

SPORTS OPPORTUNITIES FOR PERSONS WITH DISABILITIES

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Annotation: This article covers the importance of sports opportunities for persons with disabilities, existing infrastructures, conditions created by state and non-governmental organizations. The role of sports in strengthening the physical and mental health of persons with disabilities, ensuring their integration into social life is covered.

Keywords: sports opportunities, inclusive sports, rehabilitative sports, social integration, sports infrastructure, sports and health.

Playing sports has a positive effect on human health, emotional state, social activity. Exercise improves cardiovascular function, reduces stress and raises mood. For this reason, sport today is considered not only as a competition, but as a necessary tool for improving the quality of life. In our modern society, it is important to qualitatively organize the life of people with Disabilities, expand their capabilities, increase their social activity. Sport plays the most important role in this regard.

Sports are of great help to people with disabilities not only in restoring and maintaining their physical health, but also in increasing mental stability, social activity and self-confidence. Through special sports for people with disabilities and disabilities, muscle activity improves, Movement Coordination develops, the level of general physical fitness increases. Through rehabilitation sports training, blood circulation in the human body is activated, the respiratory system is improved, and in addition, its physical capabilities expand. Playing sports has a direct positive effect on the mental state. During training, a person feels useful, capable and appreciated. This reduces depression, depression, and feelings of loneliness. Through the achievements in sports, a person regains self-confidence and takes a positive look at life. Sports allow people with disabilities to get closer to society, make new acquaintances and join an active lifestyle. Team sports make it possible for them to work with the team, support each other and find their place. Participation in competitions, on the other hand, can be a source of social motivation and pride for them.

Everyone has the right to play sports. And for people with disabilities, sports are not only a means of maintaining health, but also improving the quality of life, strengthening social activity and feeling fully involved in society. However, specially adapted sports infrastructures are considered necessary to put this possibility into practice. For individuals with disabilities, the most basic requirement when playing sports is to create a comfortable, safe and personalized environment. For people with limitations on wheelchairs, hearing or vision, sports facilities must have special equipment, ramps, utility equipment, and visual-audio signs. Such infrastructure should be provided in disabled gyms, pools, stadiums, as well as outdoor exercise areas. Athletic equipment developed for people with disabilities – such as wheelchair running, wheelchair basketball, paravolleyball, ball sports for the blind (such as goalball) – allows them to train on an equal footing. The presence of these tools sets the stage for them to develop themselves through sports and participate in competitions. An important component of the infrastructure is a team of coaches and assistants who have undergone training in working with experienced people with disabilities. They provide an individual approach to athletes

with disabilities and train on programs appropriate to their capabilities. While some cities have sports centers adapted for people with disabilities, there are insufficient numbers. There are practically no such opportunities, especially in rural areas. Therefore, expanding the sports infrastructure, making it available and accessible in every region – will be an important step towards social equality.

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