



**IO6 - Training Program:  
Workshop of the training program “Fit Kids” for teachers,  
trainers and volunteers from local sport organizations and  
schools which work with children with intellectual disabilities**

## **PEDAGOGICAL MATERIAL**



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### About Fit Kids initiative

The project “Sport for Every Child: Fit Kids” encourage social inclusion and equal opportunities. The main goal of this project is to develop a modular based Physical Education methodology of sport activities, sport games and exercising for children and youngsters with intellectual and developmental disabilities, focusing on the groups that have to overcome most obstacles in doing sports activities, sport games and exercising, such as (ADHD, Bipolar, Anxiety, Trauma and Stressor-Related Disorders, Disruptive, Impulse-Control, and Conduct Disorders, Depressive Disorders, Obsessive-Compulsive and Related Disorders, Autism and Low Cognitive Ability). Modular approach to fit the needs of individual condition, structured for the use of teachers and also for parents of children with intellectual disabilities.



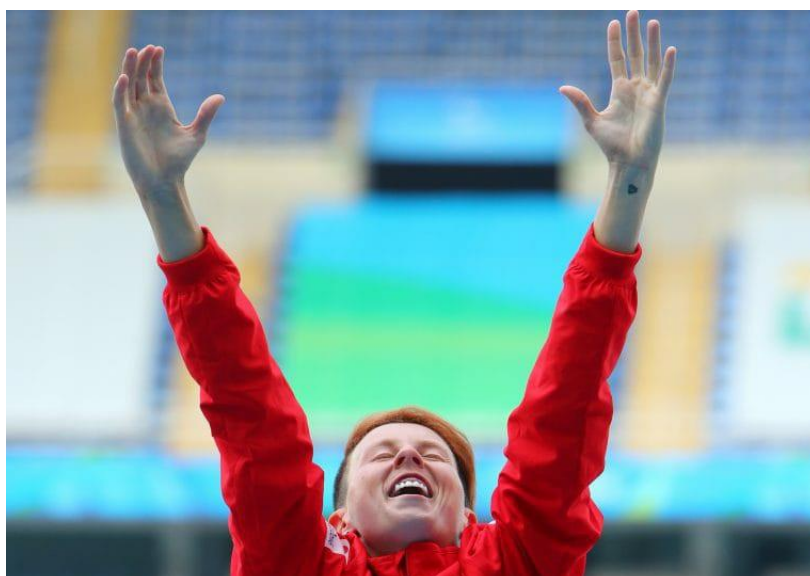
Professional experts from the project partner countries developed a modular methodology-based exercise and sports. Partners organized “Fit Kids” sports events for children, educational workshops and online education for teachers, youth workers and volunteers to better spread the newly developed program in all partner countries.

Intellectual outputs:

1. On-line pre-event and post-event survey research with children (youngsters with intellectual disabilities);
2. Guide of best practices in the field of motivating children and youngsters with intellectual and developmental disabilities;
3. Handbook of descriptions of various intellectual and developmental disabilities, which include:
  - High-end modular based Physical Education methodology of sport activities, sport games and exercising for children and youngsters with intellectual disabilities,
  - Best good practices and concepts to motivate children for physical activity;
  - Description of various types of intellectual and developmental disabilities. Instructions about what we have to take care according to disorder and sport activity.
4. E-learning portal which includes all the developed material: E-learning platform for education with all the developed learning materials, including developed sports, games and exercises for children with intellectual disabilities;
5. High-end modular based Physical Education methodology of sport activities, sport games and exercising for children and youngsters with intellectual disabilities;
6. Workshop of the training program “Fit Kids” for teachers, trainers and volunteers from local sport organizations and schools which work with children with intellectual disabilities;
7. Implementation of the online training program “Fit Kids” for teachers, trainers and volunteers from rural sport organizations and schools which work with children with mental disorders.

Fit Kids project is co-funded by the Erasmus+ Programme of the European Union and it is a collaborative partnership of 7 countries – Bulgaria, Slovenia, Italy, Romania, Sweden, Serbia and Turkey.

Find out more about Fit Kids project at [www.projectfitkids.eu](http://www.projectfitkids.eu)







## Sports for persons with intellectual disabilities

### History of adapted sports in Bulgaria

Organized physical culture and sports activities in Bulgaria are associated with the Union of the Blinds in Bulgaria (UBB), which started its activity in 1962 as, according to Milcheva (1983)<sup>1</sup>, at that time, almost 20% of the nine thousand organized members of the union were actively engaged in physical culture, sports and tourism. Sports activities quickly became a powerful means of expression for the members of the Union of the Blinds. Sports competitions were held in several sports disciplines: athletics, chess, cross-country skiing, swimming, rowing, rollerball, goalball and tourism. In 1974, UBB hosted the Sports Games for the Visually Impaired from the Socialist Countries, and out of 8 teams, Bulgaria ranked second after the USSR team. In 1976, at the European Rollball Championship, the Bulgarian team placed second. Athletes have great success, and chess players perform well at the Chess Olympiads for the Visually Impaired. Rowing trips along the Danube and ski courses on Vitosha and Malyovitsa were being held. In 1983, the European Athletics Championship was held in Varna, where Bulgarian visually impaired athletes performed very successfully. In 2012, the Sports Federation for People with Visual Impairments was registered and licensed by the Ministry of Youth and Sports.

The growth of sports among people with disabilities in Bulgaria is also connected with the development of organized sports among people with hearing disabilities. It has old traditions as in 1934, the Association of the Deaf-Mute was established and, in the fall of 1936, it gave its consent to the creation of a sports section for the deaf-mute at Slavia. The first representative team of the section is the football team. After 1939, in the conditions of war and economical challenges, the activity of the "Urbih" sports section decreased and stopped in 1942.

<sup>1</sup> Milcheva, D. (1983) *Sport for people with disabilities*. Sofia, *Medicine and physical education*.



Sport was revived as an activity with the establishment of peace and the end of the war in 1945. The second sports section "Chernomorets" was created in Varna; in 1946, the citizens of Plovdiv founded the sports section "Radecki", later renamed after the anti-fascist teacher Kotlarov, and in 1966 – "Tih Sportist" (Quiet Sportsman). After them, the sections "Tih Beroets" in Stara Zagora, "Tih Dunav" (Danube) in Ruse, "Skobelev" in Pleven, "Cherno More" (Black Sea) in Burgas, "Prof. Belinov" in Gorna Oryahovitsa, "Madara" in Shumen, "G. Drazhev" in Yambol, "Yunak" in Haskovo, "Rilets" in Dupnitsa and "Dunav" (Danube) in Lom were also established.<sup>2</sup>

In the early fifties, other sports besides football began to attract UDB members. There were many supporters of athletics and chess. In 1952, "Urbih" held its first domestic chess championship. Table tennis was also gaining popularity. In 1954, a basketball team was formed in Sofia, and a volleyball team in Gorna Oryahovitsa. After 1957, the sports activity of the UDB was massive and active – the deaf athletes from all over the country took part in national championships and in the 8th World Summer Silent Games in Milan.

In 2013, the twenty-second Deaflympics took place in the city of Sofia (July 26 – August 4, 2013) and were organized by the Sports Federation of the Deaf in Bulgaria (SFDB). Bulgaria was represented in the Deaflympics 2013 by 64 athletes in nine sports disciplines.

The Sports Federation of the Deaf in Bulgaria is a legal entity for public benefit. The Federation is the legal successor of the Bulgarian Sports Organization of the Deaf, established in 1993. The main task of the federation is the development of sports among the deaf people. The Federation has established structures – sports clubs in 10 cities in the country. There are about 1600 members who regularly play sports in these clubs. SFDB is a member of the European Deaf Sports Organization (EDSO) and the International Committee of Sports for the Deaf (ICSD).

Along the lines of mass and recreative sports, Milcheva (1983) also emphasizes the role of the popularization of physical education and sports as a means of restoring and strengthening the metropolitan sports club "Start". It organizes and conducts mass recreational activities with the people with reduced working capacity. In 1981, the sports club "Start" held a sports event dedicated to the International Day of People with Disabilities. The program included team gymnastics complexes, athletics (handball throwing and medicine ball pushing), basketball and relay games.

According to Belchev<sup>3</sup> (1978), in the seventies of the last century, attempts were made to introduce the sports disciplines of swimming, basketball, and athletics in the rehabilitation of paraplegics in the "Pavel Banya" sanitary-resort complex and of amputees in the Institute of Orthopedics and Traumatology, but they have not remained as a permanent habit in the lives of the patients upon their return to home conditions.

Until 1981, sports for people with disabilities continued to be part of the activities of the Union of the Blinds and the Union of the People with Disabilities. In 1981, a republican section "Sport among the people with disabilities" was established at the Bulgarian Union for Physical Culture and Sports (BUPCS). In 1992, the section was renamed as Bulgarian Federation "Sports for People with Disabilities". In 2003, as the only organization representing the International Paralympic Committee in Bulgaria, the Bulgarian Federation "Sports for People with Disabilities" adopted the name Bulgarian Paralympic Association.

Bulgaria's first participation in the Paralympic Games was in 1988 in Seoul. During the games, Bulgaria took part in athletics and was represented by Georgi Sakelarov, in the disciplines of shot put and discus throw, and by Donko Angelov in the triple jump.

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<sup>2</sup> Djobova, S. // *Theoretical and applied aspects of sports for people with disabilities: Monograph. Sofia: Bolid-ins, 2018*

<sup>3</sup> Belchev, M. (1978). *Organization and intensification of staged medical rehabilitation for paraplegics with different etiologies. Cand. Dissertation. Sofia, Medical Academy, 7.*





In addition to the selection and preparation of athletes with disabilities for elite sport representation, the Bulgarian Paralympic Association is also committed to the development and expansion of opportunities to practice mass and recreational sports for people with disabilities of all ages. Thirty-five sports clubs for people with disabilities from all over the country are members of the Association. The clubs are multi-sport, and the main types of sports they develop are – athletics, table tennis, swimming, weightlifting, badminton, chess, petanque, cross-country skiing, goalball (a sports game for the visually impaired), judo, shooting, wheelchair basketball, wheelchair tennis and, more recently, sitting volleyball. A new sport is showdown – a game for visually impaired athletes.

In the years of transition, Special Olympics Bulgaria was also present as a factor in sports among people with disabilities. It started its program in 1994, but data on the activity is missing until its revival in 2003. After the restoration in 2003 until today, the Special Olympics Program in Bulgaria supports the development of sports among Bulgarians with intellectual disabilities in 25 sports (football, dodgeball, athletics, table tennis, court tennis, swimming, basketball, bocce, bowling, equestrian, badminton, rowing, canoeing, sailing, gymnastics, judo, weightlifting, volleyball, cycling, ice skating, golf, aerobics, wushu, alpine skiing and speed skating). 6000 athletes participate in the various sports activities and programs of the organization (Special Olympics Bulgaria, 2003–2013).

The adapted sports sector in Bulgaria has developed significantly and leads to the need of a specific education of sport experts, prepared to work using World practices and being prepared for both recreational and elite sport training, which lead as well to the establishment of “Adapted Physical Activity and Sports” sector in National Sports Academy “Vassil Levski”. The education in Bachelor and Master degree is providing widely recognized quality education in the field, ensuring professionals to work on the field and further develop the scientific aspect of the adapted sports in Bulgaria.

### **History of adapted sports in Italy**

The inclusion of disabled individuals in sports contexts is a relatively recent occurrence. In this regard, people with traumatic spinal paralysis were the first disabled people to systematically participate in a sporting activity thanks to the activity of Dr. Ludwig Guttmann, a neurosurgeon and director of that motor rehabilitation centre convinced of the need to solve the various problems arising from the passive nature of people with physical trauma created by war conflicts.

Beginning in 1952, when the first Stoke Mandeville Games for people with disabilities were organized by Guttmann, the successor sports competitions dedicated to people with disabilities were so successful that his inventor, together with the Italian Dr. Antonio Maglio, chief of Ostia Paraplegic Center and deputy director of INAIL, committed to bringing to the 1960 Rome Olympics what were later called the Paralympic Games.

In Italy, sport for people with disabilities was born in 1957, thanks to Dr. Antonio Maglio, head of the Ostia Paraplegic Center, who applied the "Guttmann method" and was the promoter of the games in Rome in 1960. In this regard, Dr. Antonio Maglio can be defined as the Italian father of disability sports whose innovative results, such as the reduction of mortality rates and alleviation of depressive states in his patients, showed how physical activity could be treated as a fundamental tool for the physical and mental well-being of their patients. Dr. Maglio, inspired by his colleague Dr. Guttmann, greatly expanded sports programs by multiplying physical activities through numerous sports: such as swimming, basketball, table tennis, weight and javelin throwing, shooting with archery, fencing and wheelchair running.

Deepening the relationship between adaptive sports and institutions in Italy, it is essential to mention:

- the IX *International Paraplegic Games* in 1960, or the 9<sup>th</sup> international edition of the Stoke Mandeville Games, organized by INAIL and the Italian National Olympic Committee (CONI) and were held a week after the conclusion of the Olympic Games. During this event, fifty-seven competitions were organized in 8 different





sports, in which were participating 400 athletes represented 23 different nations. Since then, the Paralympics have been held every four years in conjunction with the Olympics;

- The birth, in 1990, of the Italian Disabled Sports Federation (FISD), created from the union of three other federations already operating in the area: 1) (1974) FISHA: Federazione Italiana Sport Handicappati; 2) (1980) FICS: Federazione Italiana Ciechi Sportivi (dedicated to blind people); 3) (1981) FSSI: Federazione Silenziosi Sportivi (dedicated to deaf people). The novelty brought by the merger and the creation of a unified federation ensured that athletes with intellectual and relational disabilities received equal dignity and consideration to those with physical and sensory disabilities;
- Law No. 189 of 2003, the FISD has been transformed into the Italian Paralympic Committee (CIP). This law made it possible to assign additional tasks to the FISD by electing it as the Italian Paralympic Committee and officially recognizing its social value as a body that aims to guarantee the right to sport in all its expressions.

Some examples of adaptive sports implemented in Italy are: archery for the blind, which was born in Italy in 1992, and the first experimental national championship authorized by the CONI was held in May 1999. Also, the adaptive version of football in Italy created the first team in Rome in 1985.<sup>4</sup>

### History of adapted sports in Romania

The Romanian Organisation of Sports for the Handicapped<sup>5</sup>, as it was initially known, was founded in December 1990 by a group of individuals with interests in the athletic participation of people with disabilities. They established the federation, which operates openly within the Sports for All Directorate and was established by the Minister of Youth.

The legal standing of the federation is governed by the year 2001. The federation, like all other national sports federations, becomes a legal person under private law and of public utility through the implementation of Law 69/2000. Since then, the Romanian Sports Federation for People with Disabilities has been in use.

Changes to the name of the Romanian Federation of Sports for People with Disabilities in the National Paralympic Committee were approved by Law No. 34/2009, which is a modification and completion of Law No. 69/2000 on Physical Education and Sport. National Paralympic Committee, Romania is the name of the organisation outside of Romanian territory.

In Romania, much work needs to be done before people with disabilities are treated equally; the educational system is highly divided, and many people with disabilities are still unemployed. Despite these obstacles, it's essential to be aware of the evolution and changes that are made towards the goal of creating a proper environment and offering equal opportunities and support. There is a group of people who are actively striving to promote inclusion and connection for people with disabilities, making strides in building a more inclusive society.

Romania's endeavour is one of the most successful ones because of the team's diversity and skill set, as well as the participants' enthusiasm to contribute and express their perspectives. A framework was established for the development and support of public policies, as well as the modernization of practises, tools, and methods of support in the community, through Romania's ratification of the UN Convention on the Rights of Persons with Disabilities

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<sup>4</sup> Scelsi, G. (2013). *Educazione fisica sportiva e adattata*, CONI, Scuola Regionale dello Sport. Available at: [https://basilicata.coni.it/images/basilicata/dipense\\_2\\_Educazione\\_fisica\\_sportiva\\_adattata.pdf](https://basilicata.coni.it/images/basilicata/dipense_2_Educazione_fisica_sportiva_adattata.pdf);

Donati, D. (2012). *Materiali di lavoro*. Available at:

<https://www.corsi.univr.it/documenti/OccorrenzaIns/matdid/matdid069665.pdf>;

<sup>5</sup> <https://www.consiliuldemonitorizare.ro/conventia-onu-participarea-la-viata-culturala-activitati-recreative-timp-liber-si-sport/>







through Law No. 221/2010. This framework will eventually lead to the full inclusion of people with disabilities in society and to a dignified and fulfilling life in the community.

As a result of ratifying the UN Convention on the Rights of Persons with Disabilities, Romania is committed to mobilising the resources required to remove all obstacles so that no person with a disability is subjected to abuse, marginalisation, or discrimination, and their choices and aspirations are respected. By doing this, Romania will be able to put the Governance Program's top priorities in the area of policies for people with disabilities into practise.

The eight key areas of concentration for the Convention's implementation in Romania are: accessibility, participation, equality, employment, education and professional development, social protection, health, and statistics and data gathering.

The Constitution guarantees a person's freedom to pursue his or her spirituality and to engage in the traditions and ideals of both national and global culture, as well as their right to participate in cultural life, leisure pursuits, free time, and sports. The state must guarantee and ensure that the spiritual identity is preserved, that national culture is supported, that the arts are encouraged, that the cultural heritage is protected and preserved, that contemporary creativity is fostered, and that Romanian cultural and artistic values are promoted internationally.

The special law requires the public administration's competent authorities to make it easier for individuals with disabilities to access cultural, historical, touristic, sporting, and recreational goals. The Public Administration Authorities are required by Physical Education and Sports Law No. 69/2000 with Subsequent Amendments and Additions to provide conditions for people with physical, sensory, mental, and mixed disabilities to engage in physical education and sports in order to develop their personalities and integrate into society, as well as the means to enable athletes with disabilities to compete in national and international competitions designed for them.

There are now 34 National Paralympic Committee-affiliated sports organisations in Romania, and there are 577 registered athletes competing in 18 adapted sports.

### **History of adapted sports in Serbia**

Following the world trends with the increasing number of people with disabilities who participate in sports activities, since 2002, the Special Olympic Games have been organized in Serbia. The Games currently cover 12 sports: athletics, swimming, skiing, badminton, bocce, bowling, table tennis, tennis, basketball, volleyball, handball, and football. Serbia regularly participates in the Summer and Winter Special Olympics (World and European competitions), and World and European championships in various sports. In named competitions, Serbian athletes regularly win many medals, and the number of medals won at one competition is very often in double figures. Competitions of unified teams (mixed teams), made up of athletes without disabilities and people with intellectual disabilities, are gaining increasing popularity in Serbia. This type of sports competition is of great importance for children with intellectual disabilities, for their parents, but also children without developmental disabilities and their parents. They all come out of such activities stronger, better, and emotionally wealthier. The contacts established in this way contribute significantly to finding the right place and role for people with intellectual disabilities in the broader social community. In Serbia, there are 11 unified sports clubs from 11 different cities in the entire territory of Serbia which are successfully functioning and are included in the Special Olympics program. The headquarters of the Special Olympics of Serbia is located in Belgrade. Besides those clubs, a large number of sports clubs for the general population organize sections in which they gather people with disabilities, including people with intellectual disabilities. Also, several clubs specialize in working with people with intellectual disabilities and behavioral disorders. Their activities on the domestic and international scene are realized within or under the auspices of national sports federations. By working in this way, the most sporting and promotional successes were achieved by clubs from several martial sports (taekwondo, judo, and karate) and rugby, rowing, and kayaking. In addition to these competitive sections and clubs, sports associations for people with disabilities provide classes for sports and recreation for people with various forms of disability,







including those with intellectual disabilities in the entire territory of Serbia. The offer of sports activities is very diverse, so everyone can find something that attracts and interests them. Moreover, all activities are free. Children with intellectual disabilities in Serbia have three levels of competition: school, regional and national. The Sports Competitions Program for Handicapped Schoolchildren of Serbia (srb. *СПОПТХУС*) was created in 1997 and includes children with intellectual disabilities, as well as children with hearing and sight impairments. Competitions are held in primary and secondary school categories in five sports (table tennis, basketball, athletics, futsal, and chess) and have many participants.

It can be concluded that in Serbia, the number of people with intellectual disabilities, who are involved in sports activities, is increasing yearly. Sports federations, clubs, and associations are very important, but during the last decade, a significantly greater interest of parents has been observed as a key factor in making sports a daily part of their child's life. Economic progress and stability have made it possible for more people with intellectual disabilities in Serbia to be involved in sports activities. A large number of participations in international competitions, as well as the numerous successes achieved in those competitions, additionally motivate the users - those who are already involved in these programs and those who have not had similar experiences so far. In Novi Sad (the second largest city in Serbia), 12% of people with intellectual disabilities and only 3% of people with physical disabilities are involved in sports activities, and throughout Serbia, there is good interest in most of the offered programs.

### **History of adapted sports in Slovenia**

The development of adapted sports and sport for people with disability in Slovenia is connected with the history of SPORTS FEDERATION FOR THE DISABLED OF SLOVENIA – PARALYMPIC COMMITTEE OF SLOVENIA (NPC SLOVENIA). The beginnings of the NPC Slovenia are closely linked to the sports activities of war veterans with disabilities. The Federation of War Veterans with Disabilities (ZVVI) set up a sports committee, which started to manage in an organize sport activities for all people with disabilities and later also competitive forms of sports. At first only for members of the ZVVI, the activities were gradually spread to other persons with disabilities and to their newly emerging organizations. As far back as 1952, the first republic-wide skiing championship was held, followed in 1954 by republic-wide competitions in 9-pins bowling, table tennis, chess and shooting, with the participation of around 200 persons with disabilities. Alongside boules (similar to bowls and bocce), these sports make up the core of the most popular sports developed among persons with disabilities in Slovenia. Slovenian sportiest also competed successfully in nationwide competitions within the then Sports Federation for the Disabled of Yugoslavia.

From these beginnings in the disabled war veterans committee, the NPC Slovenia went through many stages of development. While the beginning was dominated by sports of an exclusively recreational nature, during the course of its development, competitive and later also top-level sports for persons with disabilities started to predominate. The present organization of the NPC Slovenia has its roots in the 1990's, when 10 national disabled organizations decided to set up the new NPC. So out of a federation of disabled sports societies, the NPC Slovenia became a federation of national disabled associations. It was entrusted with the implementation of sports activities on the national level, and with all matters relating to scouting, preparing and placing in competition the best Slovenian sports persons with disabilities at official international competitions such as the European and world championships, the world games and the Paralympic Games. NPC Slovenia now manages or enables the holding of around 30 national championships an up to 20 programs for Slovenian sports persons with disabilities to compete in international championships. The system of state championships sees the participation annually of more than 1,100 competitors, with around 130 competitors taking part each year in different international championships.<sup>6</sup>

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<sup>6</sup> <https://www.zsis.si/2008/07/01/sports-federation-for-the-disabled-of-slovenia-paralympic-committee-of-slovenia-npc-slovenia/>;  
[https://www.zveza-paraplegikov.si/sites/default/files/globokar/PDF-datoteke/Zbornik\\_50\\_let\\_sporta\\_n.pdf](https://www.zveza-paraplegikov.si/sites/default/files/globokar/PDF-datoteke/Zbornik_50_let_sporta_n.pdf);





## History of adapted sports in Sweden

The Swedish Handicap Sports Federation (SHIF) was formed in May 1969 and in November of the same year, the federation was elected to the National Sports Confederation (RF) as the fiftieth specialist sports federation. In May 2007, the Swedish Paralympic Committee was formed, as part of SHIF (SHIF/SPK). The history of the Swedish parasport movement started a few decades earlier. The Swedish Parasport Federation administers sports for people with mobility impairments, visual impairments, and intellectual disabilities in 12 sports and has around 25,000 members organized in more than 500 associations/sport clubs. The association also holds the role of the Swedish Paralympic Committee with responsibility for Paralympic sports in Sweden, which also includes sports organized within other specialist sports federations.

In recent decades, Parasport has become an important way for many people with disabilities to show that they can do competitive sports under similar conditions to people without disabilities. The athletes who count as Swedish Parasport athletes with three different categories of disabilities, which are: mobility impairment, intellectual disability, or visual impairment.

Today the Swedish Parasport is seen as a way for sport to make Sweden stronger. Parasport is the answer to several societal challenges that exist around public health persons with disabilities. By strengthening the work of the sports movement therefore, with parasports, large social gains are created. People with disability who actively participate in association-run sports indicate that they experience a greater independence, have greater social interaction, participate in education, and labour market to a greater extent and have a more optimistic outlook on life than those who do not participate. This is in addition to the pure health effects, or perhaps rather as part of the health effects. The socio-economic gains in parasports are significantly greater than the already very large profits that exist in sports for people without disability.

## History of adapted sports in Türkiye

The history of official adapted physical education and sports in Türkiye dated back early 1980s. In 1982, the Turkish Special Olympics Organization was founded. Continuing its activities under the Turkish Spastic Children's Association when it was first established, Special Olympics Türkiye gained an autonomous status on 26 November 2002 under the name of Türkiye Special Athletes Sports Education and Rehabilitation Association (TÖSSED).

In 1986, Türkiye's 1st Special Olympic Games were held in Istanbul as local based. As the first organization in Türkiye, this helps interests to the adapted sports. In 1990, the Turkish Disabled Sports Federation (TOSF) was established under the General Directorate of Youth and Sports. TÖSF has gathered the activities of four main disability groups (the physically handicapped, the hearing impaired, the mentally handicapped, the visually impaired) under its umbrella. In 1997, the name of the Turkish Disabled Sports Federation was changed to "Turkish Disabled Sports Federation" (TESF). In 2000, Turkish Disabled Sports Federation, Mentally Handicapped Sports Federation, Visually Impaired Sports Federation, Hearing Impaired Sports Federation, Physically Handicapped Sports Federation went into a new structure. The Federation performs 13 branches out of 19 disabled sports branches determined by the International Paralympic Committee. In addition, they have 3 branches that are not Paralympic.

Türkiye first participated at the Paralympic Games in 1992. Türkiye did not participate in 1996 but since then has sent athletes to compete in every Summer Paralympic Games. In the Paralympic Games held in Tokyo, Japan in 2021, Türkiye participated with a total of 87 athletes and won a total of 15 medals, 2 gold, 4 silver and 9 bronze. Participation in Special World Olympics are 2007 Summer Games with 64 athletes, 2009 Winter Games with 6 athletes, 2011 Summer Games with 93 athletes, 2013 Winter Games with 3 athletes, 2015 Summer Games with 8 athletes, 2019 Summer Games with 11 athletes.



In 2000, the course "Physical Education and Sports for the Disabled" began to be compulsory in the Schools of Physical Education and Sports. This course helps to educate teachers who will work children with disabilities. It also helps to train athletes for national and international sport organizations. Following this, in 2002, the Turkish National Paralympic Committee was established in Istanbul. In 2009, the "Special Education" course started to be taught as a compulsory course in the Schools of Physical Education and Sports. In 2010, "Exercise and Sports Education Department for Disabled People" was opened within the body of Inonu University, School of Physical Education and Sports. In 2018, the "Adapted Physical Education and Sports" course was included in the curriculum of the Faculty of Sports Sciences and Schools of Physical Education and Sports.

Türkiye Special Athletes Sports Federation is ranked first with, 5 thousand 91 women, 14 thousand 397 men, a total of 19 thousand 488 licenses, while 1215 women, 3 thousand 310 men, a total of 4 thousand 525 active athletes.

While sports branches for the disabled were not well known and unknown in 2000, the point they have reached today is known by everyone.<sup>7</sup>



<sup>7</sup> <http://soturkiye.org.tr/hakimizda/hikayemiz/>;

Savucu, Y. (2019). Uyarlanmış Beden Eğitimi ve Spor . *International Journal of Sport Exercise and Training Sciences - IJSETS* , 5 (4) , 192-200 . DOI: 10.18826/useeabd.439838;

Yanardağ, M. (2021) *Fiziksel eğitim, aktivite, spor ve uyarılama*. Yanardağ, M., Yılmaz, İ. (Eds.), *Özel gereksinimli öğrenciler için fiziksel eğitim ve spor içinde* (s.42-73). Pegem Akademi;

Kaymak, A. (2021) *Fiziksel eğitim ve sporda öğretim yaklaşımları*. Yanardağ, M., Yılmaz, İ. (Eds.), *Özel gereksinimli öğrenciler için fiziksel eğitim ve spor içinde* (s.195-246). Pegem Akademi;





## What are the Adapted sports?

In the present section of the Training Format, we will understand a bit deeper which are the sports in which persons with intellectual disabilities can take active part (organized in alphabetical order):

### ALPINE SKIING

Alpine Skiing or downhill skiing is the sport of sliding down snow-covered hills on skis with fixed-heel bindings. Alpine skiing is popular wherever the combination of snow, mountain slopes, and a sufficient tourist infrastructure exists. Paralympic alpine skiing is an adaptation of alpine skiing for athletes with a disability. The sport evolved from the efforts of veterans in Europe during and after the Second World War. The primary equipment used within para alpine skiing includes support as outrigger skis, sit-skis, and mono-skis. Para-alpine skiing disciplines include the Downhill, Super-G, Giant slalom, Slalom, Super Combined and Snowboard. Alpine skiing is suitable for people with any form of mobility impairment, visual impairment or intellectual disability. There are different types of equipment to adapt the ride based on the athlete's conditions, and athletes with visual impairment can ski with a companion.

Totalskidskolan, a Swedish non-profit association enables everyone to ski. Their mission is to make alpine skiing available at the same costs for everyone no matter if the skiers have a disability or not. Since 1987, thanks to several sponsors, donors, funds, partners, they have the same conviction or just a belief in being able to manage to raise money to for their activities. As the costs for a skier with disabilities are often higher than for a skier without disabilities, the costs are adjusted so that the costs correspond to any other skiing school with rental equipment.



## **ATHLETICS**

There are many different disciplines in athletics. You can train and compete in throwing events, running events, and jumping events. Some examples are running, high jump, long jump, and javelin.

Athletics is suitable for anyone who has a disability. The disciplines are adapted to your requirements. For example, people who use a wheelchair and have strong arms, the running branches are replaced by wheelchair running. If the athlete has a poor trunk stability and balance but can move her/his legs, she/he can compete in frame running. Athletes with a visual impairment, have a companion with them on the track. Athletes with intellectual impairments can take part in the Special Olympics programme. There is also a Paralympic class for people with intellectual disability.

## **BADMINTON**

Badminton is a sport that is enjoyed all around the world by millions of people of a wide range of ages. It is a sport that explores speed changes, reaction time demands, muscular strength and endurance challenges, and is heart-pumping fun.

Badminton is a popular racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court. Para-badminton is a variant of badminton for athletes with a range of physical disabilities. The players are classified to six different para classes depending on their disability. Also, Badminton is part of the Special Olympics programme.

## **BASKETBALL**

Basketball is a popular team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball (approximately 24 cm in diameter) through the defender's hoop (a basket with 46 cm in diameter mounted 3,048 m/10 feet) high to a backboard at each end of the court, while preventing the opposing team from shooting through their own hoop. A field goal is worth two points, unless made from behind the three-point line, when it is worth three.

There are 2 different versions of Para Basketball: Wheelchair basketball is basketball played by people with varying physical disabilities and Basketball (standing – adapted rules) is also one of the most popular sports at Special Olympics.

## **BOCCIA**

Boccia is a precision ball game of Italian origin. It has similarities to boules/pétanque but is played with coloured balls. The game is contested internationally and is a major sport within parasports. It is a traditional Paralympic sport. It is also available as outdoor play in a simpler version. It can be played both indoors and outdoors, both individually and in teams.

Boccia is played indoors in the winter and outdoors in the summer. It is played with 2–3 balls (depending on the competition class) and with a small target ball. You can play individually or in teams. Individually, each player has two drafts per game. If you play in teams, each team has 3 drafts each. It is important to get as close to the white target ball as possible and when everyone has thrown out their balls, points are counted. If you have one orb closest you get 1 point, two orbs 2 points and so on.

Boccia is suitable for people with mobility impairment, visual impairment, intellectual or neuropsychiatric impairment. Boccia can be played in a wheelchair or standing and with or without a ramp/chute. Within parasport, boccia is a game for individuals with different types of disabilities. Depending on the degree of the disability, the athletes are divided into four different classes for players without assistance. In addition, athletes who need assistance to play the game have a special class. This class, (class 1, BC 3 - people with severe Cerebral Pares), is one of the Paralympic classes.





## BOWLING

Bowling is a target sport and recreational activity in which a player rolls a ball toward pins (in pin bowling) or another target (in target bowling). Bowling can be played with friends and family, and you can also join a bowling club if you want to compete or just meet others, feel connected and have fun. Everyone is welcome in bowling no matter which preconditions one has.

In pin bowling, the goal is to knock over pins on a long-playing surface known as a lane. Lanes have a wood or synthetic surface onto which protective lubricating oil is applied in different specified oil patterns that affect ball motion. A strike is achieved when all the pins are knocked down on the first roll, and a spare is achieved if all the pins are knocked over on a second roll. In target bowling, the aim is usually to get the ball as close to a mark as possible. The surface in target bowling may be grass, gravel, or synthetic. Bowling consists of knocking over ten pins with the help of a bowling ball. The cones stand in a triangle at the end of the oblong lane. It is a technical sport played indoors.

Bowling is suitable for everyone with mobility impairment, visual impairment, hearing impairment, intellectual or neuropsychiatric impairment. You can play sitting in a wheelchair or standing, and if you have difficulty getting the ball away under your own power, you can use a special chute which you drop the ball. It is also possible to play with fences on either side of the court so that the ball does not end up in the gutters next to the court. Bowling is also part of the Special Olympics movement.<sup>8</sup>

## COMPETITIVE CHEER

Competitive cheerleading consists of stunts and pyramids (where one or more people lift or throw a person), jumps, dances, and vaults. Movements and moments are put together to music and rhymes. Among other things strength, technique and balance are trained, and cheerleading is based on community and team cohesion in the team. Athletes encourage each other and the audience.

The training is individually adapted and based on everyone's ability and conditions, which means that everyone can participate. If necessary, companions/assistants can take part in the training.

Competitive cheerleading is suitable for everyone who wants to move and have fun. Cheerleading is suitable for everyone regardless of disability and you can practice cheerleading in a wheelchair. Competitive Cheerleading is also part of the Special Olympics movement.

## CRICKET

Cricket is a globally popular and recognized sport. The first international Special Olympics cricket tournament was hosted in India in 2006, and today there are over 81,000 Special Olympics athletes participating in Cricket. Special Olympics competitions include (1) Cricket Skills Test and (2) Team Competition.

The professional side of the sport is on the rise, and the infrastructures in place for disability cricket are clearly improving and being taken more seriously. Side to competition-oriented cricket, there are several variations of cricket that are designed for people with disabilities:

- Table Cricket is a version of cricket that takes place on a table-tennis-sized table. The game was initially designed for young people (ages 5 and 11) with physical or learning disabilities that inhibit them from taking up other forms of cricket. There are six people on each team and a starting score of 200, where 5 points are at stake for each dismissal;
- Adaptive kwik cricket is a pretty flexible version of cricket; hence the name; the aim is to create customized games that suit the participants. It may be played in pairs or in an adapted form of cricket that is well suited to deaf/visually impaired people, with plastic bats and balls;
- Wheelchair cricket and walking cricket are tailored towards people with various physical abilities and severity of disabilities, with the latter being like walking football in that it's popular with those over 50;

<sup>8</sup> <https://parame.se/hitta-traening/bowling/>







- A newer format is clock cricket, designed mostly for less mobile people. All the players sit in a circle and, using a special bat; they face eight (sponge) balls to determine the winner.<sup>9</sup>

## CROSS COUNTRY SKIING

Cross-country skiing (commonly abbreviated XC skiing) is a winter sport where participants propel themselves across snow-covered terrain using skis and poles. XC skiing is offered as one of four Special Olympics snow sports, along with Alpine Skiing, Snowboarding, and Snowshoeing. It has been an official Special Olympics sport with World Games events since 1977. There are over 41,000 athletes in the sport of Cross Country Skiing across six global regions.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for managing those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest. The competitive events in Special Olympics vary from 10-meter ski races to 10-kilometer Skiing races and also Relays, using Classical or Free Technique. Special Olympics Cross Country Skiing offers a series of rule modifications relating to the process in which a race is started. Some races are conducted using interval starts with one or two athletes starting on intervals every 30 seconds while others are started with a simple pistol shot. In Cross Country relay races, if there are more than eight teams in a race, race organizers are to consider splitting the field and conducting two separate races to reduce course congestion.<sup>10</sup>

## CYCLING

Cycling has been established at Special Olympics since 1987, with very few variances with UCI (*Union Cycliste Internationale*) rules. The two main differences are the honest effort rule in place for Time Trials, not road races, and the hands off handlebars at the finish line. Due to safety concerns. Special Olympics cycling prohibits hands off the handlebars at any time, unlike non-Special Olympics cycling, where it is common and accepted and expected for winners to raise both hands after or even before crossing the finish line. Special Olympics racing is limited to time trials (from 250 meters up to 10-kilometer races) and road racing (from 5 to 40 kilometers races). Also, there are Unified Sports Tandem Time Trial races on 10 or 20-kilometer tracks. Every athlete riding their bike aims to travel at best possible time and arrive at the finish line first. In 2011, there were 76,748 Special Olympics Athletes who competed in Cycling, and also there were 79 Special Olympics Programs who participated in Cycling competitions.

Yet, the concept of adaptive cycling is simple for those not interested in competing in cycling. You have to adapt and modify a bike to suit the requirements of an individual rider. For those people with intellectual or learning disabilities, it is very often to use bicycles for two people, whereas the one with no disabilities has so-called double-controls for cycling, braking, and turning. For the last several years, developers and researchers have developed advanced cycling equipment allowing many people to ride. The hand cycle is the most advanced development in this field. It enables riders who, besides intellectual, also have some mobility impairment in the lower limb to propel a cycle with three wheels using their arms. There are many hand cycles for people of varied sizes and ages, plus many different office locations worldwide. Opportunities for disabled cyclists usually vary between local clubs and organizations.<sup>11</sup>

## DANCE SPORT

Dance has been considered a therapeutic recreative modality since the end of World War II. Dance for individuals with disabilities, more specifically wheelchair dance as an inclusive activity for individuals with disabilities, dates as far back as 1968. Hilda Holger from Sweden, who first trained her son with Down syndrome, pioneered teaching dance to individuals with disabilities. Today, the interest among people with disabilities to participate in dance as a competitive activity is growing, and it is spread out all over the world.

<sup>9</sup> <https://www.specialolympics.org/what-we-do/sports>

<sup>10</sup> <https://www.sportanddev.org/>

<sup>11</sup> <https://www.sunrisemedical.com.au/blog/importance-of-adapted-cycling-to-disabled-individuals>





At Special Olympics, there are four disciplines which are Ballroom Dances, Streetdance, Performing Arts, and Specialty, and four categories are Solos, Duos, Couples, and Teams. A dancer (Special Olympics athlete or Unified partner) can register for only one out of the four disciplines in the same Special Olympics Dance Sport Competition.

Dancing, accompanied by rhythm and music, plays an important part in developing the physical and emotional capabilities of people with disabilities. With the guidance of music, rhythmic dance activities positively affect the body's mobility, increasing strength, coordination, flexibility, and cardiorespiratory fitness. Music can encourage both verbal and nonverbal communication. Dance and music encourage the child to put forth the effort, which then leads to the child overcoming personal limitations and feeling a sense of achievement when moving in a way not previously explored or thought possible.<sup>12</sup>

## EQUESTRIAN

Horse-riding, driving, and other related equestrian activities make up a large proportion of disability sports opportunities. Equestrian is one of the most fascinating sports during the Special Olympics World Games and has been established at Special Olympics since 1987. Balance, stability, and the right communication between the horse and the rider are key elements for Equestrian sports success.

Special Olympics Equestrian encompasses several disciplines. Riders may choose English or Western tack and enter the appropriate classes. Dressage is the only Special Olympics event that parallels FEI (Federation Equestre Internationale). Other events have been chosen to offer a wide range of activities that athletes can participate in successfully. Equitation is judged on the rider's position and ability to influence the horse and is the basis for determining divisions. In 2011, 18,702 Special Olympics Athletes competed in Equestrian events, and there were 75 Special Olympics programs.

Horse riding is an excellent activity for people with down syndrome; it provides sensory stimulation for muscles and joints and helps to support the development of balance and movement. The sensory activity is very tactile, as it often includes stroking, hugging, and patting the horse. This is important for any disability as it helps build the brain's nerve connections, improve cognitive growth, and support motor skills development. Horse riding is also a great way to instill confidence in riders and develop memory, strength, and coordination while providing a fun and exciting experience.<sup>13</sup>

## FIGURE SKATING

According to Britannica Encyclopedia, figure skating is the recreation sport of gliding across an ice surface on blades fixed to the bottoms of shoes involving the performance of various jumps, spins, and dance movements.

The history of figure skating appears to be truly ancient and goes back to the prehistory of mankind. Archaeologists have found traces of tools and images associated with this practice dating back to the 3,000 BCE when the people of north filed and fashioned the shin bones of animals such as horses, deer or sheep into skates for wintertime travel on frozen lakes and waterways.

During the 14th Century, thanks to the Dutches skates evolves because of their sharpened steel blades and innovative edges that were now allowing greater speed and control on ice surfaces.

However, the discipline of figure skating as we know it today has to be traced back to 18th Century Britain. In particular, Robert Jones's first instructional book *A Treatise on Skating* offered detailed directions on how to create shapes such as circles, serpentine lines, spirals and figure eights on the ice.

### Adaptive skating:

According to the Manual of Adaptive Skating, the adaptation needs to be evaluated depending on the disability or impairment of the subject involved in the training. They include:

<sup>12</sup> Inal, S. (2014). *COMPETITIVE DANCE for Individuals With Disabilities*. *Palaestra*, 28(1);

<sup>13</sup> <https://www.britishequestrian.org.uk/news/riding-is-the-most-accessible-para-sport-opportunity-study-shows/>;  
<https://calvertexmoor.org.uk/news/horse-riding-disabled-people/>;





- How the trainer should work with the participants;
- The possibility of adapting the skating tools and equipment;
- The accessibility of skating facilities.

#### The existing types of competition:

- International;
- ISU Championships (World, European, Four Continents, and World Junior Championships, as well as the World Synchronized Skating Championships);
- Olympic Games;
- ISU Grand Prix of Figure Skating;
- Nebelhorn Trophy;
- Ondrej Nepela Memorial;
- Finlandia Trophy;
- Karl Schäfer Memorial;
- NRW Trophy;
- ISU Junior Grand Prix;
- ISU World Team Trophy in Figure Skating;
- National;
- Club competition;
- Made for television competition.<sup>14</sup>

#### FLOORBALL

Floorball is a type of floor hockey with five players and a goalkeeper in each team. It is a very fast-paced game that does not allow for physical opposition. During the game, indeed, it is possible to shoot, pass, and move with or without the ball but the player has to keep in mind that he/she cannot make physical attacks or direct charges at the opponent.

The invention of floorball is much debated within several countries, such as Canada, Sweden and the USA. They are vying for primacy in the creation of the sports discipline but it seems that it originated as a training medium for ice hockey players but soon became very popular. While the first modern floorball game took place in Gothenburg, Sweden in 1968, both Canada and the USA were already playing a similar version as early as the 1950s. When in Canada it was simply called "ball hockey," in the USA it was named "Cosom hockey," in memory of the stick manufacturer.

The first official club was founded in Sweden in 1979, and a couple of years later, the official rulebook of this sport was published, pushing forward the first World Championship.

In 2017 floorball was played in the World Games for the first time and, in the same year, it was played in the Special Olympics.

#### Adaptive floorball:

- Wheelchair floorball: from the rules perspective, this form of floorball is played with the same rules as "regular" floorball;
- Powerchair Hockey floorball: this version is very similar to the regular one, but it is adapted to people in motorised wheelchairs. It is played on an area approximately the size of a basketball court with a surrounding barrier that is used during play to rebound the ball;
- Special Olympics floorball: this version was developed for the intellectually disabled and slightly differs from the original version; the matches are played 3-on-3 with a goaltender and are played on a smaller court.

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<sup>14</sup><https://www.usfigureskating.org/skate/skating-opportunities/adaptive-skating#:~:text=The%20U.S.%20Figure%20Skating%20Adaptive,on%20and%20off%20the%20Ice.-;>  
<https://www.britannica.com/sports/ice-skating;>  
<https://www.history.com/news/figure-skating-origins-olympics;>







### The existing types of competition:

- World Games;
- Olympics;
- Special Olympics;
- ParaGames (Wheelchair Floorball);
- Asia Pacific Floorball Championship;
- Canada Cup;
- Czech Open;
- Champions Cup;
- EuroFloorball Cup;
- North American Floorball League.<sup>15</sup>

## FLOOR HOCKEY

Floor hockey was inspired by ice hockey as a sport that could be practised on diverse surfaces other than ice. Floor hockey was originally seen as an activity played in the street, while its invention can be traced back to 1936 by the Canadian Sam Jacks.

As said before, the difference with the original ice hockey version regards the surface where the game is played, given that usually it is played on hard surfaces such as wooden ones used for basketball matches. However, given its “street” origin, the game can be played also on asphalt and concrete surfaces.

As for hockey, the purpose of the game is to hit a puck at the opponent’s gate using a specific stick. As a result, the player will be able to gain points and win the match. Fundamental skills in this game are endurance, precision, power and teamwork attitude, a good mix of both physical and mental skills.

### Adaptive floor hockey:

- Special Olympics Floor Hockey: this version uses a wide disc with a hole in the middle and a blade-less stick. Floor hockey pucks are doughnut-shaped felt pucks with a centre hole of 10 cm (4 inches), a diameter of 20 cm (8 inches), a thickness of 2.5 cm, and a weight of 140 to 225 grams. Protective equipment is also required. This adaptation is believed to have been derived from a much earlier floor hockey variant from early 20th century Canada.

### The existing type of competition:

- Special Olympics.<sup>16</sup>

## FOOTBALL

Football, as we know it today, was born in England in the middle of the 19th century. However, similar forms of this game were already existing before and contributed to the development of the modern sport discipline.

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<sup>15</sup> <https://floorball.sport/this-is-floorball/parafloorball/powerchair-hockey-floorball/>;  
[https://www.floorballplanet.com/category/FB\\_HISTORY.html#:~:text=While%20the%20first%20modern%20floorball,after%20the%20stick%20manufacturer%20Cosom](https://www.floorballplanet.com/category/FB_HISTORY.html#:~:text=While%20the%20first%20modern%20floorball,after%20the%20stick%20manufacturer%20Cosom;);

<sup>16</sup> [https://www.rookieroad.com/floor-hockey/what-is/#:~:text=Canadian%20inventor%20Sam%20Jacks%20was,hockey%20to%20the%20United%20States](https://www.rookieroad.com/floor-hockey/what-is/#:~:text=Canadian%20inventor%20Sam%20Jacks%20was,hockey%20to%20the%20United%20States;);  
<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/floor-hockey?qa=2.170349984.1410437935.1667405190-1010598773.1667405190>;  
<https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Floor-Hockey-Rules-2020-v2.pdf>;





The first forms of primitive soccer date back even BC in the Aztec, Chinese and Australian Aboriginal cultures. Other varieties had been known also in Ancient Greek, where the ball used for the game was made by shreds of leather filled with hair.

A curious feature of the football forerunners was that these games all involved plenty of people and took place over large areas in towns causing, as a consequence, damage to the town where the game was played and even death to some players. For this reason, football-like games were forbidden for several centuries.

The first attempt to dedicate proper rules for the soccer game was done in Cambridge in 1848 and the first football club rose in the UK in the 19th Century when this sport was mainly considered entertainment for the British working class. Soon, football expanded globally and became a popular activity both in South America and India.

Nowadays, football is considered the biggest sport in the world, without comparison with other sports activities.

#### **Adaptive football:**

- Adaptive football (or amputee football): the rules are very similar to those of the FIFA (Fédération Internationale de Football Association) however, some differences include smaller field, goal size and team size, 25 min halves and 6v6 matches with a keeper;
- Disability football;
- Powerchair football;
- Dwarf football;
- Deaf football;
- Cerebral palsy football;
- Visually impaired/blind football;
- Learning disability football.

#### **The existing type of competition:**

- National competitions;
- International competitions;
- UEFA Champions League;
- UEFA Europa League;
- UEFA Supercup;
- FIFA World Cup;
- European Football Championship.<sup>17</sup>

## **GOLF**

Golf is a long-distance sport in which players use a variety of clubs to hit a tiny ball into a sequence of holes on a course from various starting positions (teeing grounds). Whoever holes their ball in the fewest number of attempts, wins. Although it is difficult to pinpoint the game's beginnings, recent research points to early versions of golf being played in Scotland before moving on to the Netherlands. Golf, unlike most ball sports, does not employ a standardized playing area. One of the important aspects of this game is to navigate various terrains on different courses, such as the fairway, rough (long grass), and different hazards (water, rocks, bunkers). Hence, each hole on a course is distinct in terms of its arrangement and design. The game starts at teeing area, and each cup must be located on a putting green. The number of holes may vary, but usually, there are 9 or 18 holes.

#### **Adaptive golf:**

An inclusive golf program does not preclude the need for program adjustments or revisions. It doesn't imply that everyone who participates, including those who have disabilities, will be able to execute at the same level, pace, or

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<sup>17</sup> [https://www.footballhistory.org/;](https://www.footballhistory.org/)  
[https://usadaptive.net/adaptive-soccer/;](https://usadaptive.net/adaptive-soccer/)  
[https://www.passionatepeople.invacare.eu.com/disability-football-rules-get-involved/;](https://www.passionatepeople.invacare.eu.com/disability-football-rules-get-involved/)





expertise. In addition to teaching the game of golf, the inclusive golf program should emphasize the social values that may be gained by everyone playing together. While learning to play golf is enjoyable, there is much to be gained by understanding how people differ from one another. Participating in a program with people who have disabilities fosters compassion, empathy, and most importantly, a new definition of friendship for individuals who do not have impairments. Learning how to swing a golf club is much less substantial and meaningful than this. For people with disabilities, participating in an inclusive program means growing in self-assurance, acquiring fresh perspectives on inclusion possibilities, and mastering a game they can play forever.

#### **The existing type of competition:**

- EUROPEAN NATIONS' CUP FOR GOLFERS WITH DISABILITY – Belgium;
- G4D Tour - (Golf for the Disabled);
- EUROPEAN JUNIOR GOLF TOUR - REGIONAL - UK – INTERNATIONAL;
- Chip in for Children Golf Tournament – US.<sup>18</sup>

## **GYMNASTICS-ARTISTIC**

Gymnasts in the dynamic sport of artistic gymnastics perform quick routines on apparatus made specifically for the activity. Gymnasts must exhibit excellent balance, strength, and flexibility while doing somersaults, flips, and other acrobatic manoeuvres in this graceful and artistic sport. Although there are numerous types of gymnastics, the public is generally best familiar with artistic gymnastics. It could be considered the sport's conventional or basic discipline. The well-known sport features a sophisticated scoring system, elite athletes competing at the Olympic level, and a variety of apparatuses for male and female competitions.

#### **Adaptive artistic gymnastics:**

Disability Gymnastics - Since 1985, British Gymnastics has offered a program for gymnasts with disabilities. The term "Disability Gymnastics," which was formerly known as "GMPD" (Gymnastics & Movement for People with Disabilities), has been adopted. The disability gymnastics program makes sure that each gymnast's demands are met by adapting to the sport. Coaches can help all challenged gymnasts reach their full potential by teaching disability gymnastics, which focuses on what each gymnast can do rather than what they can't. Disability gymnastics offers something exciting, enjoyable, and engaging for all disabled people to enjoy, ranging from basic movement activities to elite gymnastics skills. It is also widely acknowledged to provide many physical and social benefits for participants, such as improving coordination skills and boosting confidence.

#### **The existing type of competition:**

- British Gymnastics Championships-Man/Women's Disability Masters – UK;
- REGIONAL MODIFIED CHAMPIONSHIPS – UK.<sup>19</sup>

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<sup>18</sup> <https://www.ega-golf.ch/content/european-nations-cup-golfers-disability-1;>  
[https://edqaqolf.com/online/www/;](https://edqaqolf.com/online/www/)  
[https://www.jasonfloydgolfacademy.com/triple-a-world-series/?gclid=CjwKCAiA68ebBhB-EiwALVC-NhnIjC\\_UDZRRhl\\_jh4EoT3D-Wqj1G3M7k7JeGVlog8uZGqQnEIFpRoCH-IQAvD\\_BwE#/customer/1972/schedule;](https://www.jasonfloydgolfacademy.com/triple-a-world-series/?gclid=CjwKCAiA68ebBhB-EiwALVC-NhnIjC_UDZRRhl_jh4EoT3D-Wqj1G3M7k7JeGVlog8uZGqQnEIFpRoCH-IQAvD_BwE#/customer/1972/schedule;)  
<https://chipinforchildrens.com/#:~:text=The%206th%20Annual%20Chip%20In,hospital%20each%20and%20every%20year;>

<sup>19</sup> <https://www.british-gymnastics.org/articles/men-s-and-women-s-disability-masters-titles-decided;>  
[https://themeapa.com/2019/11/14/modified-championships-2019/;](https://themeapa.com/2019/11/14/modified-championships-2019/)







## GYMNASTICS-RHYTHMIC

Women alone can participate in rhythmic gymnastics, which involves performing on a floor while using apparatus such as a hoop, ball, ribbon, rope, clubs, and freehand (no apparatus). Each action involves a high level of athletic talent as well as physical aptitudes like strength, power, flexibility, agility, dexterity, endurance, and hand-eye coordination. The sport incorporates aspects of ballet, gymnastics, and dance. Teams of five or more people do Rhythmic Group Gymnastics, which consists of a variety of complex routines utilizing several apparatus at once. Rhythmic gymnastics combines sport with artistry, years of effort, and rigorous training to produce a mesmerizing performance. It provides spectators with a blend of grace and the perfection of gymnastic movement. Rhythmic Gymnastics, which blurs the lines between sport and art, combines the drama of the theatre with the grace of the ballet. Flexibility and musical interpretation are also crucial components of rhythmic training, but what distinguishes a gymnast's routine is the amount of "risk" she takes, such as throwing equipment several meters in the air while performing a series of leaps and turns before catching it again.

### **Adaptive rhythmic gymnastics:**

The adapted rhythmic gymnastics (ARG) program was created to help participants improve their self-control, motor skills, and physical fitness using small apparatus and fundamental gymnastics exercises. Because children have an innate sense of rhythm, which makes each movement more natural, simple, single, and combined aerobic rhythmic exercises are better suited for children with varying learning skills. Young participants find the ARG program simple to master, which fosters their confidence and initiative. The most important discovery is that rhythmic movement and music work better together to entice people to move in a variety of ways than other activities do. Children with IDD have never been considered in the design or inclusion of any of these programs.

### **The existing type of competition:**

- Special Olympics;
- Disability Rhythmic British Championships;
- NDP, IDP and Disability Finals competition – UK.<sup>20</sup>

## HANDBALL

Handball is a physical and fast sport of intense physical contact, with shots being thrown at speeds approaching 100km per hour. It is played indoors on a 40m X 20m court with seven players (one goalkeeper + six court), which speeds up the game even more. The object is to score more goals than the opponents by throwing the ball into a D-shaped net. It was established at Special Olympics at 1991.

There are differences of handball on Special Olympics. A series of optional modifications to team competitions of Handball are possible. It is the responsibility of each individual program to determine whether they will be employed. First, the length of the Handball court may be modified to no less than the length of a regulation basketball court. Second, beginner and lower ability players have to option to use a foam, air-filled ball for competitions. For beginning players, youth and lower ability players, referees have the option to limit player contact to what is allowed in a basketball game. There are no individual foul limits, but warnings, suspensions, and disqualifications are applied to athletes behaving in misconduct.

- Events for Competition;
- Team Competition;
- Individual Skills Competition;
- 5-a-side Handball;

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<sup>20</sup><https://www.specialolympics.org/what-we-do/sports/artistic-gymnastics/>  
<https://www.british-gymnastics.org/event/10445/rhythmic-british-championships-2022/>  
<https://nwqa.org.uk/2022/05/27/ndp-idp-and-disability-finals-2022/>;





- Unified Sports Team Competition.<sup>21</sup>

## JUDO

Judo is one of the most participated sports in the world and is practiced by millions of people spanning over 200 countries and territories worldwide. Judo teachers play a critical role in the development of judokas with an intellectual disability. They must take the time to help children with an intellectual disability feel included and understand what is going on during the judo session. For that, they need to know what to do and be aware of the type of disability they must face and the associated means of communication. The objective of the sport is to subdue your opponent on to their backs. From a standing position this is achieved by breaking the balance of your opponent and applying a throwing technique. From a ground position, grappling skills are used to pin down the opponent for a set period of time or force a submission. Adaptions to Judo: athletes are divisioned according to their ability levels, not only by weight and gender. The major difference between Special Olympics and mainstream Judo competitions is that rules and techniques are specially adapted to ensure the full safety and enjoyment of the athletes and arm locks and chokes are removed. Judo made its debut as a demonstration event at the Special Olympics World Summer Games in Ireland in 2003. At this inaugural event over 80 athletes from 9 countries took part.<sup>22</sup>

## KAYAKING

What is Kayaking? Every athlete aims to travel through a specific water distance paddling either on his/ her own or in pairs of two (2), achieving the best possible time. Kayaking for people with disabilities is usually performed as a flatwater racing event where athletes compete either on their own or as a pair with another athlete. Kayaking is one of the newest Special Olympics sports. It requires fundamental abilities in order to be safe and successful.

Special Olympics Kayaking uses touristic-type boats, while in International Canoe Federation races, athletes use professional boats. The touristic boats are more stable than professional flat-water racing kayaks. Additionally, Special Olympics requires all athletes to pass a swimming test before races and requires that all Special Olympics athletes wear a lifejacket during race. Competitions at Special Olympics have preliminary and final round races, while the International Canoe Federation has heats, semifinals, and final rounds.

Events for Competition: Singles Tourist Kayak; Doubles Tourist Kayak; Unified Sports Doubles Tourist Kayak; Singles Professional Kayak; Doubles Professional Kayak; Unified Sports Doubles Professional Kayak.<sup>23</sup>

## MOTOR ACTIVITY TRAINING PROGRAM

Motor Activity Training Program is designed for athletes with severe or profound intellectual disability who are unable to participate in Official Special Olympics sport competitions because of their skill and/or functional abilities. The Motor Activity Training Program is designed to prepare athletes with severe or profound intellectual disability, including athletes with significant physical disabilities, for sport-specific activities appropriate for their abilities.

Rules of Motor Activity Training Programs, they are non-competitive programs. There are no rules that govern competitions, and there is no award system for first, second, etc.

Sample Lesson Plan for Groups:

- Warm-Up Activities – General awareness activities, relaxation activities and stretching;
- Skill Stations – Activities that develop basic motor skills of Mobility, Dexterity, Striking, and Kicking;
- Group Game – A fun way for participants to apply the skills practiced at the skill stations. Also provides opportunity for participants to learn rules of a certain game and interact with peers and volunteers;

<sup>21</sup> <https://www.specialolympics.org/what-we-do/sports/handball/>

<sup>22</sup> <https://www.specialolympics.org/what-we-do/sports/judo/>

<https://www.eju.net/activity/special-needs/>

<sup>23</sup> <https://www.specialolympics.org/what-we-do/sports/kayaking>

[https://www.canoeicf.com/sites/default/files/6\\_roza\\_special\\_olympics\\_kayaking.pdf](https://www.canoeicf.com/sites/default/files/6_roza_special_olympics_kayaking.pdf)





- Conclusion – Conduct range of motion/stretching and relaxation activities to cool down.<sup>24</sup>

## NETBALL

Is played on a rectangular court with raised goal rings at each end. Each team attempts to score goals by passing a ball down the court and shooting it through its goal ring. Players are assigned specific positions, which define their roles within the team and restrict their movement to certain areas of the court. During general play, a player with the ball can hold onto it for only three seconds before shooting for a goal or passing to another player. Many people with disabilities enjoy playing netball with only a few adaptations from the traditional game. It could be as simple as installing an induction loop for people who are hearing impaired, using a ball that contains a bell inside to help those with visual impairments or using a softer ball to slow down the pace of the game. Walking netball is an ideal way to start playing the game and this adapted version is excellent for many disabilities. With the pace of movement restricted and the rules simplified, it allows those with a disability of any age and ability to enjoy the fun aspects of the sport, gain confidence and learn new skills. It uses a smaller sized court which can be set up in any hall or gym, thus allowing the sport to be played almost anywhere. There is no contact between players which adds to the safety aspect as well as allowing the game to flow. An excellent opportunity for disabled people to experience the sport of netball.<sup>25</sup>

## POWERLIFTING

The main goal of Powerlifting is that every athlete aims in lifting more weights than the opponent using specific moves. In Special Olympics Powerlifting is much more than deadlift, squat or bench press. It is effort, persistence and loyalty. Training, determination and attitude, are the key facts that define the balance between a successful or a failed attempt. The barbell, despite testing the physical strength, is also highlighting the athlete's inner wish to improve, "not to make compromises."

Differences of Special Olympics Powerlifting: Special Olympics allows for athletes with physical disabilities to wear a two-piece outfit with both upper and lower pieces being form fitting; either snug-fitting track trousers or snug-fitting shorts may be worn. A full-length aerobic suit may be worn while performing the bench press. Additionally, lifting with a prosthesis is allowed and orthosis with shoes will be allowed.

Events for Competition (Special Olympics):

- Squat;
- Bench Press;
- Dead Lift;
- Combination (Bench Press and Dead lift) or
- Combination (Squat, Bench Press and Dead lift).

## ROLLER SKATING

Roller skating is a recreational and competitive sport in which participants use special footwear equipped with small wheels to move on ice rinks or paved surfaces. It is a combination of several similar sports, such as speed skating, hockey, figure skating, and dance competitions similar to ice skating sports and some extreme sports like street style competitions and many others.

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<sup>24</sup> <https://www.specialolympics.org/what-we-do/sports/motor-activity-training-program/>;  
<https://specialolympicsmalta.org/beyond-sports/motor-activity-training-programme/>;

<sup>25</sup> <https://www.specialolympics.org/what-we-do/sports/netball/>;  
<https://www.englandnetball.co.uk/be-involved/paranetball/>;





Roller skating was designed for the first time in 1863 by James Plimpton, its cone structure was like a truck because he used two parallel pairs of wheels, one set near the heel of the boot and the other near the front, and attached the wheel pairs to the boot. And the name of this sport was “rocking” skate then, and now is known as “quad”.

The new generation what arrived with a major impact on roller sport appeared in 1980 it was adopted by speed skaters inspired by the roller hockey that is played with quad skate and small hard ball and curved sticks similar to those used in field hockey. The rules are derived from polo.

Speed skating competitions for men, women and relay teams involve racing counterclockwise around an oval track or open road. In terms of the rules and techniques of these competitions, they are very similar to those established for skating. Judging competitions and competency tests of Dance and figure skating on roller skates are similar to those used in skating in 1924 the International Federation of Roller Sports was founded, which governed the International Figure and Speed Skating Competition and Roller Hockey. The first world championships took place in 1937.

## **SAILING**

Sailing is a sport that involves moving a boat by using the power of the wind. This sport first started in Holland, Netherlands. King Charles II brought the sport with him to England after his exile in the mid-1600s. From there, the sport spread to other parts of the world. Nowadays, this sport is celebrated as a recreational and social activity. Starting in 1851, large competitions have been held to showcase the best sailors in the world. The USA won the America’s Cup from 1851 to 1983. After that, Australia, New Zealand, and Switzerland have been bringing home the crown.

There are many boat types used for sailing, from large yachts to dinghy racing.

There are different types of races; fleet racing, team racing, and match racing. Fleet racing include at least four boats. Some of these events include hundreds of participants. Match racing includes two boats competing against each other and the fastest one wins. Team racing involves two teams which have three boats each. It’s a 3-on-3 game and it’s very similar to match racing.

Scoring systems depend on the event (Olympics or America’s Cup). The widely celebrated format for races include short course, coastal or inshore, offshore, and oceanic.

Nowadays, competitions are still held worldwide to showcase the best sailors in the world. Major events that involving sailing are the Olympics, Mug Race, and Cowes Week.

As the years go by, sailing has become very interesting. With the development of technology, boats have become more advanced. But definitely, simpler boats with backward technology have never left the scene.

## **SHORT TRACK SPEED SKATING**

Short-track speed skating, sport that tests the speed, technical skating ability, and aggressiveness of its competitors. Unlike traditional long-track speed skating, contestants race against each other instead of the clock.

Short-track speed skating is rooted in the pack-style racing that was popular in North America during the first part of the 20th century. Amid considerable controversy, this rougher style of speed skating was practised during the 1932 Winter Olympic Games in Lake Placid, New York, U.S. The short-track sport came to prominence in the 1960s and ’70s. The International Skating Union held annual short-track championships from 1978 to 1980, and the first official world championship took place in 1981. Short-track speed skating made its Olympic debut at the 1992 Winter Games in Albertville, France.

Racing in groups of four to eight contestants, skaters compete on an indoor track the size of a hockey rink with a lap length of 111 metres (364 feet). The top two finishers from each heat advance to the next round. Passing strategies and pacing are important components of the sport. Contact often occurs as skaters jockey for position. Because of the sharp turns at high speeds, a special speed skate, one with a taller blade and higher boot, is used to provide extra support for the skater. Falls are common in short-track racing, and skaters wear protective pads on their elbows and knees, as well as helmets and gloves. The walls of the track are also padded. Individual short-track races are held over 500 metres, 1,000 metres, 1,500 metres, and 3,000 metres for both men and women. Four-person relays cover distances of 3,000 metres (women) and 5,000 metres (men).







## **SNOWBOARDING**

In 1917, Vern Wicklund, at that age, created a deck of pieces in the rennet, the Minnesota. This sled was called a "bunker" by Ven and his friends. Together with his relatives Harvey and Gunnar Burgeson, they patented their first snowboard show in twenty-two years later, in 1939.

A man named Sherman Poppen, from Muskegon, MI, came in 1965, in which he most considered the first "snowboard", where he was called Snurfer, where he sold his first 4 "snurfers" to Randall Baldwin Lee de Muskegon. Internationally, snowboarding began to grow, in 1981, some of the winterstick team's drivers went to France at the invitation of Alain Gaimard, who is marketing director at Les Arcs. French skiers/surfers Augustin Coppey, Oliver Lehaneur, oliver Roland and Antonie Yarmola, after watching a timurious film of the event, made their first successful attempts in 1983 in France (Val Thorens), using primitive, homemade clones of the winterstick.

Snowboarding was recognized by the International Ski Federation (FIS) as a discipline in 1994. At the 1998 Winter Olympics in Nagano, the snowboarder made his first debut. The semipipe and giant slalom competitions were a huge success, due to their overwhelming popularity among spectators. That being the case, FIS was responsible for the scoring and design systems of the course, where they encountered problems. The huge slalom competition encountered problems at ski events, which were the dangers for the competitors due to the ice.

## **SNOWSHOEING**

Think of snowshoeing as an extension to hiking. In simple terms, it involves walking over snow with the assistance of snowshoes, a type of outer footwear that features a wide frame to distribute the weight of the person over a larger area. The reason for this design is to achieve something called "floatation", a quality that prevents the foot from sinking into the snow.

This technique of walking in the snow dates back around 6,000 years ago. Snowshoes were first developed in Central Asia, and the very first designs were modelled on the tracks of animals (such as the 'snowshoe hare') which were adept in moving around in the snow. Over the centuries, they have played a vital role in survival in the remote mountains for trappers and traders traversing the wilderness.

The traditional shoe form was first crafted from hardwood and latticed rawhide. Today, the shoe design has modernised. The frames are now made of plastics or lightweight metals, and they are connected together with synthetic fabric straps or Velcro bindings. The toes of the modern day snowshoe are also raised for better mobility and athletic appeal.

## **SOFTBALL**

Softball is a baseball-like sport that uses larger balls on smaller fields. Softball is played at the club level, collegiate level, and professional level. The game was first developed by George Hancock in Chicago in 1887. Softball generally has two sets of rules: slow-pitch softball and fast-pitch softball. Slow-pitch softball is generally a recreational sport, while women's fast-pitch softball is a professional sport at the Summer Olympics. Fields and equipment vary according to the type of game, age and gender of the players. While a 60-foot base-to-base distance is the standard distance for all breeds, a pitcher's home plate is 35 to 43 feet from home plate, and the home run fence is 220 to 300 feet from home plate. The ball itself is usually 28 or 30 centimetres (11 or 12 inches) in circumference, also depending on the specifics of the game. Softball rules are slightly different than baseball. The game moves at a faster pace than traditional baseball due to the field being smaller and the bases and the fielders being closer to home plate. Softball is pitched underhand from flat ground, with fastpitch using a windmill arm motion, while baseball is pitched overhand from a small hill called a mound, which changes the flight of the pitch. Additionally, the entire infield of a softball diamond is dirt, without grass around the pitcher's plate. The game is played faster than in traditional baseball because the field is smaller and the bases and fielders are closer to home plate. Softball is thrown by hand from a flat surface, using a windmill arm motion for a fast pitch, while baseball is thrown by hand from a small mound called a mound,





which changes the trajectory of the field. Also, the entire infield of the softball zone is dirt and there is no grass around the pitcher's plate.

## **SWIMMING**

Swimming is one of the most common sports in world. However safety has to be ensured first and then competition purposes comes later. Swimming was the first competition in the first Special Olympics in 1968. Swimming has wide range of events so that it offers opportunities for different types of disabilities.

In Special Olympics there are several types of events are organized. There are 3 main range of event called fundamental, individual and relay events. These offer competition opportunities for the participants. These are fundamental events such as 15M Kick Board, 25M Assisted Swim and 15M Unassisted Swim, etc. Individual events with several variations such as freestyle, backstroke, breaststroke, butterfly and individual medley in different ranges. Relay Events with the variations of freestyle relay, medley relay, freestyle unified sports relay, and medley unified sports relay. Generally the FINA (International Swimming Federation) rules of competition are used in the events.

## **OPEN WATER SWIMMING**

Open Water Swimming is one of the most challenging sports. Special Olympics Open Water Swimming is also conducted under International Swimming Federation rules. Open swimming is established on Special Olympics in 2011 much later than swimming. In competitions individual swimmer competition and unified teams are organized. The range of events, including fundamental events, individual events, and relay events, is intended to offer competition opportunities for athletes of all abilities. Official events for Special Olympics are 500 Mt, 1 km, 1.5 km, and Unified Sports. The minimum age requirement for open water swimming events shall be 14 years of age.

There are some differences in the rules of Unified Sports and the rules of Special Olympics. Some of the key differences are in unified sports there should be proportionate number of athletes and partners at teams, team sports must have an adult, non-playing coach. Player-coaches are not allowed in team sports.

Athletes in the events are grouped by age, gender, and ability so that it is given everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally.

Open water swimming events can be organized in any natural or man-made body of water that has been tested and approved for swimming by the local health or environmental protection agencies and deemed safe by the local or national open water lifeguard agency. Safety precautions should be organized thoroughly before the event.

## **TABLE TENNIS**

Table tennis is a lifetime sport that anybody at any age can play. Because it is less physically demanding, many individuals with disabilities are able to play. Table tennis can be adapted for a variety of ability levels.

Adapted table tennis is one of the table sports that is in the Paralympic Games and in all the major international competitions. It is a Paralympic sport organized under the rules of the International Table Tennis Federation (ITTF). There is a slight adaptation of the general rules of table tennis for wheelchair athletes. For wheelchair play, the area of the table may be reduced, but shall be not less than 8m long and 7m wide. Although athletes with other disabilities can also participate.

Table tennis first included Paralympics in 1960 before the Olympics. It is included in Special Olympics in 1987. Table Tennis has been included in IOC Summer Olympic Games since 1988.

There are range of events is intended to offer competition opportunities for athletes of all abilities. For Special Olympics individual skills competition, singles, doubles, mixed doubles, wheelchair competition, unified sports doubles, unified sports mixed doubles events are organized.





Unified Sports teams need to emphasize the principle of meaningful involvement which ensures every member is presented with opportunities to contribute to their team's performance. Teams should be composed of players who are of similar age and ability levels. This decreases the potential for domination by higher ability teammates.<sup>26</sup>

## TENNIS

Tennis is one of the most popular sport played at different levels of skill. Athletes with any number of disabilities can enjoy playing tennis standing up, which includes athletes with limb loss, other orthopaedic challenges, visual impairments or other intellectual disabilities.

Adaptive equipment is available to make learning and participating in tennis a fun and challenging experience from the beginning. Tennis rackets and balls come in a variety of shapes and sizes, according to the needs of the disabled. Even courts can be reconfigured for adaptive tennis play.

Tennis first started as a Paralympic sport unofficially in 1976 and then became an officially recognized Paralympic sport in 1988. Wheelchair tennis first appeared at the Paralympics in 1992 Games. In wheelchair tennis, players compete in singles and doubles events and the only rule change is that the player gets two bounces before returning it.

In 1987 tennis established in Special Olympics. Participations of athletes in Olympics have been increasing every year. The types of events in the Special Olympics are individual skills competition, singles, doubles, and mixed doubles, unified sports doubles, and unified sports mixed doubles.<sup>27</sup>

## TRIATHLON

Triathlon is a multi-stage race involving the completion of three continuous sports that are swim, cycle and run with transitions in between to change kit.

Triathlon for athletes with a physical disability called as Para triathlon. Para triathlon was first held as a Paralympic event at the 2016. Within para triathlon, there are nine sport classes according to the different types of physical disability. Two categories for wheelchair users, four categories for physical impairment such as athletes with impaired range of movement or amputee athletes who use approved prosthesis and three categories for those who race with visual impairments.

Triathlon included Special Olympics in 2015 as demonstration event and following Olympics in 2019, it became a competition. The range of events is intended to offer competition opportunities for athletes of all abilities. The following is a list of official events available in Special Olympics;

- Sprint Distance 750m (swim) – 20km (cycle) – 5km (run);
- Super Sprint Distance 300m (swim) – 10km (cycle) – 2.5km (run);
- Team Relay 750m (swim) - 20km (cycle) - 5km (run);
- Unified Triathlon 750m (swim) – 20km (cycle) – 5km (run).

For Unified Triathlon, the competition will be comprised of 2 athletes and 1 Unified partner. Each member of the team will be responsible for one discipline.<sup>28</sup>

<sup>26</sup> <https://www.specialolympics.org/what-we-do/sports/table-tennis>

[https://www.paralympic.org/sites/default/files/document/120305113521576\\_Card\\_12\\_Table\\_Tennis.pdf](https://www.paralympic.org/sites/default/files/document/120305113521576_Card_12_Table_Tennis.pdf)

<sup>27</sup> <https://resources.specialolympics.org/sports-essentials/sports-and-coaching/tennis/>

<sup>28</sup> <http://www.tmpk.org.tr/tarihce/>;

<https://www.specialolympics.org/what-we-do/sports/triathlon/>;

<https://www.triathlete.com/culture/people/dare2tri-makes-triathlon-possible-for-people-with-disabilities/>;

<http://www.qesf.org.tr/>;



## VOLLEYBALL

The game of volleyball is attractive to all types of players, from competitive to recreational, young and old. For individual with physical disability, volleyball can be played by sitting.

As a Paralympic game, Volleyball was first held in 1976 at the Summer Paralympics. In this Paralympics, traditional form of standing volleyball for men was contested and sitting volleyball for men was a demonstration sport. From 1980 men's standing and sitting events were contested and in 2004 women's sitting volleyball event was introduced. The only difference in the rules from the original form of volleyball is that players must have at least one buttock in contact with the floor whenever they make contact with the ball.

Volleyball first introduced in Special Olympics a little later than Paralympics in 1983. Special Olympics offers 5 variations of volleyball: Standard Indoor (6 players), Modified Indoor (6 players), Unified Indoor (6 players), Unified Beach Volleyball (4 players), and Skills Competition (individual). There are some minor changes from the original form of volleyball which include changes to court size, net height, and volleyball weight and size. Another rule is a person may make a maximum of three serves in a row. In unified volleyball, a person with an intellectual disability and a person without an intellectual disability play in tandem.<sup>29</sup>



<sup>29</sup> <https://www.specialolympics.org/what-we-do/sports/volleyball>





### Fit Kids Training Course: Preparation, Organisation, Implementation

In the following pages you will find a draft training format, which you can adapt to your concrete target group. Teachers, youth workers, volunteers, coaches and trainers from different local sport organizations, associations and clubs can use the framework and to replicate it in their work.

The proposed methodology is practically tested in the project framework as sport volunteers has been trained in performing the sport program “Fit Kids” for youth with intellectual disabilities in all partner countries with the support of the e-learning platform and as well through the training program, created in the project framework for teachers, trainers and volunteers. Fit Kids ensures detailed description of sports and exercises for youths, Guide of best practices for motivation the youth for sport and Manual with information on various types of intellectual disabilities management, all available at: <https://projectfitkids.eu/>

The purpose of the present document is to spread the developed program “Fit Kids” to more professionals who work with youths with special needs and through this informational document – to have the option to impact more people.

#### DRAFT AGENDA

DATE	DATE	DATE
09.30 – 11.00	Arrival of Participants →	Opening & Practicalities Get to Know, Team Building
11.00 - 11.30		MORNING BREAK
11.30 - 13.00		SPORT AND DISABILITY
13.00 - 15.00		LUNCH BREAK
15.00 - 17.00		ADAPTED SPORTS
17:00 – 17:30		Certification and evaluation
		← Departure of Participants



<b>Name of the session</b>	Opening & practicalities
<b>Group size</b>	30 participants
<b>Type of the session</b>	Introduction to FitKids Training Course
<b>Aim of the session</b>	To inform everyone in the room about the FitKids initiative, TC timing, agenda, rules, ect..
<b>Time of the session</b>	30 min
<b>Methods used in the session</b>	Presentation of the agenda, logistics and main aspects of the training course – it can be made using both formal and non-formal methods, which reveals the action plan for the day and why we are here – FitKids aims and aspirations
<b>Materials</b>	Meeting room, pc, projector, FitKids project presentation
<b>Expected results</b>	Awareness about the TC and educational content, which will be provided during the day
<b>Delivery of session</b>	<ul style="list-style-type: none"> <li>• Present yourself and the FitKids initiative, that is gathering us on the present TC;</li> <li>• Go through the agenda of the TC, so everyone can be aware of the timing and topics discussed;</li> <li>• Inform about any rules of the TC location, as well as about any possible group rules;</li> <li>• Provide floor for comments or ideas on how everyone can feel good during the learning time.</li> </ul>
<b>Verification and evaluation</b>	n/a
<b>Materials used in this session (manuals, guides, website, etc.)</b>	FitKids project presentation or promo video: <a href="https://www.youtube.com/watch?v=wfor0A9vR64">https://www.youtube.com/watch?v=wfor0A9vR64</a>





<b>Name of the session</b>	Get to know, teambuilding
<b>Group size</b>	30 participants
<b>Type of the session</b>	Get to know each other
<b>Aim of the session</b>	Icebreaking and knowing who is in the room
<b>Time of the session</b>	60 min
<b>Methods used in the session</b>	NFE
<b>Materials</b>	Meeting room, tables and chairs, flipcharts, markers, Human Bingo template
<b>Expected results</b>	Participants know each other, their background and experience, as well their needs and expectations from the TC. Icebreaking activities might contribute to the smooth group spirit and pleasant training experience.
<b>Delivery of session</b>	<ul style="list-style-type: none"> <li>- Name game - choose a name game, which is suitable to your group or simply ask the participants to share their name, experience in adapted sports and main work field;</li> <li>- Human Bingo - prepare in advance a bingo sheet with questions, connected to the inclusion through sport and ask the participants to find answer to each question, based on their communication with the other group members. The first one who has all the answers can announce Bingo (ensure small awards);</li> <li>- World Cafe - to find out who is in the group, set a World Café tables and set a responsible for each table. Divide the participants into groups and rotate each group, so every one of them pass through each table. Set different questions in each table and ask the responsible to summarize the discussions on the following topics: <ul style="list-style-type: none"> <li>• Sport and disability is: .....</li> <li>• Sport is a powerful inclusion tool, because: .....</li> <li>• Adapted sports can be implemented in and by: .....</li> <li>• Main challenges when working in sport with people with ID are: .....</li> <li>• My dream about inclusive society is: .....</li> </ul> </li> </ul>
<b>Verification and evaluation</b>	n/a
<b>Materials used in this session (manuals, guides, website, etc.)</b>	n/a





<b>Name of the session</b>	Sport and disability
<b>Group size</b>	30 participants
<b>Type of the session</b>	Getting into the topic
<b>Aim of the session</b>	Ensuring common understanding about Sport and Disability
<b>Time of the session</b>	90 min
<b>Methods used in the session</b>	NFE
<b>Materials</b>	Meeting room, tables and chairs, flipcharts, markers, internet access
<b>Expected results</b>	Participants will have the opportunity to get basic information about sport and disability and how they are interconnected, why sport has the power to include as any other tool available, what are the success stories in sport and disability.
<b>Delivery of session</b>	<ul style="list-style-type: none"> <li>- Divide the participants into equal teams and give them the task to research and present to the rest of the participants the following topics:             <ul style="list-style-type: none"> <li>• What does Sport and Disability (intellectual) mean – what are the formal aspects of this phenomenon in EU; how does it started; who is responsible for the development; what are the main policies in the field;</li> <li>• What is considered as Intellectual Disability and what are the main challenges in working with this target group; What is needed as skills and knowledge for a successful sport coach in the field of adapted sports;</li> <li>• What is the understanding about Adapted sports, which sports are considered such, what is the adaptation and what are the main aspects of it; Does any official events exist and what do they look like – 5 similarities and 5 differences from sport for people without disabilities;</li> </ul> </li> <li>- Provide enough time for research and presentation preparation, as well – to present the data itself. Be sure to add more insights or correct if needed.</li> <li>- Ask each group to summarize in one sentence the information they presented and create a common poster from the three working groups.</li> </ul>
<b>Verification and evaluation</b>	Ensure questions in the evaluation forms about the understanding of sport and disability. Provide knowledge level before and after the TC, so the progress in learning can be recorded.
<b>Materials used in this session (manuals, guides, website, etc.)</b>	Great educational resource hub is available at Special Olympics webpage, which contains huge amount of knowhow and possible development opportunities for sport and educational experts: <a href="https://learn.specialolympics.org/">https://learn.specialolympics.org/</a>







<b>Name of the session</b>	<b>Adapted Sports</b>
<b>Group size</b>	30 participants
<b>Type of the session</b>	Understanding the unified concept of sport for persons with ID
<b>Aim of the session</b>	Ensuring common understanding about Adapted Sports
<b>Time of the session</b>	120 min
<b>Methods used in the session</b>	NFE
<b>Materials</b>	Sport hall, sport equipment, if possible – participants with disabilities
<b>Expected results</b>	Understanding the variety of sports, which can be implemented with persons with disabilities, as well as their possible adaptations (if such as needed)
<b>Delivery of session</b>	<ul style="list-style-type: none"> <li>• Divide the participants into two or three teams and ask them to choose a sport from the ones listed above.</li> <li>• Give some time for preparation of the sport field and the activity of each group and short game play (including everyone in the training course – the group responsible for the concrete sport is the delivery one, all the other participants are the athletes).</li> <li>• Ensure proper debriefing time after the activity to analyse together which aspects have worked well and which ones have to be further improved.</li> </ul> <p>!!! Will be great if you can provide an actual testing group of people with disabilities, if not – the participants can test the activity themselves.</p>
<b>Verification and evaluation</b>	Empower quality sharing during the debriefing session with as many opinions as possible from the training group. Ensure open question in your evaluation form in which the feedback can be expressed as well in written.
<b>Materials used in this session (manuals, guides, website, etc.)</b>	Great educational resource hub is available at Special Olympics webpage, which contains huge amount of knowhow and possible development opportunities for sport and educational experts: <a href="https://learn.specialolympics.org/">https://learn.specialolympics.org/</a>





Name of the session	Evaluation and Certification
Group size	30 participants
Type of the session	Providing feedback and awarding knowhow acquired
Aim of the session	To ensure that quality evaluation of the TC is implemented as well as certificates awarded to each participant as recognition of new knowledge
Time of the session	30 min
Methods used in the session	NFE
Materials	Meeting room, tables and chairs, flipcharts, markers, internet access Evaluation form – prepared and printed in advance (you can use as well online based evaluation form) Certificates for recognition of the acquired skills and knowledge
Expected results	Understanding the impact of the training and recognizing acquired skills and knowledge.
Delivery of session	<ul style="list-style-type: none"> <li>• Provide the floor for the participants to provide quality feedback (evaluation forms filling);</li> <li>• Ensure recognition through an award ceremony, during which each participant receives a certificate for its participation in the TC.</li> <li>• Make a family picture together, so everyone can remember the great moments of the training course.</li> </ul>
Verification and evaluation	Ensure evaluation form for the entire TC, which included all aspects of the agenda. Provide knowledge level before and after the TC, so the progress in learning can be recorded.
Materials used in this session (manuals, guides, website, etc.)	n/a



## Recommendations and conclusions

### Tips and tricks what to be considered when delivering the TC



#### Before the Training Course:

- Promote your future event through different channels, having in mind who you want to reach and ensure proper application process (smooth, not very demanding);
- Prepare for your event by finding the right participants – know who you want to join your TC, find the best way to reach them and to inform them in advance, so they can take part in the Training Course;
- Be aware of who you have in the room, what are their experience and knowledge and start building your TC on this information;
- Be sure that you have all logistics solved – a meeting room ensured, all needed materials available;
- Inform your participants about the agenda, time and place and as well – what is expected from them.

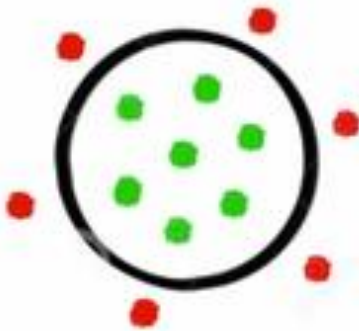
#### During the Training Course:

- Provide quality learning time for everyone present, ensuring applicability of the educational content;
- Ensure diverse methods of learning as we all learn in various ways;
- Ask for questions regularly and if some arise – be sure you provide with a good answer;
- Have constant contact with the learners and be sure that the Training Course is going as planned and the education is provided in the best way possible;
- DO not forget to evaluate the process and be sure to improve (if needed) following TCs, based on the feedback received;
- Provide certificates to all participants, which can ensure their further personal and professional skills recognition.

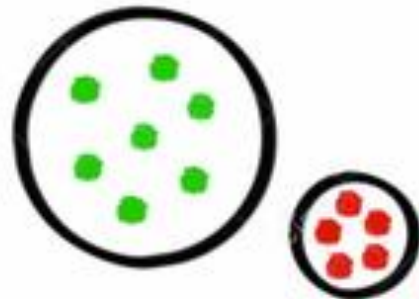
#### After the Training Course:

- Send to everyone who took part information regarding the topic (you can send them more information from FitKids deliverables);
- Ensure possibility of follow-up of application of acquired knowhow (safe space to share the results of using the Training Course skills and knowledge, feedback form or another instrument which is suitable to your group);
- Invite the participants to follow your organization (and FitKids project) in social media and to be active in new educational opportunities you can propose in the future.

## EXCLUSION



## SEPARATION



## INTEGRATION



## INCLUSION







## Disclaimer

Fit Kids Training Format is one of the deliverables of the “**Sport for Every Child: Fit Kids**” project, co-funded by the Erasmus + Programme of the European Union.

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In this report have been used materials from all project events and public recourses and information.

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