



*SPORTS AND DISABILITIES.
PARALYMPIC GAMES*



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SPORT AND DISABILITIES. PARALYMPIC GAMES IN SPAIN



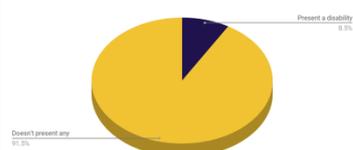
IMPORTANT DATA :

In our country 8.5% of the population presents a disability, which is more or less three million eight hundred thousand and fifty thousand people (3.847.900 people).

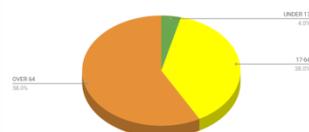
According to the age, older people is more affected with 58%, followed by medium-aged people who go from 17 to 64 years which represent the 17.64%, and finally young people are affected in a 4.04%.

Regarding the gender females are less affected than males, as men represent the 52.6% while women is the 47.4%.

SPANISH POPULATION



ACCORDING TO THEIR AGE



ACCORDING TO THEIR SEX



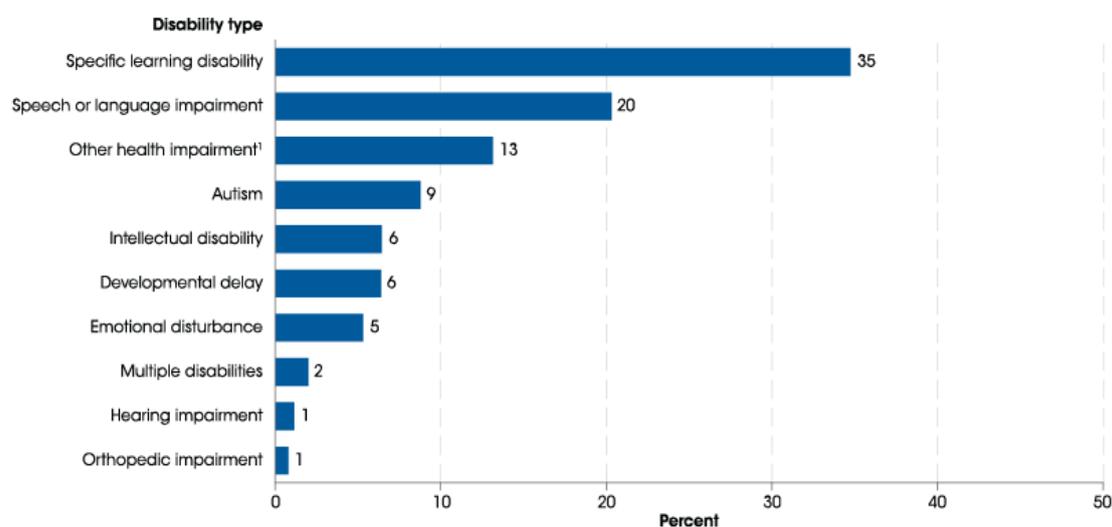
1.- INTRODUCTION DISABILITIES

The disability category determines whom athletes compete against and which sports they participate in. Some sports are open to multiple disability categories (e.g. cycling), while others are restricted to only one (e.g. Five-a-side football).

Events in the Paralympics are commonly labelled with the relevant disability category, indicating athletes with a severe physical impairment, or indicating athletes with an intellectual disability.

Athletes who participate in Paralympic sports are grouped into ten different categories, depending on their type of disability.

- Regarding physical impairment there are eight different types recognized by the movement, such as leg-length difference or short stature.
- Athletes with visual impairment ranging from partial vision to total blindness are grouped according to the visual Impairment they have. This category includes impairment of one or more components of the visual system (eye structure, receptors, optic nerve pathway, and visual cortex).
- There is also a category including athletes which have an intellectual disability, in which they have a significant impairment in intellectual functioning and associated limitations in adaptive behavior.



According to the Association of Disabled People, 15% of the worldwide population has some type of disability. This amount may seem very large however it takes into account not just physical disabilities but cognitive ones too, which are not detectable at first sight.

PEOPLE WITH DISABILITIES AND EMPLOYMENT OF THEIR FREE TIME

As you can see in the graphic, the main activity done by people with some disability is watching TV, followed by listening to music or being with other people but playing sports is not as usual among disabled people.

The practice of a sport within the disabled community is not very common. People that have the disabilities mentioned above face many different difficulties before, during and after the practice. Just 2.1% of sport centers are accessible for people with reduced abilities, which also mean that the 97.1% of areas for sport aren't well equipped.

Activity	Percentage
Internet	4.57%
Watch TV	83.04%
Listen to the radio	73.07%
Listen music	63.63%
Talk with friends	61.60%
Go for a walk	49.04%
Manual Activities	34.18%
Read	33.93%
Parties,Dances	15.13%
Practice sports	10.58%
Use the computer	8.50%
Drink	8.33%
Anything	4.37%

SPORT'S BENEFITS:

Mental benefits

- We improve our confidence and self esteem
- We relieve some chemicals called norepinephrine before and after doing exercise. As a result, we relieve all the stress accumulated throughout the day.
- We relieve endorphins, which help us being in a better mood.

Physical benefits

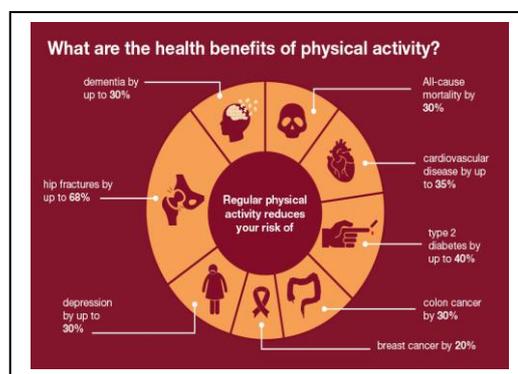
- It improves posture and body shape.
- It reduces cardiovascular and cognitive diseases. Thanks to exercise, we improve our memory and our learning skills, as the amount of neurons and its conexions increase.

Social benefits

- We meet new people and so make new friends.
- Sports teach as many values such as: teamwork (working with others) , how to compete and being respectful with the rest...
- We can avoid or reduce addictions of any kind: sex, alcohol, drugs... because it reduces the withdrawal symptoms and helps them to get to sleep quickly as many times sleeping can be altered.

SPORT'S BENEFITS IN DISABLED PEOPLE:

Likely psychological gains include an improvement of mood-state, with a reduction of anxiety and depression, an increase of self-esteem and feelings of greater self-efficacy. Sociological gains include new experiences, new friendships...Perceived health is improved, and in a more long-term perspective there is a reduced risk of many chronic diseases. Finally, there is a greater likelihood of employment, self-sufficiency, autonomy and enhanced productivity.



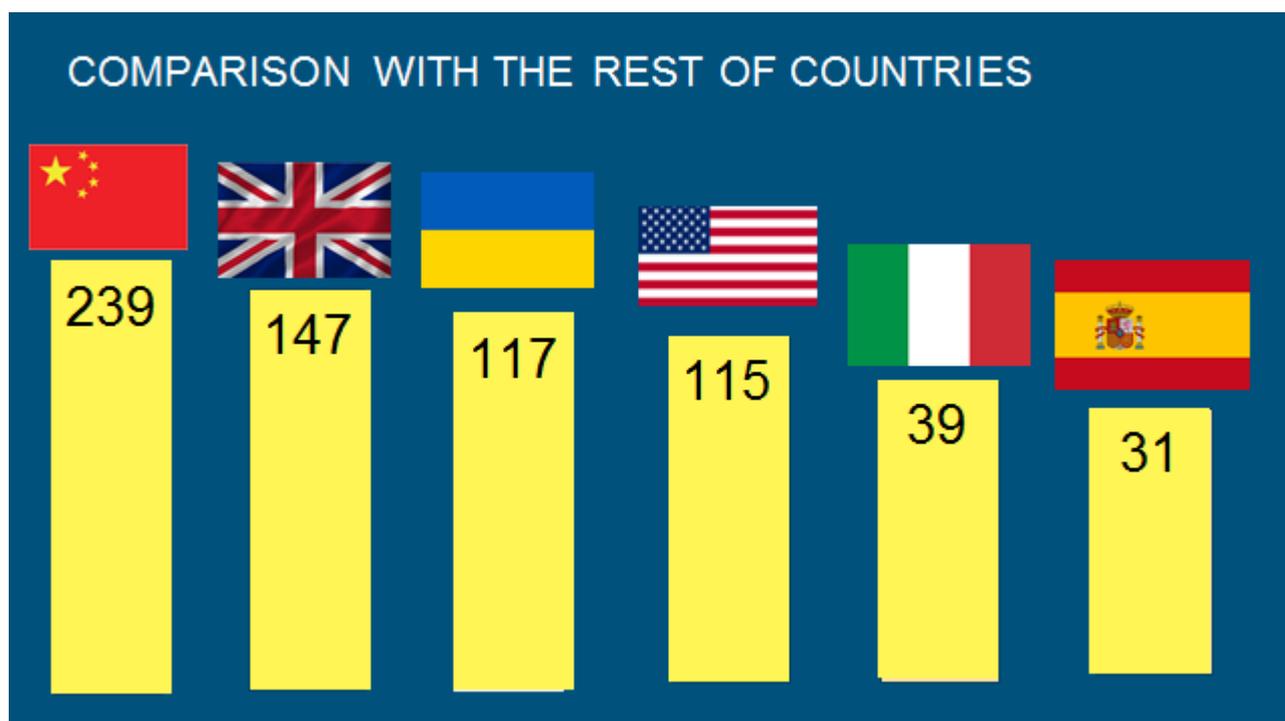
SPORTS IN WHICH SPAIN STANDS OUT

The Paralympic sports in which Spain stands out are athletics. Also swimming with 17 medals. Furthermore, we were able to win 3 medals in cycling. As a country we also highlight in table tennis, but we could only win a couple of medals.



COMPARISON WITH THE REST OF COUNTRIES

In comparison with other nations, Spain is under China followed by Great Britain and Ukraine.



MAIN PARALYMPIC ATHLETES

In Spain we have many well-known Paralympic athletes who work very hard to achieve their goals.

- José Manuel Ruiz (Granada, 1978). He is a table-tennis player who was born without the right arm. In spite of his disability, he plays against players with fewer disabilities



- Teresa Perales (Zaragoza, 1975). She is the most well-known swimmer who has won 22 medals, becoming the Spanish sportswoman with the most Olympic medals. (6 gold, 6 silver and 10 bronze). She has been using a wheeled-chair since she was 19 after suffering



an illness which prohibited the mobility of her legs.

She was the standard bearer in the London Olympic Games and has received really important prizes.

- David Casinos (Valencia, 1972). He is the best blind shot putter ever. He has participated in four Paralympic Games and he has gained several medals
- Alberto Suárez (Riosa, Asturias; 1977). He is an athlete who suffers a visual disability. However, he has won the marathon world record many times and he is the current distance and 5000 meter world runner up.
- Mónica Merenciano (Liria, Valencia; 1984). She is a judoka even though she has a visual disability. Thanks to her effort she could climb the podium three times.

- Jairo Ruiz (Almeria, 1988). He is a Paralympic athlete who competes without the part of his left arm. His records are three Spanish championships and a European championship among others.

ECONOMIC DIMENSION

In this globalized world, where money has become increasingly important, it's impossible to forget about the economic dimension of being disabled. You may wonder: If I'm disabled and I don't have economic possibilities, how would I take care of myself? Are schools, universities and other institutions designed and prepared for disabled people? Do disabled people have less job opportunities than abled bodied people, etc.

Disability and poverty are really interconnected with each other. Most of the times, a disabled person needs larger amounts of money in their daily lives because their treatment is expensive, they have to adapt their house, car... really adding up. The World Bank estimates that people who could be labeled as disabled may account for as many as one in five of the world's poorest people. Of the World Bank's estimated 1.3 billion people living on less than \$1 per day, approximately 260 million of them could be labeled with a disability.

As a result, these people need and extra help from the State. In Spain, there are two types of permanent disability benefits:

i) Contributory. These are given to those who have contributed to the Social system before being disabled and the payments are based on previous salaries and the degree of disability.

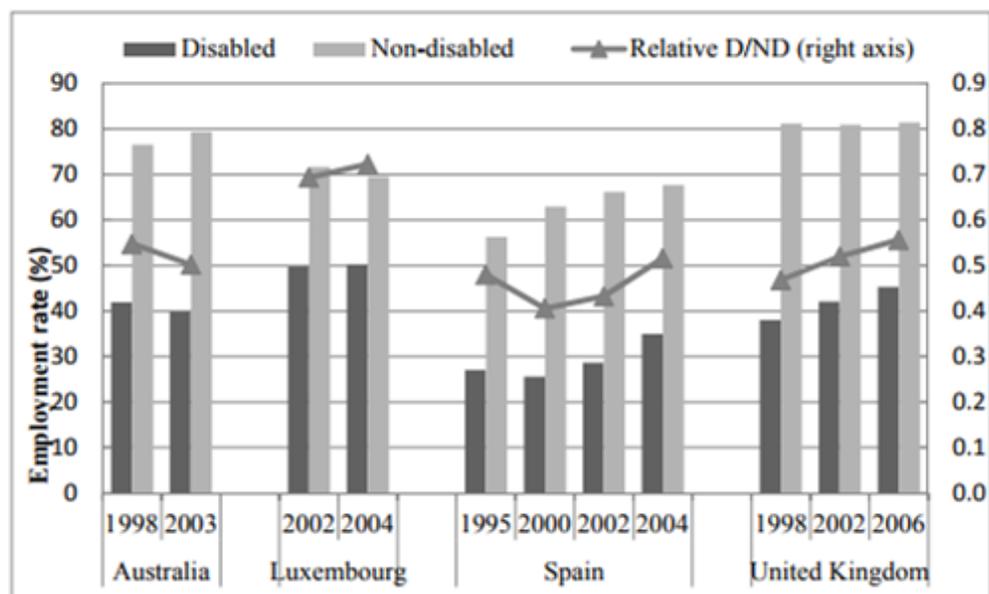
ii) Non-contributory, which are given to individuals who are disabled but have never contributed to the Social Security system (or do not reach the minimum contributory requirement period to access the contributory system). They are paid a fixed amount to guarantee a minimum subsistence level.

Welfare payments are funded through the taxes of employees and employers.

To establish the degree of disability and the amount of money given to each person, the Spanish Social Security Administration differentiates between:

- Partial disability: The individual is impaired to develop all or the fundamental tasks of his/her usual job or professional activity, but he/she is still capable of developing a different job or professional activity.
- Total disability: The individual is impaired for the development of any kind of job or professional activity.
- Severe disability: Individuals who, as a result of anatomic or functional losses, need the assistance of a third person to develop essential activities of daily living such as eating, moving, etc.

Figure 1. Employment rates of working-age people with and without disability, late available years (percentage).



Employment rates of disabled individuals in Spain have remained quite low, meaning that only 35% of people with disabilities in Spain are employed. This is mainly due to three possible reasons: Low work motivation, widespread stigma concerning the “working ability” of people with disability, and Ineffectiveness of employment regulations and supports.

The situation becomes worse if, instead of considering self-reported disabled individuals, we calculate employment rates of individuals receiving partial disability benefits in Spain. We can see that, for this group of individuals, the total employment rate is 17%, much lower than the self-reported group (30%). also shows that the employment rate for the oldest part of the disabled population is 6% (age 55-65).

SPAIN AND DISABILITIES: PROBLEMS IN LABOUR MARKET

Problem 1. People with disabilities are not readily signing up to employment programs because the system is too complex with a number of decentralized and centralized actors, including the Public Employment Service and the Institute of Social Security

Problem 2. The Spanish labor law contains a series of obligations for employers but these regulations are not enforced.

Problem 3. Some elements of the disability benefit system need to be adjusted to today's medical, economic and labor market realities.

→ Compulsory requirements in buildings

It's highly recommended and compulsory for an institution to have the following requirements if there's someone with any disability, physical or mental:

- If the building has different floors, there must be an elevator or a ramp to access with a wheeled-chair.
- Corridors and doors must be wide enough so disabled people can enter without any problem.
- Furniture must be easy to move in order to adapt the classroom in any circumstances.
- A big enough bathroom for people with reduced mobility.
- Non-slip floor will avoid many accidents.
- There must be enough light for those who have low vision. So if there's not too much natural light, there must be lamps or some kind of artificial light.
- Teachers should also create different learning methods and didactic strategies, as well as using different ways of communicating (graphs, oral language, signs, Braille system...) in order to promote social inclusion and facilitate the education for the diversity.
- There must also be parking places exclusive to people with reduced mobility or any disability as close as possible to the building.

In recent years, disability policies have attracted particular attention in OECD countries for two main reasons: 1) because they represent an important source of government expenditure and 2) because societies are becoming more and more

concerned about the need to strengthen the integration of disabled individuals in society.



WEBPAGES:

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SPORT AND DISABILITIES

PARALYMPIC GAMES IN ITALY

The Paralympic Games is a major international multi-sport event, involving athletes with a range of physical disabilities, including impaired muscle power (e.g. paraplegia and quadriplegia, muscular dystrophy, Post-polio syndrome, spina bifida), impaired passive range of movement, limb deficiency (e.g. amputation or dysmelia), leg length difference, short stature, hypertonia, ataxia, athetosis, vision impairment and intellectual impairment.



There are Winter and Summer Paralympic Games, which since the 1988 Summer Games in Seoul, South Korea, are held almost immediately following the respective Olympic Games. All Paralympic Games are governed by the International Paralympic Committee (IPC) The Paralympic Games are a multi-sport event for athletes with physical, mental and sensorial disabilities. This includes mobility disabilities, amputees, visual disabilities and those with cerebral palsy. The Paralympic Games are held every four years, following the Olympic Games, and are governed by the International Paralympic Committee (IPC) - (The Paralympic Games are sometimes confused with the Special Olympics, which are only for people with intellectual disabilities.)

The Paralympics first started in 1948 when Ludwig Guttman organized a sports competition which involved World War 2 veterans that had spinal injuries. Afterwards a similar event was organized in Toronto, Canada where different disability groups were added and the idea of merging together and taking part in athletic sports was a success.

The name derives from the Greek "para" ("beside" or "alongside") and thus refers to a competition held in parallel with the Olympic Games. No relation with paralysis or paraplegia is intended, however, the word Paralympic was originally a portmanteau combining 'paraplegic' and 'Olympic'. The number of athletes participating in Summer Paralympic Games has increased from 400 athletes from 23 countries in Rome in 1960 to 3806 athletes from 136 countries in Athens in 2004. The International Paralympic Committee (IPC) is the global governing body of the Paralympic Movement.

The IPC organizes the Summer and Winter Paralympic Games, and serves as the International Federation for nine sports, for which it supervises and co-ordinates the World Championships and other competitions. The Summer and Winter Paralympic Games are the ultimate international competitions for world class athletes with a disability. They are linked to the Olympic celebrations every two years and athletes must meet strict qualifying standards in order to compete.

Disability Category Definitions for Paralympic Games. These categories apply to both summer and winter Paralympics.

- Amputee: Athletes with a partial or total loss of at least one limb.
- Cerebral Palsy: Athletes with non-progressive brain damage, for example cerebral palsy, traumatic brain injury, stroke or similar disabilities affecting muscle control, balance or coordination.

- Intellectual Disability: Athletes with a significant impairment in intellectual functioning and associated limitations in adaptive behaviour (currently suspended.)



- Wheelchair: Athletes with spinal cord injuries and other disabilities which require them to compete in a wheelchair.

- Visually Impaired: Athletes with vision impairment ranging from partial vision, sufficient to be judged legally blind, to total blindness.
- Athletes with a physical disability that does not fall strictly under one of the other five categories, such as dwarfism, multiple sclerosis or congenital deformities of the limbs such as that caused by thalidomide.

Italian Paralympic Committee History of CIP

➤ Constitution

A derivation of the pre-existing ANSPI (*Associazione Nazionale Sport Paraplegici Italiani* or National Association of Paraplegic Sports), FISHa – *Federazione Italiana per lo Sport degli Handicappati* (Italian Federation of Disabled Sports) was established in June 1980 - for the purpose of "setting up a unified process for the organisation of sports for people with disabilities". At the time of its constitution, FISHa incorporated FISM (*Federazione Italiana Sportivi Minorati* or Italian Federation of Athletes with Disabilities) and ANFFaS (*Associazione Nazionale Famiglie Fanciulli Subnormali* or Association of Families of Children with Disabilities). A year later, on 17 July 1981, on the invitation of CONI it subscribed to an "agreement of collaboration with *the Federazione Italiana Ciechi Sportivi* (FICS or Italian Federation of Blind Athletes and

with the Federazione Sport Silenziosi d'Italia (FSSI or Italian Federation of Silent Sports) and the following 27 October 1981 it was recognised by *CONI* as a member Federation. The Federation became official on 30 April 1987. At the end of 1990 it changed its name to *Federazione Italiana Sport Disabili* (FISD or Italian Federation of Sports for People with Disabilities).

➤ The Purpose of the Paralympic Games

Athletes with physical impairments have performed in the various sporting events for over 100 years. However, it was not until after World War II where such sport became wide recognized. Most of it was largely due to wanting to assist veteran soldiers and those injured from the war. It was during the London 1948 Olympic Games where Dr. Ludwig Guttmann organized a series of sporting events opened for the physically impaired which became a major milestone in Paralympics history. Soon after, it was in Rome, Italy in 1960 featuring 400 athletes from 23 countries where the first Paralympic games started. In 1976, the first Winter Games took place in Sweden. Additionally according to the official Paralympic games website, “since the Summer Games of Seoul, Korea in 1988 and the Winter Games in Albertville, France in 1992 the Games have also taken part in the same cities and venues as the Olympics due to an agreement between the IPC and IOC.” In total, there are 31 events in the Paralympics with 25 of those being part of the Summer Games. Many of the winter events include popular sports like snowboarding, ice hockey, and skiing. In some aspects, the athletes who participate in the event may be even more inspirational and impressive than their Olympic



counterparts in how they are overcoming both physical and mental obstacles. The Paralympic games have their own hall of fame in which they induct inspirational athletes as part of their history. The psychological challenge that many athletes in the Paralympic games face is tremendous. There are many former Olympic athletes who suffered from unfortunate accidents resulting in permanent physical damage. However, they overcame their disability and mentally challenged themselves to participate once again as an athlete. South African Natalie duToit who was diligently preparing for her first appearance at the Olympics, lost one of her legs in a car accident in 2001. However, she did not give up her career as a professional swimmer and trained even harder for the Paralympic summer games in 2004 and 2008 where she won a total of 10 gold medals. The Rome 1960 Paralympic Games was a tremendous step in sport for athletes with a physical impairment. The founder of the Paralympic Movement, Sir Ludwig Guttman, and the Director of the Spinal Centre in Rome, *Antonia Maglio*, started preparations for the Games two years prior. It would be called the 9th Annual International Stoke Mandeville Games.

Now regarded as the Rome 1960 Paralympic Games, the competition took place six days following the Closing Ceremony of the XVII Olympic Games and was supported by the Italian Olympic Committee and the Italian Institute for Disabled Workers (*INAIL*).

➤ Sports

A total of eight different sports debuted at the first-ever Paralympic Games, all of which were considered beneficial and suitable for athletes with spinal cord injuries.

Archery Para athletics Dartchery Snooker Para swimming Table tennis Wheelchair fencing Wheelchair basketball

➤ Opening Ceremony

The Opening Ceremony on 18 September garnered a crowd of 5,000 spectators, which greeted the wheelchair athletes during their colourful entry into *Acqua*

Acetosa Stadium. Camillo Giardina, the Italian Minister for Public Health at the time, officially declared the Games open to the world.

➤ Medals

In the debut of the Paralympic Games on the world stage, host nation Italy finished atop the medal standings, as Great Britain, Germany, Austria and USA rounded out the top five with stellar performances.

➤ Closing Ceremony

The Closing Ceremony on 25 September was held in the *Palazetto dello Sport* in the Olympic Village in the presence of Sir Guttman, the Patron of the Games, and the wife of the Italian President, *Donna Carla Gronchi*.

Sir Guttman summed of the Games saying: “The vast majority of competitors and escorts have fully understood the meaning of the Rome Games as a new pattern of reintegration of the paralyzed into society, as well as the world of sport.”



Comitato Italiano Paralimpico
Italian Paralympic Committee



SPORT AND DISABILITIES PARALYMPIC GAMES IN NORWAY



What are the Paralympics games?

The Paralympics games is a major international multi-sport event involving athletes with a range of disabilities, including impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference and so on. That are Winter and Summer Paralympics Games, which since the 1988 Summer Games in Seoul, South Korea, are held almost immediately following the respective Olympic Games. All Paralympic Games are governed by The International Paralympic Committee.

Basic facts

The Paralympics has grown from a small gathering of British World War II veterans in 1948 to become one of the largest international sporting events by the early 21st century. The Paralympics has grown from 400 athletes with a disability from 23 countries in 1960 to thousands of competitors from over 100 countries in the London 2012 Games.

Paralympians strive for equal treatment with non-disabled Olympic athletes, but there is a large funding gap between Olympic and Paralympic athletes.

The Paralympic Games are organized in parallel with the Olympic Games, while the IOC-recognized Special Olympics World Games include athletes with intellectual disabilities, and the Deaflympics include deaf athletes.

Given the wide variety of disabilities that Paralympic athletes have, there are several categories in which the athletes compete. The allowable disabilities are broken down into ten eligible impairment types. The categories are impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonia, ataxia, athetosis, vision impairment and intellectual impairment. These categories are further broken down into classifications, which vary from sport to sport.

Sports:

In Winter Paralympics the sports are alpine skiing, biathlon, cross-country skiing, para ice hockey, snowboarding and wheelchair curling. And in the summer Paralympics the sports are archery, para athletics, badminton, boccia, canoe, cycling, equestrian, football 5-a-side, goalball, judo, para powerlifting, rowing, shooting para sport, sitting volleyball, para swimming, table tennis, taekwondo, triathlon, wheelchair basketball, wheelchair fencing, wheelchair rugby and wheelchair tennis.

Paralympics in Norway

The main coaches in Norway's Paralympics teams are Beate Cathrin Haugen, Peter Dahlman, Espen Hegde, Lars Berger and Pär Sundqvist.

The Paralympic team who went to PyeongChang in 2018 was 32 of the best athletes in the specific sports.

Under this year's Paralympics Norway won 8 medals totally. One gold, 3 silver and 4 bronzes.

Norway has participated in every edition of both the Summer and Winter Paralympics, except the second Summer Games in 1964. It was one of the seventeen countries to take part in the inaugural Paralympic Games in 1960 in Rome, where it sent a delegation of eleven athletes.

Norwegian athletes have won a total of 584 Paralympic medals, of which 234 were gold, 194 silver and 156 bronzes. 315 of these (including 134 of the gold) have been won at the Winter Games.

As of 2010, Norway is the most successful country of all time at the Winter Paralympics

Norway was also the host country of both the 1980 Winter Paralympics, in Geilo, and the 1994 Winter Paralympics, in Lillehammer.

How do we see sports stars?

Nowadays if you become a sports star, you become a celebrity. We love to read about them, we love to watch them win. We want to follow them on social media. Many look up to them and want to be as good as them. They are motivators to others. They can teach us to never give up.

Ragnhild Mowinckel

She is a Norwegian alpinist from Molde. She won two silver medals in Pyeongchang 2018. She represents Rival sports club, a sports club from Molde

She actually went to Bergmo secondary school, our school.

Johannes Høsflot Klæbo

Johannes has become well known over the past years. Because of his good looks and talent, he has many “fans”. He also has a YouTube-channel where he vlogs about his life.

Many look up to Johannes because he has achieved so much despite his age.

Marit Bjørgen

Marit Bjørgen is a Norwegian cross-country skier, and the most winning performer in the Winter Olympics throughout the ages. We call her the ski “queen” of Norway.

Birgitt Skarstein:

Birgit Skarstein is a Norwegian athlete with disabilities. Who is competing in rowing and cross-country skiing.

During an operation in September 2009 she got an epidural in her back, but the anesthesia didn't work as it was supposed to. She gradually lost feelings in her legs after the operation, and three days after the operation she was paralyzed from her waist and down. The paralysis became permanent.

Cato Zahl Pedersen:

He is one of the most winning practitioners in disability sports. Zahl Pedersen had to amputate one arm and one half of the other after climbing in a high-rise mast at his home in Nesodden as 14-year-old.

What can we learn from them?

Many look up to them and want to be as good as them. They are motivators to others. They can teach us to never give up.

The special with the last two sport-stars is that they have disabilities. What we can learn from them is never give up no matter what's prevents you. You can do whatever you want.

Para Sports

In Norwegian sports, there must be room for everyone, so we hope that everyone who wants it will find a sport and offer that is tailored to the individual prerequisites and aspirations.

We are all created to be in motion. Physical activity is a source of joy, well-being and mood.

An active life has many good effects on our body and it is the easiest method for better health.

The sports teams in Norway have many good offers for people with disabilities. There are both offers where development-impaired people are included in regular activity and own groups with custom activity.

Amanda Dybendal

Amanda Dybendal (born October 19, 1992) is a Norwegian handicapped shooter who competes in the SH1 class, which is for athletes who do not need to support the weapon.

Dybendal was born with spinal bifida (spina bifida), which means that she has reduced function from the hips and down. She likes walking, but uses a wheelchair at distances that are more than a few hundred meters. She has previously been riding horse riding, choir, theater and swimming, but started shooting in 2003 because this suited her handicap best.

The margins are small in international shooters.

Amanda Dybendal (22) from Flisa received a note when she shot her 60 shots lying under the WC meeting for disabled people in Alicante, Spain today. After 599 points with 57 center-tigers, she had to shoot five new shooters together with eight

shooters to take out the last five to shoot the final of the day with the air rifle. Three shooters had 600 points.

Ready for new World Cup competitions

However, the performance was so good that with this result she is ready for new World Cup competitions in the fall, in either the United States in October or Australia in November.

- I have stabilized now. I was not nervous at all, and accept that it went out this time, says the university student in Trondheim.

"The progress has come and it is a long time for Paralympics," said Dybendal with today's biggest gloss.

This was the second time she scored 599 points this season. She made it the first time in an international conference in Poland in March.

SPORT AND DISABILITIES PARALYMPIC GAMES IN THE CZECH REPUBLIC



Sport and disabilities

Physical disability

A person with physical disability is limited in movement skills.

Sport has an effect on a person's total development. Movement is a source of emotions, satisfaction, enjoyment of success, but it can also be a source of fear and disappointment. For some individuals, sport is a new beginning or return to the life.

The physical disabilities can be congenital or gained during life. The congenital disabilities affect the development of the child.

The congenital physical disabilities can be defined as movement defects. It can be created in during pregnancy,

heredity or using Narcotics as a alcohol, Cigaretets or caused by some infectious diseases, but also by a long and complicated delivery.



Disabilities gained during life are for a person more psychological traumatic etc.: car crash, injury or diseases.

Tasks P.E. with physical disabilities

- Developing movement disabilities
- Improvement ability
- Growing physical fitness and immunity
- Also for development get to know, thinking an language

The goal is to achieve the highest fitness, dexterity and movement skills

This is the interationl symbol of physical disability.

Sports

Wheelchair Basketball — basically regular basketball played on a wheelchair.



Boccia – a ball sport similar to bocce, bowls, and pentanque for athletes with physical disabilities.



Sledge Hockey — ice hockey on double-blade sledges for people with physical disabilities on the lower body



Wheelchair Curling — a variation of curling in which athletes with a disability affecting their lower limbs use a wheelchair to play the sport



Goalball — a Paralympic sport for blind athletes using a ball with bells



Famous Czech athletes

Roman Musil

- Czech physically handicapped athlete, he also was tricyclists
- He was born with the Cerebral Palsy

Jiří Ježek (1974)

- He is cyclist
- After the car accident in 1985 has amputation right leg under knee
- On the Paralympics in London (2012) he won his six medals and he became the most successful cyclist of History Paralympics



Martin Němec

- 43 years old
- Physically handicapped athlete
- He throws a javelin, throws a disc and throws a ball
- From the Paralympics games 2 gold, 1 silver and 1 bronze medal + from World Cup athletes with handicap 4 gold and 1 silver medal



Rostislav Pohlmann

- 53 years old
- Physically handicapped athlete and basketball player
- He throws a javelin and throws a disc
- From Paralympics games 1 Gold, 3 Silver and 3 Bronze Medals + From World Cup athletes with handicap 2 Golden and 2 Silver Medals



Inclusion in the Czech Republic

It is a process whose goal is to set up a system of education that allows all children to meet their compulsory schooling. Goal of inclusion is to promote equal opportunities for children in education. Handicapped students have assistants. The assistant helps them in school and in physical education.

The disabled people move with help of a mechanical or electric wheelchair, sticks, prostheses. Some people have also a nurse - an assistant.

Events

In 2016 was European cup of handicapped cyclist in Prag.

In 2017 was championship Czech Republic of bench-press athletes with disabilities in České Budějovice.

In 2018 was world cup of Archery in Štětín.

Emil Open – European competition for disability people. It is organized in Brno.



Czech organizations:

- ČAAPA - Česká asociace aplikovaných pohybových aktivit
 - = Czech Association of Adapted Physical Activities
 - It brings together academics who are developing APA at all levels
 - Founded by Martin Kudláček in 2009 in Olomouc
 - It cooperates with many universities in the Czech Republic (Charles University in Prague, Palacky University in Olomouc)

- The goal is: Promote, support, and coordinate expert surveys in conjunction with APA, support education, inclusion, training,... Access information and knowledge of the APA area and support national and international APA cooperation
- Česká národní konference aplikovaných pohybových aktivit
 - = Czech National Conference of Adapted Physical Activities
 - This conference celebrate in the symbolic "APA child years" and celebrate 20 years of functioning of applied motion activities as academic disciplines

Benefits associated with sports

One of the activities that can improve the health, well-being and quality of life of any person with a disability is sport. Sport offers physical advantages – good blood circulation, stronger muscles, better balance and co-ordination. People who participate in sports enjoy psychological benefits like good self-esteem and a belief in their skills and abilities.