



Inclusive Sports and Physical Activity Programmes for Persons with Disabilities

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Abstract:

Since sports is associated not only with social inclusion, but also with physical well being and the enhancement of self-esteem. It is crucial to understand it as a right and to consider access and participation in sports. Participation of people with disabilities in disability-specific sporting activities is to be considered as a part of an inclusion spectrum. The aim of the research was to provide inclusive settings to the people with disabilities in making their independent choice to participate in sports in the way that they want to and with whom they want to participate.

Keywords: Inclusion, People with Disabilities:

Disability is commonly associated with functional limitations, “Disability is often equated with inferiority or deficiency rather than a natural difference that may require some adaptation” (Lee Chair, 2011). According to World Health Organisation (WHO), "Disability is an umbrella term, covering impairments, activity limitations and participation restrictions". An impairment is a problem in body functions or structure, an activity limitation is a difficulty encountered by an individual in executing a task or action, while a participation restriction is a problem experienced by an individual in involvement within life situations (WHO,2016). Kuppis (2013) conceptualize disability with a health condition : (1)Activity (2) Body structure and functions (3) Participation (4) Environmental factors and (5) Personal factors.

Quality Physical Education:

UNESCO, (2015) describe quality physical education as not only the entry point for lifelong physical activity but also as improving health awareness, enhancing civic management and contributing to social inclusion.

Inclusion in Sports and Physical Activity:

Len Barton describes inclusion as, “about the participation of all children and young people and the removal of all forms of exclusionary practice.” Stevenson, (2009) reported that sports is an area of life in which people with disabilities arguably have less favourable experiences than their non-disabled peers and competitors. On one side, there are people with disabilities who have had little or no experience of physical activity or exercise. On the other



side, they have had little or no opportunity to engage in physical exercise and sport with others and enjoy their social aspects.

Physical activity is defined as all forms of bodily movements which use energy including such tasks as housework and gardening (Council of Europe, 1992). Physical activity for everyone requires emphasis on all users having equitable access to community facilities, Community facilities must be sufficiently diverse to attract everyone .There is a need to develop appropriate opportunity for people with disabilities throughout their life course. The provision of access for people with disabilities to quality physical activity and sporting opportunities must be addressed on an equal basis with those of their non-disabled peers. De Pauw and Gavron (2005) reported typical barriers for people with disabilities to participate in sport and physical activity.

- Lack of awareness on the part of people without disabilities as to how to involve the disabled peers in sport and physical activity.
- Lack of Opportunities and programmes for training and competition.
- Too few accessible facilities due to physical barriers.
- Limited information and access to resources.

Inclusive Practices for Person with Disabilities.

- Win nick (1987) provided a conceptual framework on the "Information for individuals with handicapping conditions". This framework reflects alternative settings of sports for people with disabilities.
- More community facilities for everyone and adequate sports and physical exercise facilities in rural as well as urban areas.
- Provision of broad opportunities to everyone in community by collaborating to make full use of existing facilities and resources. In order to provide comprehensive and inclusive environment for the people with disabilities, we need to encompass all areas of our community.
- Provision of inclusive playgrounds. We should be more aware that children with disabilities need play activities alongside their non disabled peers.
- Physical activities and sports programmes should be based on the individual abilities, needs and programmes so that it would provide sufficient opportunities to the disabled individuals.



- Sufficient information must be available so that people with a disability can make informed choices about sports and recreation.

Conclusion:

In terms of increasing participation in physical activity and sports, the focus should be on widespread community participation for all. Schools, community programmes, clubs, gyms and leisure centres have to ensure success. Everyone needs to be trained to enable success for all sections of population. Associations, Instructors, coaches and teachers have to be able to modify programmes to meet specific needs and to be supportive and patient with those who take longer time to learn.

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