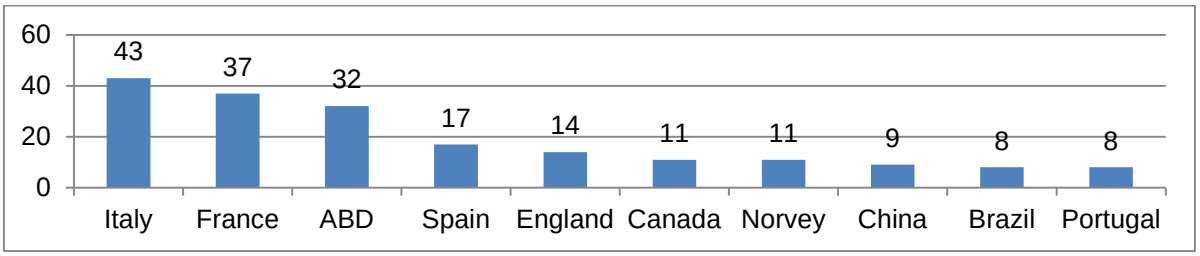
The distribution of the top 10 scientific disciplines with the highest number of articles, as shown in Figure 1, according to the WoS science categories is presented. It can be observed that among the science categories, Sports Sciences (n=41) have the highest representation among the articles included in the research. Following Sports Sciences, Public Environmental Occupational Health (n=32), Environmental

Sciences (n=25), and Rehabilitation (n=25) have a relatively higher number of articles compared to other fields.

The Number of Articles According to the First 10 Countries with the Most Publications

The distribution of articles included in the research according to the first 10 countries with the most publications is shown in Figure 2.

Figure 2. Distribution of Article Numbers by Country

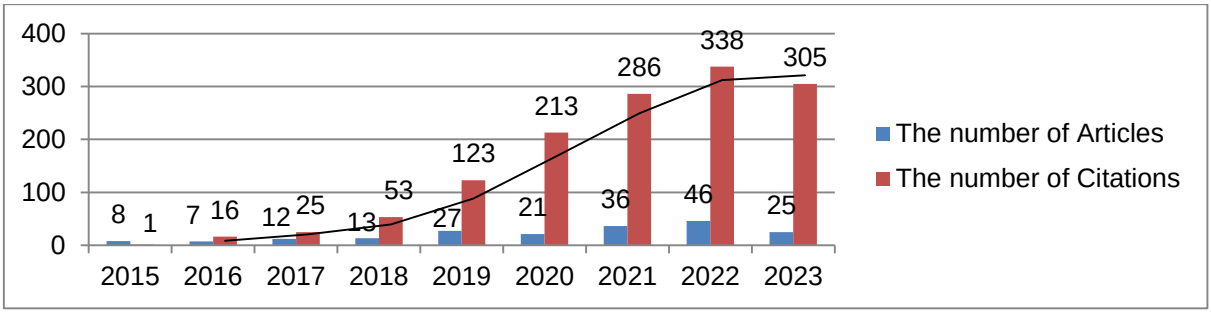


According to Figure 2, the articles written on the relevant subject are primarily published by Italy (n=43), followed by France (n=37), and the USA (n=32).

The number of articles and citations between 2015 and 2023

Figure 3 shows the distribution of articles and citation counts of the articles written on the relevant subject between the specified years of 2015 and 2023.

Figure 3. Distribution of Article and Citation Numbers between 2015 and 2023

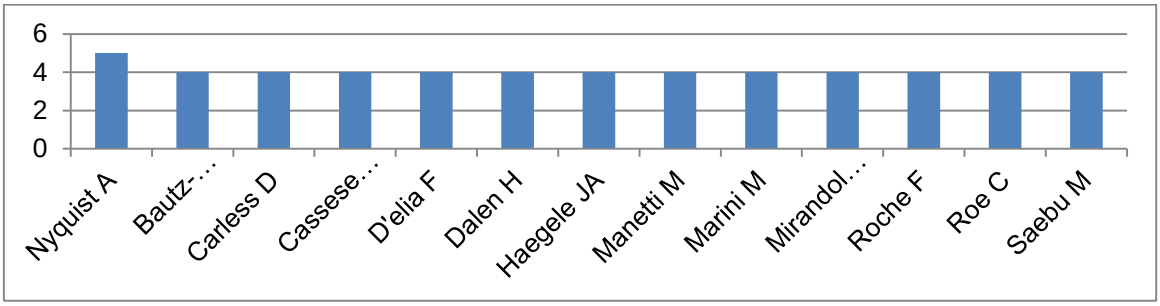


According to Figure 3, articles containing the search terms of the research were most frequent in the year 2022 (n=46) and least frequent in 2016 (n=7). When examining the citation counts of the articles, it's noticeable that the highest citations belong to the year 2022 (n=338), while the lowest citations are in 2015 (n=1). Additionally, based on the graph, there is a substantial increase in both the number of articles and citations from 2015 to 2022, yet there appears to be a decreasing trend in 2023.

The Distribution of Authors Based on the Number of Articles

The authors with the highest number of articles on the relevant subject within the scope of the research are shown in Figure 4.

Figure 4. Distribution of Authors Based on the Number of Articles

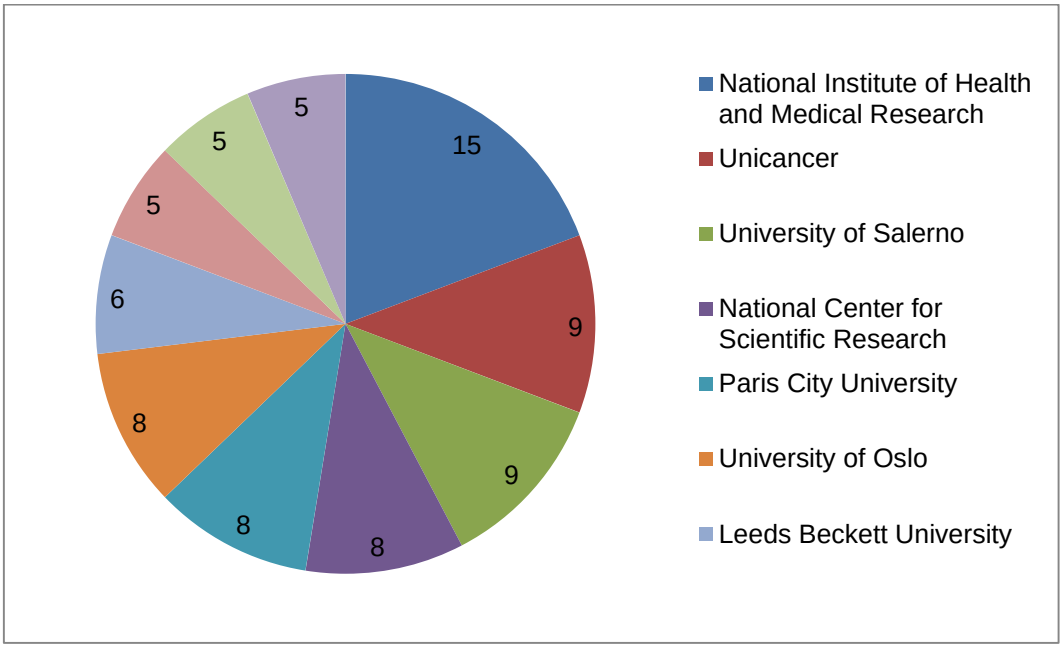


According to Figure 4, the author identified as having the highest number of articles within the criteria of the research is Nyquist A. with 5 studies. Other authors shown in the figure have contributed to the literature with 4 articles on the relevant topic.

Distribution of Article Numbers by Institutions

The distribution of the number of articles by institutions for the articles included in the scope of the research is shown in Figure 5.

Figure 5. Distribution of Article Numbers by Institutions



According to Figure 5, the institutions with the highest number of publications related to the research topic are the National Institute of Health and Medical Research (France, n=15), Unicancer (France, n=9), University of Salerno (Italy, n=9), National

Center for Scientific Research (France, n=8), Paris City University (France, n=8), University of Oslo (Norway, n=8), Leeds Beckett University (UK, n=6), Assistance Publique – Hôpitaux de Paris (France, n=5), Foro Italico University of Rome (Italy, n=5), and Hôtel-Dieu APHP University Hospital (France, n=5). It can be observed that the majority of the top 10 institutions with the highest number of publications are located in France.

Distribution of Article Numbers by Journals

The distribution of the first 10 journals with the highest number of publications among the articles examined within the scope of the research is presented in Figure 6.

Figure 6. Number of Articles by Journals

According to Figure 6, the ranking of the top 10 journals with the highest number of publications starts with 20 articles in the International Journal of Environmental Research And Public Health, followed by 13 articles in the Journal Of Human Sport And Exercise. Following these, Frontiers in Sports and Active Living (n=6), Healthcare, Sustainability (n=5), Disability and Rehabilitation, Frontiers in Psychology, Nutrients (n=4), and Adapted Physical Activity Quarterly and Applied Sciences Basel (n=3) respectively.

Information on the Top 10 Most Cited Articles

The author name, year, journal name, citation count, and WoS science category fields related to the most cited articles within the scope of the research are presented

in Table 1.

Table 1. Information on the Most Cited Articles

Title of the Article	Authors	Year	Journal	Citations	WoS Categories
Provocations for Critical Disability Studies	Goodley, Lawthom, Liddiard & Runswick-Cole	2019	Disability&Society	138	Rehabilitation
Personalized Adapted Physical Activity Before Liver Transplantation: Acceptability and Results	Debette-Gratien, Tabouret, Antonini, Dalmay, Carrier vd.	2015	Transplantation	69	Immunology
Short- and long-term impact of adapted physical activity and diet counseling during adjuvant breast cancer therapy: the "APAD1" randomized controlled trial	Carayol, Ninot, Senesse, Bleuse, Gourgou vd.	2019	BMC Cancer	53	Oncology
Promoting Well-Beingin Old Age: The Psychological Benefits of Two Training Programs of Adapted Physical Activity	Delle Fave, Bassi, Boccaletti, Roncaglione, Bernardelli vd.	2018	Frontiers in Psychology	45	Psychology
Cardiorespiratory demand and rate of perceived exertion during overground walking with a robotic exoskeleton in long-term manual wheelchair users with chronic spinal cord injury: A cross-sectional study	Escalona, Brosseau, Vermette, Comtois, Duclos vd.	2018	Annals Of Physical And Rehabilitation Medicine	34	Rehabilitation
Muscle protein anabolism in advanced cancer patients: response to protein and amino acids	Antoun & Raynard	2018	Annals of Oncology	35	Oncology

support, and to physical activity					
How does playing adapted sports affect quality of life of people with mobility limitations? Results from a mixed-method sequential explanatory study	Cote-Leclerc, Duchesne, Bolduc, Gelinas-Lafreniere, Santerre vd.	2017	Health And Quality of Life Outcomes	33	Health Sciences and Services
Maintaining physical activity during refeeding improves body composition, intestinal hyperpermeability and behavior in anorectic mice	Achamrah, Nobis, Breton, Jesus, Belmonte vd.	2016	Scientific Reports	31	Multidisciplinary Sciences
Effects of an adapted physical activity program on psychophysical health in elderly women	Battaglia, Bellafiore, Alesi, Paoli, Bianco & Palma	2016	Cliinical Interventions in Aging	31	Geriatrics & Gerontology
Effects of a physical activity programme to prevent physical performance decline in onco-geriatric patients: a randomized multicentre trial	Arrieta, Astrugue, Regueme, Durrieu, Maillard vd.	2019	Journal of Cachexia Sarcopenia and Muscle	28	Geriatrics & Gerontology

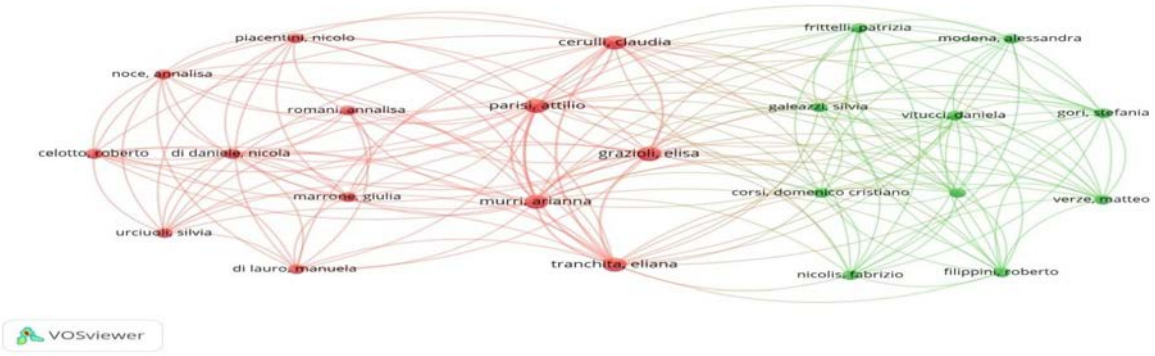
According to Table 1, the most cited article with 138 citations is the work titled 'Provocations for Critical Disability Studies' authored by Goodley et al. (2019). The article was published in the Disability & Society journal and falls under the 'Rehabilitation' field in the WoS Science categories. As per the information provided in the table, the top 10 most cited articles were published between 2015 and 2019, with categories including Rehabilitation (n=2), Oncology (n=2), and Geriatrics & Gerontology (n=2).

Co-authorship of Authors

Figure 7 displays the network map of co-authorship of authors analysis. In creating the network map, authors with at least 1 publication and 1 citation among a

total of 247 authors were selected, resulting in a visualization comprised of 185 authors.

Figure 7. Network Visualization of Co-authorship of Authors

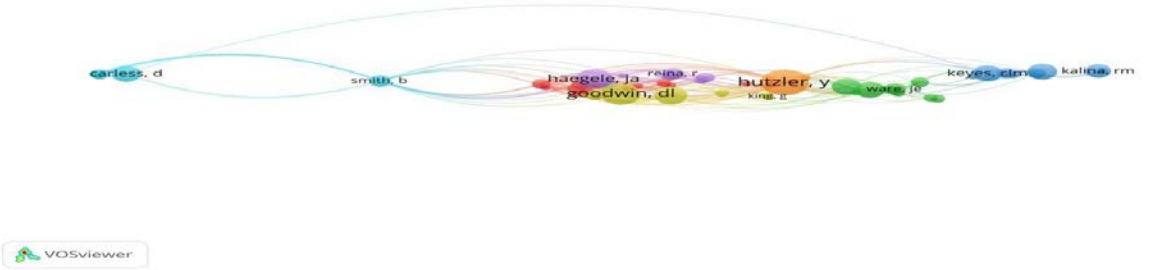


According to the visualization in Figure 7, collaborative works are concentrated around Cerulli, Parisi, Grazioli, Murri, and Tranchita. The analysis conducted among 23 names with connections has resulted in 2 clusters, 17 connections, and a total link strength of 183.

Co-citation of Co-authors

Co-citation refers to the citations of different sources within the same article or work (Dirik et al., 2023). An analysis conducted over 59 units with a minimum of 3 citations each resulted in 7 clusters, 361 connections, and a total link strength of 1373.

Figure 8. Network Visualization of Co-Authors' Co-citation Analysis

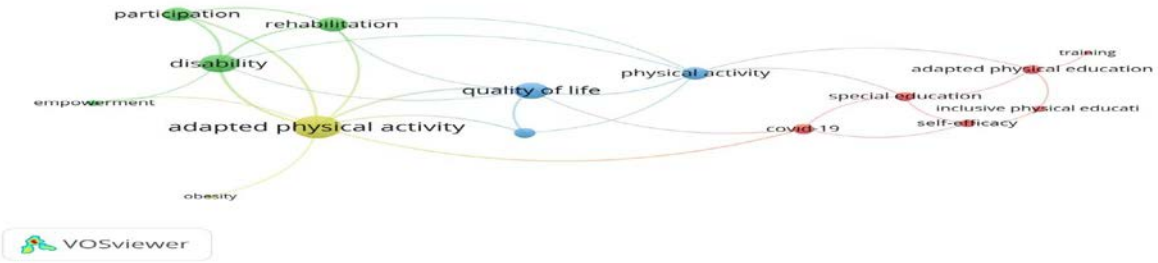


According to the co-citation analysis of authors shown in Figure 8, Hutzler is noted for 13 citations, Goodwin for 11 citations, and Haegele for 10 citations, marking them as the most co-cited authors.

Co-occurence of Authors Keywords

The network visualization of author keyword analysis is presented in Figure 9. For the analysis, keywords used at least 2 times were selected, and out of 190 keywords, 17 met this criterion.

Figure 9. Network Visualization of Author Keyword Analysis

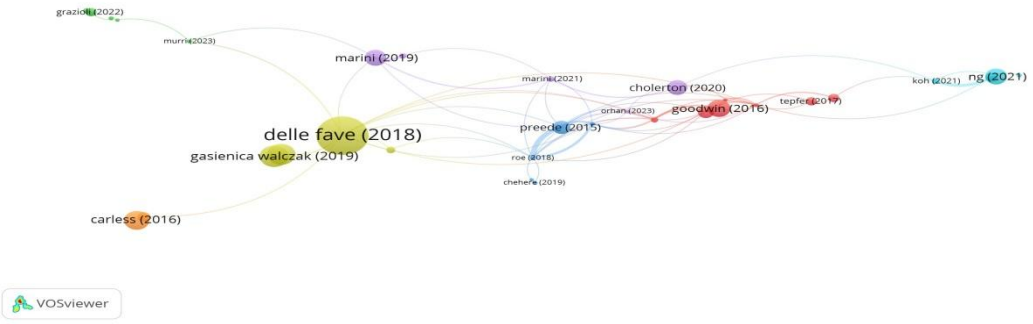


When the visual of the author keyword analysis result in Figure 9 is examined, it can be stated that the most used keywords are "adapted physical activity", "disability" and "quality of life".

Bibliographic Coupling of Documents

The citation of the same publication from two different sources is defined as bibliographic coupling (Rehn et al., 2014). The network visualization of bibliographic coupling analysis of texts is presented in Figure 10. For the analysis, works with a minimum of 1 citation were chosen, and 37 out of 50 works were identified. The analysis resulted in 7 clusters, 72 connections, and a total link strength of 121.

Figure 10. Network Visualization of Bibliographic Coupling Analysis of Texts



According to the analysis visualization shown in Figure 10, the articles with the highest bibliographic coupling are identified as Delle Fave (2018) with 45 citations, Gasienica Walczak (2019) with 20 citations, and Carless (2016) with 16 citations. The

studies with the highest total link strength are determined as Roe (2018), Preede (2015), and Preede (2021).

Conclusion

This research aimed to conduct bibliometric analysis of articles focusing on the concepts of "adapted physical education", "adapted physical activity" and "adapted sports" published in the Web of Science (WoS) database between 2015 and 2023. The articles related to bibliometric analysis were categorized and visualized based on Web of Science subject categories, countries with the highest publication rates, authors, institutions, and journals, along with the number of articles and citations within the specified years.

The analysis revealed that the examined articles were predominantly within the field of Sports Sciences within the Web of Science subject categories. It was observed that the most cited works belonged to the fields of Rehabilitation, Oncology, and Geriatrics & Gerontology. Among these, the study titled "Provocations for Critical Disability Studies" stands out with 138 citations, exploring critical disability studies from a critical perspective. This theoretical study delves into the inclusivity of critical disability studies, emphasizing what is significant within the concept of disability, and how the focus can be directed towards disability and ability. The aim is to encourage researchers in this field to adopt a critical perspective when approaching disability studies (Goodley et al., 2019). The second most cited work in the same field, with 34 citations, was identified as the study titled "Cardiorespiratory demand and rate of perceived exertion during overground walking with a robotic exoskeleton in long-term manual wheelchair users with chronic spinal cord injury: A cross-sectional study". This research involved 13 individuals characterized by long-term wheelchair use and a diagnosis of spinal cord injury. The study explored the cardiovascular capacities and perceived effort rates of individuals included in a walking program with a robotic exoskeleton. The findings concluded that short-distance walking with a robotic exoskeleton could help individuals using wheelchairs achieve a moderate exercise level (Escalona et al., 2018).

Regarding Oncology, the study "Short- and long-term impact of adapted physical activity and diet counseling during adjuvant breast cancer therapy: the 'APAD1' randomized controlled trial" received the highest citations, with 53 references. This research involved 143 women diagnosed with early-stage breast cancer who

underwent adapted physical activity and diet programs during adjuvant therapy. The study assessed various variables concerning the impact of these programs.

The study found positive changes in physiological, psychological, and behavioral aspects among participants following the implemented program (Carayol et al., 2019). Titled "Effects of an adapted physical activity program on psychophysical health in elderly women", the study with 31 citations has been identified as the most referenced work in the field of Geriatrics & Gerontology. This research focused on investigating the impact of adapted physical activity programs on health-related quality of life and functional improvements in the spine of elderly women. The study concluded that adapted physical activity intervention programs are effective in enhancing psychophysical health in the elderly (Battaglia et al., 2016).

When examining the distribution of article counts by countries, it was observed that Italy and then France were the leading countries in publication output, while the institutions with the most publications were in France. Articles containing the specified keywords were predominantly written in 2022, with fewer publications in 2016. Regarding citation counts, the highest citations were attributed to articles from 2022, with the lowest in 2015. In terms of author distribution based on article counts, Nyquist A. was identified as the author with the most publications in the field, particularly in rehabilitation, during 2015, 2016, 2018, and 2021. The authors who received the most citations were associated with the work "Provocations for Critical Disability Studies", namely Goodley, Lawthom, Liddiard, and Runswick-Cole. In the top 10 journals ranked by the number of articles published, the International Journal of Environmental Research And Public Health took the lead, while Disability & Society hosted the most referenced work.

According to the results from the analysis of common authors, collaborative works were concentrated around Cerulli, Parisi, Grazioli, Murri, and Tranchita. In the analysis of authors' shared citations, it was determined that Hutzler, Goodwin, and Haegele received the most citations. In the bibliographic coupling analysis of texts, it was found that the articles most often involved in bibliographic coupling were those authored by Delle Fave (2018), Gasienica Walczak (2019), and Carless (2016). Lastly, the analysis of author keywords revealed that the most frequently used keywords in these studies were "adapted physical activity", "disability" and "quality of life."

This study has some limitations. It relied solely on the Web of Science database, used only English language publications, and examined only open-access articles, which form the constraints of this research. Future studies might yield more comprehensive results by scanning research encompassing adapted physical activity, physical education, and sports across various databases. Additionally, conducting systematic analyses in specific domains could contribute more information about the content of studies conducted in this field, enhancing the literature.

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