
Секция 6. Актуальные вопросы адаптивной физической культуры, паралимпийского и сурдлимпийского спорта в мировом спортивном движении

Section 6. Topical issues of adaptive physical culture, Paralympic and Deaflympic sports in the world sports movement

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RESEARCH ON PRACTICAL OBSTACLES AND HIGH QUALITY DEVELOPMENT OF DISABLED SPORTS PARTICIPATION IN CHINA

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Abstract. In recent decades, with the development of society and the advancement of science and technology, people's research on disabled sports has become more and more comprehensive and profound. In order to deeply explore the actual obstacles to the participation of disabled sports in China and the path of high-quality development, based on the literature method, through CNKI, Web of science and other databases and related books, the reference data is used as a solid theoretical basis for this research. The study found that the practical obstacles to the participation of disabled sports in China are: insufficient vitality of individuals participating in disabled sports; The sports service system for the disabled is not perfect; uneven regional development of sports for the disabled; There is a shortage of physical facilities for disabled sports. The path of high-quality development of sports for the disabled is: strengthening the top-level design, improve the construction of laws and regulations of the system for the disabled; Continue to increase funding for sports for the disabled and improve financial security mechanisms; Optimize the allocation of resources for persons with disabilities and improve the level of public services; Enhance the endogenous motivation for the participation of disabled people in sports.

Keywords: sports for the disabled; China; High-quality development.

ИССЛЕДОВАНИЕ ПРАКТИЧЕСКИХ ПРЕПЯТСТВИЙ И КАЧЕСТВЕННОЕ РАЗВИТИЕ УЧАСТИЯ В СПОРТЕ С ОГРАНИЧЕННЫМИ ВОЗМОЖНОСТЯМИ В КИТАЕ

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Аннотация. В последние десятилетия, с развитием общества и развитием науки и техники, исследования в области спорта для инвалидов становятся все более всеобъемлющими и глубокими. Для того, чтобы глубоко изучить фактические препятствия для участия в спорте с ограниченными возможностями в Китае и пути качественного развития, на основе метода литературы, через CNKI, Web of science и другие базы данных и связанные работы, были собраны справочные данные использованные в качестве теоретической базы для настоящего исследования. Исследование показало, что практическими препятствиями для занятий спортом инвалидов в Китае являются: недостаточная выносливость лиц, занимающихся спортом; несовершенство системы спортивного обслуживания инвалидов; неравномерное региональное развитие спорта для инвалидов; нехватка объектов для занятий спортом для инвалидов. Продвижение качественного развития спорта инвалидов представляется авторам следующим образом: при помощи усиления проектирования высшего уровня, улучшения построения нормативно-правовой базы в обозначенной сфере; продолжения увеличения финансирования спорта для инвалидов и совершенствования механизмов финансового обеспечения; оптимизации выделения ресурсов для лиц с инвалидностью и повышения качества государственных услуг; повышения эндогенной мотивации к участию инвалидов в занятиях спортом.

Ключевые слова: спорт для инвалидов; Китай; качественные улучшения.

Disability refers to long-term, persistent and permanent functional disorders that still exist after adequate and reasonable clinical treatment due to congenital and acquired (disease, injury, physical, mental, psychological) reasons, affecting life, work, study, entertainment, etc. In certain circumstances, people with disabilities are also referred to as persons with disabilities. The World Health Organization (WHO) estimated at the end of 2020 that more than 1 billion people worldwide have some form of disability, accounting for about 15 % of the world's population, of which 80 % live in developing countries. Then the rehabilitation work, rights protection, and sports life of this "vulnerable group" need our attention and attention.

1. Research methods

Bibliographic Law. Through CNKI, Wanfang Database, Web of science and other databases and related books, the literature related to disabled sports was consulted for study, and then the relevant knowledge was sorted out and summarized, which laid a solid theoretical foundation for this research.

2. Practical barriers to participation in sports for people with disabilities

In recent decades, with the development of society and the advancement of science and technology, people's research on disabled sports has become more and more

comprehensive and profound, and several discussions have found that there are still some practical obstacles to the participation of disabled sports.

2.1 Insufficient vitality of individuals participating in sports for persons with disabilities

First, individuals have insufficient awareness of the sports rights of persons with disabilities, and insufficient publicity of laws and regulations on sports participation of persons with disabilities [1]; Second, the demand for sports participation by individuals is low, and from the perspective of demand, sports participation does not seem to be necessary, and survival, rehabilitation and even employment are necessities. Third, individuals lack the self-confidence to participate in sports, lack partners for sports participation, fear of socializing, and resistance to participating in sports activities

2.2 The sports service system for the disabled is not perfect

There are still problems in China that the sports service system for the disabled is not perfect, such as the lack of professional guidance personnel, the imperfect public service system, and the insufficient participation of social organizations. The progress of China's service system is obvious to all, but there are still some deficiencies, and the lack of professional guidance personnel is also its unsound pain point. The particularity and complexity of the role of disabled sports instructors have attracted less attention. 2.3 Uneven development of sports for the disabled

At present, the development of disabled sports in China is still unbalanced and insufficient, there is a large gap between regions and urban and rural areas, service capacity is still insufficient, the participation rate of rehabilitation and fitness sports needs to be further improved, ice and snow sports for the disabled need to be further popularized, and the development of disabled sports still has a long way to go.

2.4 Shortage of physical facilities for sports for the disabled

The allocation of sports resources should not discriminate on the basis of gender, age, disability or any other reason in order to overcome the exclusion of vulnerable groups [2]. At present, China's public sports venues and barrier-free facilities are insufficient, resources are misallocated, and barrier-free facilities are lacking. Only a few large cities have barrier-free facilities, such as barrier-free toilets, blind roads, etc., and the utilization rate of blind roads is extremely low, and it is difficult for us to see visually impaired people traveling alone in daily life, and the participation of disabled people in sports is very small.

3. The path of participation in high-quality development of disabled sports

3.1 Strengthen top-level design, improve the establishment of laws and regulations on the system of persons with disabilities

Policies and regulations are the comprehensive manifestation of the will of the state and state power, and they are also the basis for ensuring the implementation of relevant policies [3]. In recent years, China attaches great importance to the healthy development of sports for the disabled, which have been issued successively, and continuously refined, strengthened, updated and improved the basic guarantees of China's

policy system for disabled sports and the protection of relevant laws and regulations. It has provided specific sports guiding policies and measures for grassroots work, protected the legitimate rights and interests of disabled people in sports participation with the law, and effectively promoted the healthy development of China's disabled sports.

3.2 Continue to increase funding for sports for the disabled and improve financial security mechanisms

The government has increased financial support for the participation of disabled sports, broadened the sources of funding for sports for persons with disabilities, and increased funding for sports for persons with disabilities through enterprises, social organizations, charitable donations, etc. Local governments have incorporated sports for the disabled into their local finances, and regularly allocated funds to improve the barrier-free environment for sports participation of persons with disabilities.

3.3 Optimize the allocation of resources for persons with disabilities and improve the level of public services

Based on the concept of "integration of the disabled and the disabled", combined with the sports needs of the disabled, the public facilities and sports venues are repaired and transformed, and sports equipment suitable for the disabled is added, so as to increase the utilization rate of the disabled. At the same time, barrier-free construction of public areas is carried out. Strengthen the level of public services, give special attention and training to instructors for persons with disabilities, create a platform for sports and fitness guidance services and volunteer services for persons with disabilities, and improve the efficiency of public sports services for persons with disabilities [4]. Include the construction of barrier-free information exchange in the information construction plan, and take measures to promote the construction of barrier-free information exchange, and establish a "Internet + sports services for the disabled" platform,

3.4 Enhance the endogenous motivation of disabled people's sports participation

To break down the barriers of the label of "incompetence" for persons with disabilities, the government and all sectors of society should give more care to persons with disabilities, publicize the role models of sports participation of persons with disabilities, enhance their interest in sports participation, and encourage their self-esteem, self-confidence, self-improvement and self-reliance.

4. Conclusion

As an important part of the society, disabled people should respect the integrity of disabled people, understand their particularity, encourage their self-esteem, self-confidence, self-improvement and self-reliance, and break the inherent thinking that able-bodied people can carry out physical activities, but also to break the physical discrimination of able-bodied people in sports, and enhance their awareness of "sports participation", sports participation is not only in rehabilitation, but also in their freedom and power.

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СОПРОВОЖДЕНИЕ ДЕТЕЙ С ОВЗ, УСПЕШНЫХ ПО СПОРТУ ЛИЦ С ПОРАЖЕНИЕМ ОДА, ДИСЦИПЛИНА БОЧЧА, В СИСТЕМЕ ДОПОЛНИТЕЛЬНОГО ОБРАЗОВАНИЯ ФИЗКУЛЬТУРНО-СПОРТИВНОЙ НАПРАВЛЕННОСТИ

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Аннотация. В данной статье речь идёт о сопровождении обучающихся с ОВЗ, с поражениями опорно-двигательного аппарата, в системе дополнительного образования в игре бочча.

Ключевые слова: дети с ОВЗ, обучающиеся с поражениями опорно-двигательного аппарата (ПОДА), адаптивный спорт, одарённость, одарённые дети, мотивация.

SUPPORT OF CHILDREN WITH DISABILITIES, SUCCESSFUL IN SPORTS PERSONS WITH THE DEFEAT OF ODE, BOCCIA DISCIPLINE, IN THE SYSTEM OF ADDITIONAL EDUCATION OF PHYSICAL CULTURE AND SPORTS ORIENTATION

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Abstract. This article describes accompanying of students with disabilities, with lesions of the musculoskeletal system, in the system of additional education in the game of boccia.

Keywords: children with disabilities, students with lesions of the musculoskeletal system (PODA), adaptive sports, giftedness, gifted children, motivation.

В современном мире ни у кого не вызывает сомнений значимость роли, которую играет образование в процессе обучения детей с ограниченными возможностями здоровья (дети с ОВЗ). Организация получения образования обучающимися с ОВЗ предусмотрена в Федеральном законе № 273-ФЗ «Об образовании в Российской Федерации» (Глава 11, статья 79). Это дети, имеющие недостатки в физическом и (или) психологическом развитии, подтвержденные психолого-медико-педагогической комиссией и препятствующие получению образования без создания специальных условий. Неоднородность группы школьников определяется тем, что в неё входят дети с различными нарушениями: слуха, зрения, речи, опорно-двигательного аппарата, задержкой психического развития, интеллекта, расстройствами аутистического спектра, множественными нарушениями развития. Образование таких детей предусматривает создание для них специального коррекционно-развивающего пространства для обеспечения адекватных условий и равными, с остальными детьми, возможностями.

Способность творить, мыслить, созидать — величайшие способности, из полученных человеком природных даров. Специалисты называют

одарённостью генетически обусловленный компонент способностей, в значительной мере определяющий темп и результат развития индивида. Каждый ребенок неповторим, но существует довольно много черт, характерных для большинства одаренных детей. Поэтому выделяют различные виды одаренности: *общую, «художественную», интеллектуальную, творческую, лидерскую и психомоторную (спортивную)*. **Федеральные государственные образовательные стандарты (ФГОС)** второго поколения делают акцент на деятельностный подход в образовательном процессе, т.е. важно направить одарённого ребёнка не на получение определённого объёма знаний, а на его творческую переработку, воспитать способность мыслить самому на основе полученного материала.

А могут ли быть одарёнными или успешными дети с ОВЗ, имеющие поражения ОДА?

Движение является одним из основных проявлений жизнедеятельности организма и все его важнейшие функции — дыхание, кровообращение, глотание, перемещение тела в пространстве, звукопроизводительная сторона речи — реализуются, в конечном счёте, движением — сокращением мышечного аппарата. У детей с поражениями ОДА ведущим является