



VII International Scientific Conference
The Theory and Practice of Adapted Physical Activity 2023
Lublin, Poland
November 16-17, 2023

Universidade de Lisboa
Faculdade de Motricidade Humana



Train, Educate and Win with adapted sport









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16/11/2023



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Background

Sports and physical activity have an important role in the integration process of people with disabilities into society,
(Crawford, Hollingsworth, Morgan & Gray, 2008)

and important contribution to the promotion of equal opportunities between people with and without disabilities in the sporting, educational and social context, is also recognized.
(Ferreira, 2005)


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Background

Previous investigations show that the effectiveness of inclusive teaching practices and the integration of people with disabilities is affected by the attitudes and beliefs of inclusive education.


(Abellán & Januário, 2017)

Negative attitudes with disability can be modified by alternative programs (González & Baños, 2012), considering sports, physical activity and physical education as potential tools to change attitudes related with disability. (Qi & Ha, 2012)

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Background

Behaviors are influenced by attitudes and beliefs in relation to inclusive practices


(Verdugo, Jenaro and Arias, 1995).

and changing attitudes is decisive for changing behaviors. (Abellán & Januário, 2017).


We also know that the lack of knowledge about everything that is different (disability) leads to distance, distrust, lack of acceptance and stigma.

(Januário, 2019)

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- What can we do to change this situation, and interrupt the feeding of this cycle?
- How can we use physical activity and sports to:
- Changing attitudes due to disability.
- Changing the behavior of students, teachers, Coachs and society, towards disability.

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General Objectives

- Improve the beliefs and attitudes of children and young people in school in the face of disability and the inclusion of people with disabilities;
- Contribute to the promotion of equal opportunities between people with and without disabilities in the sporting, educational and social context.
- Promote Sports practice for citizens with disabilities contributing to social development, clarifying the particular situation of persons with disabilities, about their experiences, behavior, performance and their real capabilities.

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Specific objectives

- Improve the beliefs and attitudes of children and young people at school age, in view of disability and the inclusion of people with disabilities, through the practice of specific sports modalities adapted for people with disabilities;
- Allow the training of Teachers / Coachs and Trainers;
- To support the training process of Paralympic athletes, through the development of multidisciplinary intervention programs to support Paralympic athletes and their coaches.




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Presentation of the project (2020)



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My name is Nuno Januário and I am the coordinator of the project

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Results - Outputs

- Sensitization and Awareness actions.
- Diffusion of specific and adapted sports
- Experimentation and practice of adapted sports
- Inclusive meetings and Training Actions for teachers, coaches and technicians.


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Results - Outputs

- Inclusive teaching in regular physical education classes.
- Inclusive sporting activity
- Workshops and Presentations at National and International Congresses (inclusion of adapted sports in regular Physical Education classes).
- Coexistence and socialization between Paralympic athletes and students.


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Results - Outputs

- Allowed the pedagogical practice of future teachers in adapted activities
- FMH open door journeys.
- SUMMER at UL- Adapted Sports.





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Results - Participants




	2019		2020		2022		
AGE	F	M	F	M	F	M	TOTAL
0-5	33	36			30	20	119
6 - 12	213	208	15	9	350	250	1045
13-17	535	597	151	144	300	220	1947
18-34	277	293	267	419	150	250	1656
35-49	214	182	113	171	150	140	970
50-64	78	78	19	27	120	125	447
65 ou +	12	16			7	10	45
Total	2732		1334		2122		6188
P w Disability	59	83	3	11	30	140	326


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Results – Events/ Action

	2019	2020	2022	Total
Awareness and experimentation actions	14	7	38	59
Athlete evaluation and monitoring sessions	8	4	5	17
Athlete intervention sessions	4	6	8	18
Publications (book, book chap., articles)	7	3	2	12
National Congresses	2	2	1	5
International Congresses	2	1	2	5
Dissemination (workshops, courses, etc.)	2	7	11	20
Total number of events	39	30	67	136


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Project Conclusions

- Globally, all objectives were achieved, even exceeding the proposals presented in the project.
- Experimentation and reinforcement of the sports practice of these modalities has been allowed, by students without and with disabilities, in an inclusive way.
- The teacher training sessions, in specific and adapted modalities, allowed their inclusion in Physical Education and School Sports classes, enabling the effective participation of students with disabilities.






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Project Conclusions

- It also contributed to the training of future Physical Education and School Sports teachers.
- Sports practice with athletes with disabilities contributes to clarifying the particular situation of groups with disabilities, their experiences, behavior, performance and real capabilities.
- The social projection of Paralympic athletes was promoted, having held conferences and meetings with practice of adapted modalities, with students at different school levels.


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There are several conceptions of “good” Sports Education, and what is a good orientation of the training processes.

What are the purposes of sports practice?

How to implement them?

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We would like to highlight two dimensions:

Competition / Performance



elite sport
driven by performance

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selective



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Inclusive Sports

Promotion of sports participation to people with disabilities



sport for all
driven by participation

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inclusive

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*elite sport
driven by performance*

selective

*sport for all
driven by participation*

inclusive

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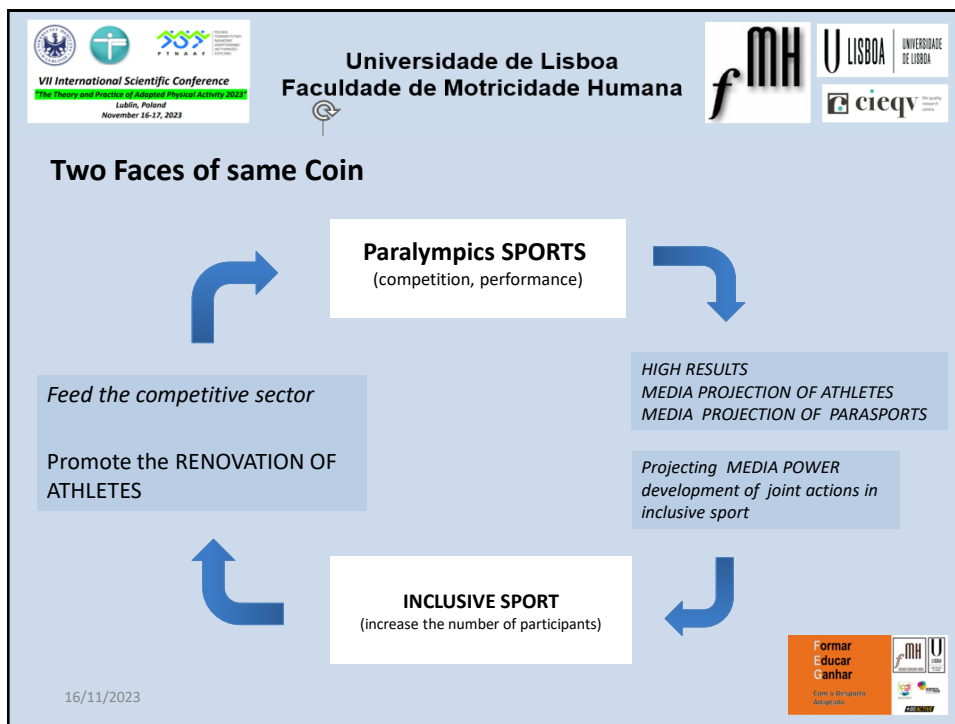
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Promoting sports participation from an inclusive perspective.
The role of the Teacher/Coach as an agent of change in terms of:

- Promote and develop participation in adapted sports.
- Changing the beliefs and attitudes of the community in general, regarding disability and sports participation by people with disabilities, using sport as a fundamental tool to the Inclusion
- Allow the projection of Parathletes results as a factor of integration and social projection in society.

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Thank you !

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Logos: VII International Scientific Conference, Universidade de Lisboa, Faculdade de Motricidade Humana, fMH, U LISBOA, CIEQV, Formar Educar Ganhar, Com o Desporto Adaptado.