Co-funded by the Erasmus+ Programme of the European Union

Sport Booklet

for young athletes

Equal Sport
for all

Enhance social inclusion, equal opportunities and participation in sports

See the Ability

Not Disability

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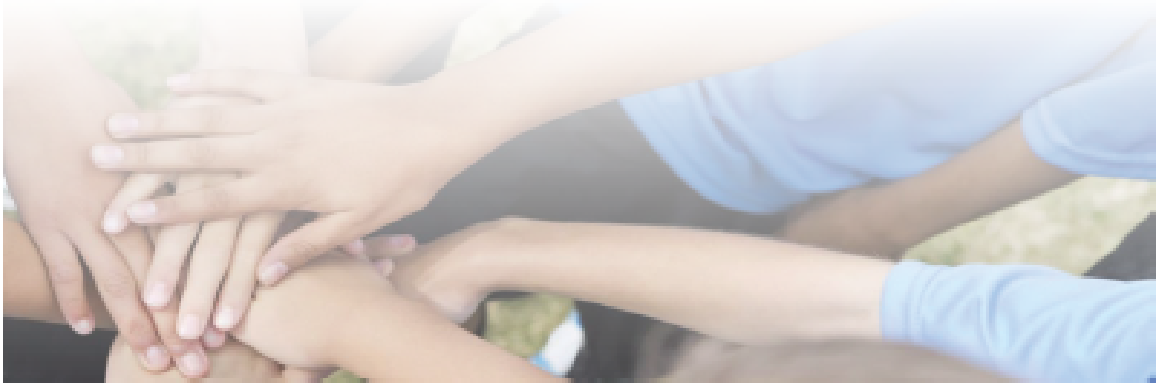
Introduction



In modern societies, the role of exercise is important in maintaining and improving the body weight of the individual and the general improvement of health, as well. The student population, due to many hours of studies on the acquisition of knowledge, has recently presented physical inactivity, poor dietary habits and wrong attitude of daily life. All the above has led to a dramatic increase of the obesity worldwide in major developed and developing countries.

Recent studies published, reveal that over the last 20 years in America, there was a sharp decrease in physical activity and an increase in average body mass index (BMI), while the calorie intake has remained constant.

The researchers, among others, consider that a decrease in physical activity during leisure time at national level, especially among young adults (18-39 years), may be responsible for the upward trend in obesity rates.

Also, another group of students (disabled) are in most of the Universities around Europe excluded from common sports as there are no guidelines to use for the training of these sports.

For these reasons, it is recommended that sport federations/ sports unions/ sports houses to develop guidelines of good practice focusing on mass athletics and the education of students/trainers/clubs for the prevention of sport exclusion of students with these special needs. It also encourages the networking of Universities and national agencies on these issues at the European level. The project will develop and evaluate these models across different European countries to provide deliverables that could be used around Europe.

Recent decades of research show that the psychosomatic problems posed by adults with mental retardation can be improved by engaging in physical activity. Systematic exercise significantly promotes health, well-being, socialization and overall improvement in quality of life, contributing to primary and secondary prevention.

Part One
Physical exercise, health and quality of life concepts linked to each other

General remarks

- The new WHO Strategy on Physical Exercise (2018-2030) aims to involve all stakeholders in each country to make it easier for citizens to adopt a more active lifestyle including systematic physical exercise.

WHO 2018:

Global action plan on physical activity 2018–2030: more active people for a healthier world

- Physical activity levels are also influenced by cultural values. In most countries, girls, women, older adults, underprivileged groups, and people with disabilities and chronic diseases, all have fewer opportunities to access safe, affordable and appropriate programmes and places in which to be physically active.
- Physical activity is defined as any bodily movement produced by skeletal muscle that requires energy expenditure. It can be undertaken in many different ways: walking, cycling, sports and active forms of recreation (such as dance, yoga, tai chi). Physical activity can also be undertaken as part of work (lifting, carrying or other active tasks), and as part of paid or unpaid domestic tasks around the home (cleaning, carrying and care duties).
- However, all forms of physical activity can provide health benefits if undertaken regularly and of sufficient duration and intensity.
- Sport is an underutilized yet important contributor to physical activity for people of all ages, in addition to providing significant social, cultural and economic benefits to communities and nations.
- Physical activity is important across all ages and should be integrated into multiple daily settings.

  Can benefit from regular physical activity to maintain physical, social and mental health (including prevention or delay of dementia), prevent falls and realize healthy ageing.

Adjusted Physical Exercise

It concerns with the design and implementation of suitably tailored training and exercise programs for people with disabilities. It is an important factor in their education contributing to the improvement of functionality, socialization, and the development of positive behavior.

Adjusted Physical Exercise aims to develop and / or improve:

- physical abilities
- Perceptual skills
- verbal communication and non-verbal communication
- psychosocial skills
- Socialization
- Cooperation
- Cultivation of team spirit
- self-discipline
- Responsibility
- self-esteem
- creativity
- Adopting a healthy and active lifestyle

Emphasize your skills rather than your disability

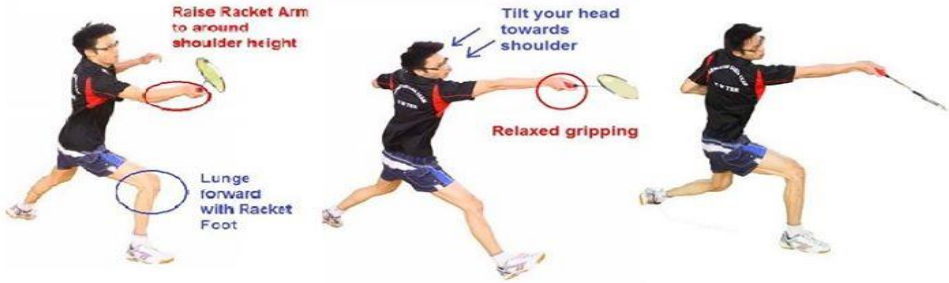
Remember to always ask a sports trainer for advice on your training program

1. Racquetball training

Agility, Flexibility, Power, Strength, Speed, Stamina, Reaction time,

Full body workout, communication, co-operation

Racquetball training mainly focused on explosive powerful movements, moving at high intensities, rapid changes in direction and sudden deceleration or stopping. It is important that racquetball training for the diseased population in progressive, focusing in improving the range of motion, overall strength and fitness. In addition, increasing frequency should be the primary aim of training, before increases in intensity can be applied.



a. *Warming Up (12 min)*

- Walking (2 min)
- Brisk Walking (30 sec)
- Walking (1 min)
- Light Walking (1 min)
- Arm and wrist cycles without racket
- Arm and wrist cycles with racket

x2

- Small circles for extended arms at the shoulders' level
- Trunk rotations with hands on the waist
- Trunk bending with hands on the waist
- Walking (1 min)

b) Main Session (28 min)

- Exercises with holding the ball, exercises with throwing the ball with hands, exercises only with the racket, exercises with racket and ball.
- Hold each position (arms, hands, trunk, feet, etc.) for 20sec-30sec, repeated two or three times with or without racket. Static stretching muscle groups, quadriceps, hamstring, calves, shoulders, back, upper and lower chest, upper and lower back. Dynamic stretching muscle groups: Ankle, shoulder, wrist and leg rotations.

- Athletes who are inactive when they first engage in any sport, should not engage in any form of games including racquetball games until their cardiorespiratory fitness, flexibility and strength are significantly improved.
- interval training increase anaerobic and aerobic fitness.
- All equipment machinery can be used.
- Walking or running (with or without racket) intervals:rest (ratio) 1:2. Intensities can be upgrated once the athlete improves his/her fitness level, running with changing the direction and tempo, jogging on the spot, brisk walking shuttles, walking, shuttle brisk walk and hit ball, practice matches
- Use strength exercises for developing explosive movement and power/controlled hits. Strength exercises may include the use of muscle machines in order to prevent injury (Squats, slight knee bend and jump, lunges, pull-ups, light weight bench press or knee pushups, brisk walking with weight. Strength training could be used once a week during the first month followed by at least 2 times per week from the second month onwards.

c) Cool down (5 min)

- Walk for 5 min around the court in a slow level action.
- Feel free and relaxed while walking and always control breath, relaxing games, stretching

2. Basketball training

speed, strength, balance, agility

Basketball requires a variety of moves, jogging, jumping, speed, strength, balance and agility, aerobic and anaerobic ability and technique.

Start with moves applied to the basketball sport, like running backwards, lateral displacements, continuous jumps, etc.

It is necessary first, to create cardiorespiratory capacity.

It is important to improve overall strength with basketball's exercises as this has a significant and beneficial impact in your life.

Focusing at the start on technique rather than intensity.

Training 2 times per week

a. Warm up (12′)

With low intensity the warm up may include:

- Change direction
- Dribbling running
- walking or running through the cones with the balls
- Special defense and offense movements
- Slow running to become acquainted with the court itself
- Body balance drills
- Ball handing drills
- Ball games (ex. tag with dribble, save ball)

b. Main Session (28 min)

BASIC TECHNIC (Theory-Analysis)

1. Body Balance
2. Pass
3. Dribble
4. Shot
5. Rebound

Exercises without ball, exercises holding the ball, exercises passing the ball with hands, exercises only with the ball, exercises by dribbling, attack and defense exercises, trial games

Hold each position (arms, hands, trunk, feet, etc.) for 20sec-30sec, repeated two or three times.

Don’t forget: Limit the range of motion for those who have upper and lower body disabilities

- Use low intensities, before more intense exercises/drills are applied.
- Once the low intensities exercises are able to be performed without any issues, more complicated basketball-specific drills can be incorporated within the program.

- Offensive basketball drills, ball games (catching and passing), ball games on the move (catching and passing on the move), walking shoot and retreat, walking dribble with or without cones, walking defense, dribble with a change of direction, shooting on the go, defensive running, types of jumps, combination with walking and running, combined ball exercises (passing, catching, dribble, shooting), trial games, jogging

c. *Cool down (5 min)*

Walk for 5 min around the court in a slow level action. Feel free and relaxed while walking and always control breath, relaxing games, free throws, stretching

3. Volleyball training

enhance your endurance, aerobic capacity, better breathing, greater metabolism, muscle and mental relaxation

Volleyball is one of the most attractive and popular sport games.

- It is appropriate for people from almost any age group.
- It is especially suitable for those who do not have such an active lifestyle.
- It helps to prevent the sedentary way of living and obesity of the population and to improve the functional and health status of the people with special needs.
- The chance for injuries in volleyball is comparatively low compared to other collective sports due to the lack of direct contact between the two opposing teams.
- The volleyball module aims at improving the health status of the beneficiaries by boosting your activity and enhancing your physical condition.

Warming Up (12 min)

- Walking to increase body temperature
- Brisk Walking
- Walking
- Light Walking
- Static body exercises (head-shoulders-waist-knee-ankle), for better articulation of the joints (with or without a ball)
- Parallel stretching
- Small movements in the court (frontal, oblique, dorsal)
- Introductory exercises using the ball: (in pairs) throwing the ball forward, bending with or without jump
- manipulative movements or movements in volley technique (defense, passing, etc.)

b) Main Session (28 min)

- skills and habits: Standing and moving, ball games in pairs and in groups, ball exercises in pairs or triples (with the aim of learning technical)
- ball games (catching and passing), ball games (catching and passing on the move), walking, running exercises with a ball, types of passes, types of passes in pairs, ball exercises (serve and bump), trial games in a short place of the court (for example 3X3) with specific goals and techniques (for example fingers, cuffs), ball games in groups (types of passes in groups with or without a net on the move, cardio exercises with a ball, relay ball games, running with a change of the direction and tempo, move with a change of the direction and tempo, drills for passing unwards and downwards, special running exercises, exercises with different types of passes from a spot and on the move, mobile games with elements of volleyball

c) Cool down (5 min)

- Walking or relaxed jogging for 5 min around the court in a slow level action. Feel free and relaxed while walking and always control breath, relaxing games, stretching

4. Dancing

enhance the endurance and work capacity, achieve a good psychophysical status, shape a beautiful and harmonious body

Dance is suitable and beneficial for all persons with or without disabilities. Dances have elements of folk, classical, modern dance moves: walking, running, jumping combined with dance elements - hand movements, clapping, rotation, tapping, kneeling, contact and cooperation, etc.

The Dancing module suggested by the project is a combined target programme which aims at improving the health status of the beneficiaries by boosting their activity and enhancing their physical condition.

- The main factors are the variety of rhythmic movements accompanied by music, circle dances, musical games and dances (folk, classical and modern dance techniques) that have overall impact - anatomical, and measure variety, with their specific choreography, they are a means of improving health, enhancing the working capacity and creativity of the trainees.
- The aim of the programme is to enhance the endurance and work capacity, to achieve a good psychophysical status, to shape a beautiful and harmonious body.
- The main tasks of the programme are also: improving the functional capacity of the body through aerobic and anaerobic work, acquiring knowledge, skills and habits for practicing different dances in leisure time.
- Most types of dance mainly involve aerobic and flexibility exercises rather than strength, which is a component of more dynamic types of dance. The training sessions last about 1 hour but this depends on the type of the discipline, the level and the instructor.

a. Warming Up (12 min)

- Walking, generic exercises, rhythmic exercises, musical games, walking, running, generic exercises, performing the basic dance steps, dance combinations of two-element, three-element, four-element movements, running, rhythmic exercises, melody, metrum and rhythm. Measure and types of beat, movements and combinations with musical accompaniment, dancing to choreography, upper body range of motion exercises (depending on the dance genre)

b. Main Session (28 min)

- Walking, running, mobile exercises. Folk dances of simple measure. Counting the times in 2/4. Stretching, Classical exercise (bar-work) - Por de bras, Neck Tilt, Neck Turn, Shoulder Rolls front-back, Arm Swings, front-back-side, leg swings, front-back-side, child pose stretch, supine knee to chest stretch, standing or laying on side quads stretch, hamstring stretch, groin stretch

- Strength training, though, improves dancing while preventing injuries that might occur from over-stretching of the joints. Muscle strengthening exercises promote joint integrity by balancing muscle tension. Strong core muscles (muscles in the abdomen, back and pelvis) stabilize the spine, trunk and pelvis, preventing back injury and allowing for powerful rotational movement which is usually required from dancers.

- Strength training should definitely not be overlooked for athletes as this may result in further improvement in their overall health by improving functional ability and therefore, the ability to perform everyday tasks. The following strength exercises can be suggested by the coach/volunteer at the start of the programme once a week with a progression of 2 times per week.

c. Cool down (5 min)

- Walk for 5 min around the court in a slow level action. Feel free and relaxed while walking and always control breath, stretching

5. Football training

enhance your endurance, aerobic capacity, better breathing, greater metabolism, muscle and mental relaxation

Football is a sport with a wide range of movement intensities that involve maximal bursts of exercise followed by low-intensity movements.

High-intensity movements, including running, jumping, sprinting and cutting, are usually performed to gain an advantage over the opponent, with low-intensity movements then being desired to allow some recovery for the athlete before the next bout of high-intensity movements begin.

Low-intensity actions are commonly performed during a training programme and include jogging, walking, shuffling and standing.

Various movements - essentially physical or exercises with and without a ball during a training or a football match, help to improve the health and fitness of the players as well as to improve the psychophysical qualities and functional capabilities of their bodies.

The constant motion during a training period, including various speeds, directions and distances at varying intensities, times and duration, requires the athlete to commit to fitness training in order to cope with the demands of the sport.

a. Warming Up (12 min)

- Walking without ball
- Other skills and habits: running, jumping, etc.
- Brisk Walking
- Walking
- Light Walking
- Arm and wrist cycles
- Small circles for extended arms at the shoulders' level
- Trunk rotations with hands on the waist
- Trunk bending with hands on the waist
- Walking or jogging on the spot (based on the level of the athlete)
- basic football skills exercises with a ball (individual play) on the football pitch
- basic football skills exercises with a ball (pair of athletes-for example passing game) on the football pitch

b. Main Session (28 min)

- Light movement is advised prior to stretching (at about 20sec-30sec each exercise). Light movement (walking, brisk walking and jogging depending on the athletes abilities). Working from the inside out, the athlete should start by loosening the joints, tendons, and ligaments. Big arm circles, small arm circles, standing twist, twist behind, hip flexor rotation, knee flex, knee circles, heel and toe raise, lateral reach, overhead lateral bend, triceps and latissmuss stretch, posterior shoulder stretch, standing hamstring, lateral groin stretch, three point lunge, seated hamstring, butterfly, IT band stretch, lying lower back
- The focus of aerobic training should initially be to exercise the athletes at least 2 times per week (first 1-2 months), with a progression of achieving the recommended training (150 minutes per week), Improving football skills (stopping, passing, keeping the ball), basic football skills-techniques, free play, basic football skills exercises with a ball (individual play) on the football pitch, improving football techniques in groups, training to enhance physical qualities, using interval method, free play, studying combinations of different tactical schemes, exercises without ball, exercises holding the ball, exercises passing the ball with hands, exercises by dribbling, attack and defense exercises, trial games, brisk walking, jogging.

c. Cool down (5 min)

- Walk for 5 min around the court in a slow level action. Feel free and relaxed while walking and always control breath, relaxing games, streching

6. Athletics training

strength, speed, stamina, agility, flexibility

Citius, Altius, Fortius. Systematic athletics activities are an indispensable tool for developing the basic physical qualities of strength, speed, stamina, agility, flexibility and the development of coordination habits and skills. A number of other qualities are developed necessary for the social realization. Nowadays athletics is a major sport that is accessible to any age. In the system of physical education it occupies a priority place, thanks to its accessibility, diversity, naturalness, constructiveness, measurability and applicability in everyday life. The Athletics module suggested by the project is a combined target programme.

It aims at improving the health status of the beneficiaries by boosting their activity and enhancing their physical condition. The main factors are the specific conditions of the natural environment and the variety of means and methods for achieving corrective and compensatory effects on people with different deviations from the health status norm and specific needs. When they are purposefully and actively participating in the Athletics module, the beneficiaries can enhance their endurance and aerobic capacity, better breathing and acquiring different breathing techniques, greater metabolism, muscle and mental relaxation.

a. Warming Up (12 min)

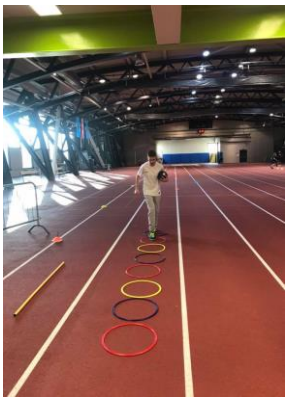
- Walking/brisk, walking/jogging, head and wrist gentle rolls, trunk gentle twists, toe and foot extensions, 2 steps rebound, high toe 8-16 counts, heel 8-16 counts, slowly perform basic techniques within the range of motion that does not cause pain that would be used in the session, variation of upper and lower range of motion gentle exercises, stretching

b. Main Session (28 min)

- Walking, running, general athletic exercises combined with stretching exercises.
- As such, the instructions of the coach/volunteer should always be to stretch to the point that does not cause any pain at all. Neck stretches, shoulder rotations, forward and back, hip rotations, forward and back, trunk twists, standing quadriceps, standing hamstring, standing triceps, hip circles, back extension, yoga and stretching exercises, combined activities of adapted athletic exercises with fitness equipment.

c. Cool down (5 min)

- Walk for 5 min around the court in a slow level action. Feel free and relaxed while walking and always control breath, stretching



7. Swimming training

Water because of their hydrodynamic properties, allows easier use of the body's own ability, which is especially of great importance to people with physical disabilities

Swimming - a favorite activity of most people who have learned it.

We were born from the aqueous medium and throughout life we enjoy in water in different ways.

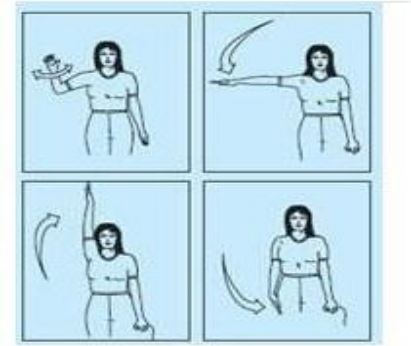
Water because of their hydrodynamic properties, allows easier use of the body's own ability, which is especially of great importance to people with physical disabilities.

Combining different adapted swimming facilities for children with disabilities and people with disabilities strengthen the organism and swimming becomes a means for proper physical and mental development

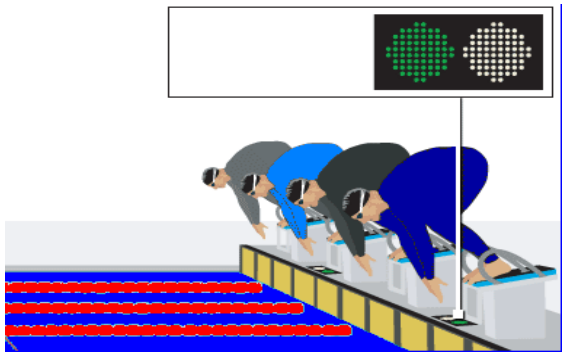
SWIMMING AS A SPORT FOR PEOPLE WITH DISABILITIES

- Swimming as a sport for people with disabilities is present since 1924.
- Then, in Paris, on competition in swimming occurred five countries in the Deaf Games.
- The deaf compete in 19 male and 19 female discipline by FINA rules with small modifications to the rules. The starting signal is light.

ADJUSTMENTS

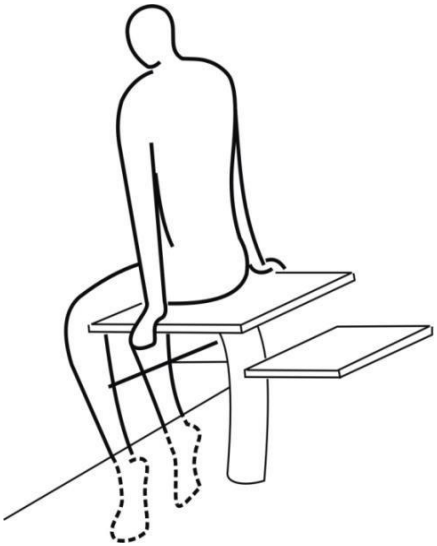


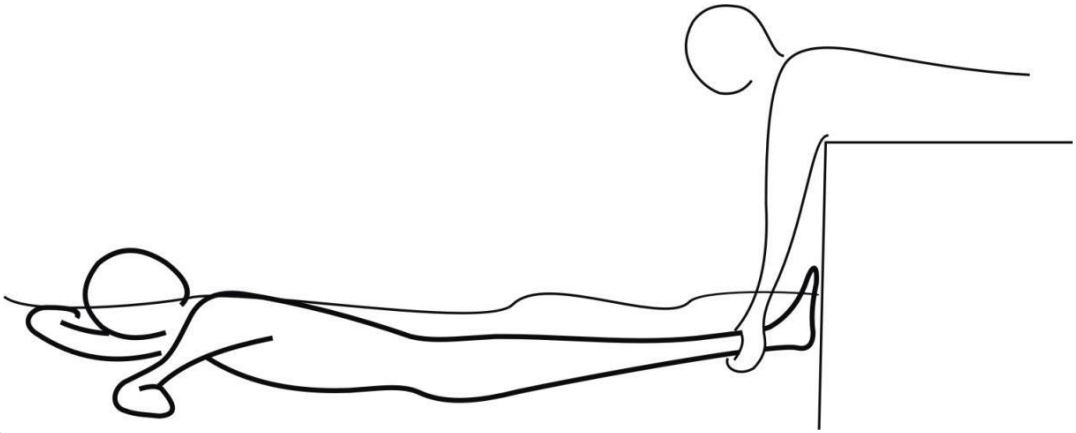
- A short whistle
- 2wimmer on the starting block
- On his/her place,
- The starting signal



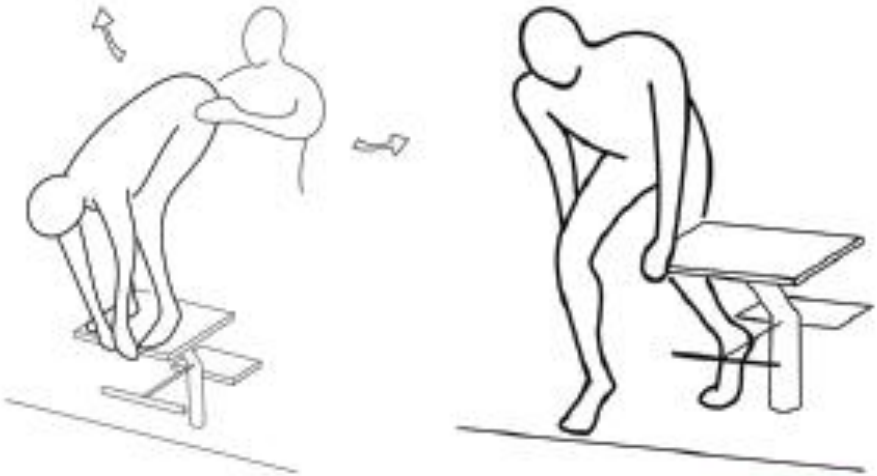
SWIMMING AS A SPORT FOR PEOPLE WITH DISABILITIES

- Unlike deaf swimming, there are more adapted swimming rules related to performance techniques, starts and turns, in the Paralympic movement
- The rules allow the paraplegics not using legs in all disciplines, as well as allow to people without hands touching the wall with head or shoulder
- The rules allow a sedentary start at the starting platform.

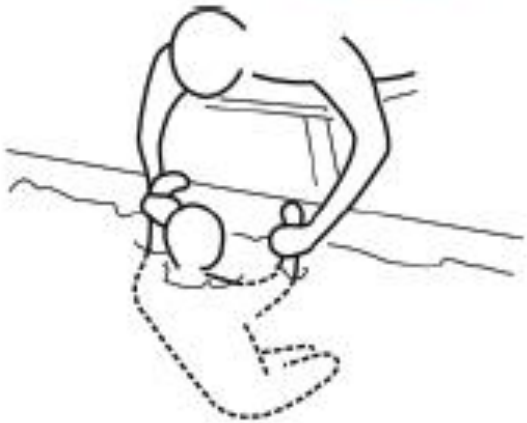




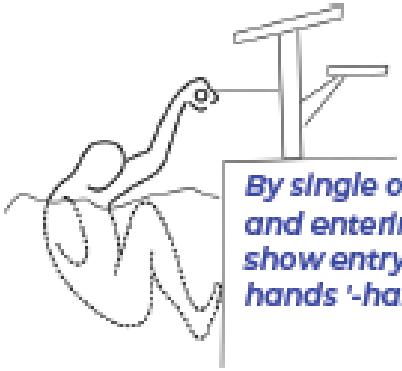
For those with compromised balance allowed is assisting or standing start in the starting lineup for the end of the block.



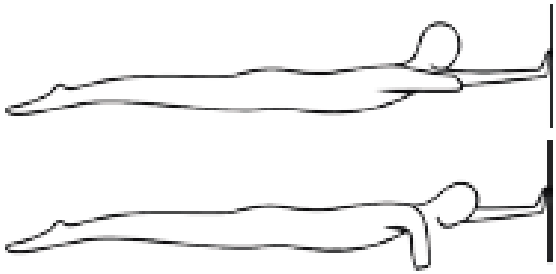
Modified the start for a persons with multiple amputations, with the assistance.



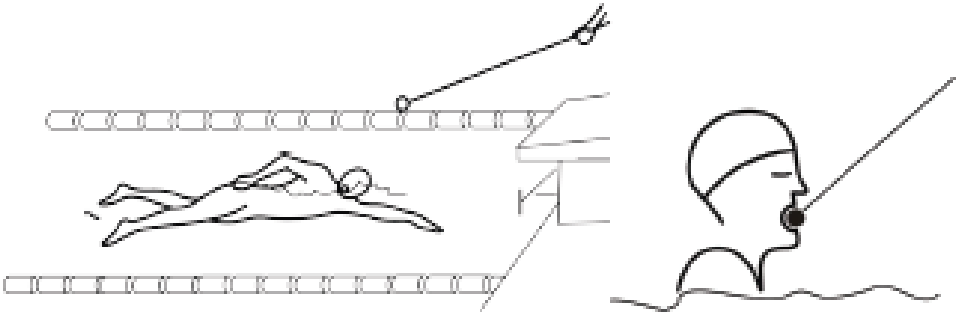
Start with hand pruning amputations



By single or multiple amputations on the turn and entering the goal must correspond to show entry into target or turn with ' both hands '-hand and/or the crown, limbs



Blind people are allowed to have a tour guide and ' tapper ' who is is touching the swimmer with special device on the head or the body during the race giving him/her a signal that he/she is approaching the turn, or entering the goal.



Blind swimmers are obliged to wear dark glasses. It is forbidden to wear anything that would improve swimmers buoyancy, speed, or endurance.

SWIMMING AT THE PARALYMPICS

- Swimming is in the Paralympics since Rome in 1960. In the program compete persons with disabilities, persons with disorders in cognitive functioning and visually impaired and blind people in a total of 14 class. To ensure fair competition swimming like any other Paralympic sport has a classification system.

CLASSIFICATION

- In the current classification process involved are coaches swimming and medical stuff, physical therapists or doctors.

CLASSIFICATION PROCESS

- Classification tests shall be carried out on the medical table by tests of muscle strength, coordination, range of motion, the length and layout of the extremities and the height of the body while in the water, all of the above checks through the performance of swimming technique.
- Classification system ensures that ultimately determines the victory development of swimming skills, abilities; strength, endurance, tactical maturity and mental readiness, the same factors that are necessary for success in not the Paralympic sports.

Motor transfer in water – soil has long been known – the brain knows the movement. In the water it is easier to perform the default action, if we learn them in the water and on the "dry" will be able to perform them independently or with the assistance, aid.

- A lot of of psychologists and kinesiologists consider early integration of children in the swimming as a program general useful for health and physical development and rapid progress. In doing so, children's motor experience enriches. Early swimming program provides healthy kinetic development of the child. Child is swimming in the different positions. This exercises help to shape the body, but also the coherence of neuromuscular system.

CONCEPTS

- Specific concepts of work in the water with children with disorders in development and persons with disabilities are Halliwick and Sherrill model fun and success in the water.

HALLIWICK CONCEPT

- The most famous
- The concept includes mental and physical adaptation to the water, relaxation, breathing control, control balance and movement in the water prior to the teaching of propulsion. This method is used in therapeutic purposes. Although developed as a method of teaching people with disabilities today, she successfully used in teaching swimming persons that do not have a disability.

SHERRIL MODEL

- Sherrill model began as part of a practical program to the Texas Women's University through which students of the University were taught to swim children with developmental difficulties. The school has three levels of ' Explorer ', ' Advanced Explorer ' and ' Floater ' in front of the starting level of the float.

TRAINING:

- **BASIC PLANNING TECHNIQUES** (taking into account all the particularities of particular disabilities, adaptation techniques)
- Age - Girls 8-11 yr. + 1year.
- For people with CP, boys 9-12 years old. + 1year. For people with CP
- At this stage, it is about learning and perfecting all swimming techniques, the basics of technical tactical preparation in swimming, the basic model of training work (racing, stretching, main part of the training, cool down), auxiliary model of training work (relaxation, recovery, nutrition). From the motor skills it is emphasized on the development of coordination (water technique, and dry exercises) and relative repetitive forces. It is necessary to have an individualized access to the technique of swimming from the earliest age to the type of disability because by not respecting this premise we can put too much burden on the young swimmer to perform the proper technique that he/she can not realistically perform. In that case children will be discouraged by difficult and unmanageable tasks. A good anatomic and biomechanical analysis of swimmers as well as knowledge related to certain types of disability is needed.

EXPERIENCE OF BASIC SWIMMING KNOWLEDGE AND CAPABILITY (aerobic

- abilities, training of great extensiveness, low intensity)
- Age - girls 11-14 years + 1year. For persons with CP, boys 12-15 years. + 1year. For people with CP
- Training is of great extensiveness and low intensity. We are working on refining tactical elements and mental preparation.
- Coordination and relative repetitive power are still the primary motor skills we are developing at this stage.
- Develop self-reliance in work – warm up, cool down, recovery, relaxation, mental preparation before the race, controlling proper nutrition.

CONCLUSION

- Swimming is like any other physical activity important and with persons with disabilities because it contributes to the growth and development of children with disorders in development, prevents or minimizes damage to the symptoms that occur in children and people with disabilities, helping in the preservation functional capabilities and supports an independent way of life of persons with disabilities.
- Using different adaptations swimming facilities we provide to all members of society to enjoy the benefits of water are freely moving.