



ENGELLİLER VE SPOR

Bölüm 8

Gonca İNCE¹

BÖLÜM HEDEFLERİ

Bu bölümü okuduktan sonra şunları yapabilmelisiniz:

1. Engellik tanımını, nedenlerini ve belirtilerin açıklayabilmek,
2. Engellik ile ilgili temel kavramları tanımlamak,
3. Engellilik tipleri ve eğitim modellerini tartışmak,
4. Engellilerde spor organizasyonlarını (özel olimpiyatlar, paralimpik olimpiyatları vb.) açıklamak.

GİRİŞ

Engellilik; doğuştan ve sonradan olabilen, bireyden beklenen davranışın fiziksel, ruhsal ve toplumsal açıdan tam olarak yerine getirilememesi durumudur. Farklı engel gruplarının yaşam kalitelerinin artırılmasında fiziksel uygunluk düzeyleri önemli rol oynamaktadır. Engellilerde fiziksel uygunluk parametreleri; kardiovasküler uygunluk, esneklik, denge, kas kuvveti, aerobik uygunluk, vücut kompozisyonu, sürat, çeviklik, reaksiyon zamanı vb. dir. Ayrıca, özellikle entelektüel yetersizliği olan bireylerde duyu bütünleme ve iletişim beceri problemleri bulunmasından dolayı duyular ile ilgili fiziksel uygunluk ve iletişim becerileri ile ilgili fiziksel uygunluk parametrelerinden de söz edilebilir. Fiziksel uygunluk, hareketsiz bir yaşam süren engelli bireylerde obezite, hipertansiyon, koroner kalp hastalığı, diyabet, osteoporoz gibi sağlık problemlerine neden olabilmektedir (Rintala, Asunta, Lahti & Loovis, 2016; Biernat & Piatkowska, 2017).

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organizasyonun yapılma nedeninin down sendromlu bireylerin fizyolojik ve entellektüel olarak diğer engel gruplarına göre daha dezavantajlı bir durumda oldukları fikrine dayandığı bildirilmektedir (Lantz & Marcellini, 2018).

İşitme Engelliler Olimpiyat Oyunları (Deaflympics)

İşitme engellilere yönelik yapılan uluslararası bir organizasyondur. İşitme engelliler spor organizasyonu olarak 1924 yılında Paris'te 9 Avrupa ülkesinin katıldığı "Uluslararası Sessiz Oyunlar" (International Silent Games) ilk kapsamlı organizasyondur. Bu organizasyon, İşitme Engelliler Olimpiyat Oyunlarının başlangıcı olmuştur. Daha sonra 1949 yılında kış oyunları da eklenerek günümüze kadar devam etmektedir. İlk kez 2001 yılında Roma'da "Deaflympics" olarak adlandırılmıştır. Günümüzde yaklaşık 21 farklı branşta yarışılmaktadır (Gül, 2019; Ghosh & Bhowmick, 2018).

SONUÇ

Engelli bireylerin sağlığının korunmasında, devamlılığında ve fiziksel uygunluklarının geliştirilmesinde sportif aktivitelerin önemi büyüktür. Ayrıca, spor ile uğraşmaları hem amatör, hem de profesyonel olarak avantajlar sağlayabilmektedir. Spor alanında eğitimci olarak çalışan bireylerin, engelliler hakkında bilgi birikiminin olması bu noktada elzemdir. Engelli bireylere uygun sportif eğitimlerin verilmesi, engellilerin hem fiziksel, hem ruhsal hem de sosyal açıdan topluma entegre olmasında medikal tedaviye ek olarak tamamlayıcı tedavi olacaktır.

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