

ADAPTED METHODOLOGY FOR BASIC TRAINING IN WATER SPORTS FOR CHILDREN WITH INTELLECTUAL DISABILITIES

Abstract

Recent trends require adapted physical activity and sport as a therapeutic, prophylactic, sports and animation tool. Water sports are included and versatile healing effect on the human body, which determines the relevance of their use in children with intellectual disabilities. Swimming and kayaking are used as an adapted physical activity for these children. The aim of this research work is to study the utilization of the learning contents of the attached adapted methodology in water sports for children with intellectual disabilities. An integrated methodology was implemented during the summer school water sports for 20 children with intellectual disabilities (autism, Down syndrome) based on the National Sports Academy „Vasil Levski“ in Nessebar for three consecutive years– 2009, 2010 and 2011. During the three year period were realized 180 training sessions (60 sessions each year). Learning algorithm for training in swimming and kayaking was prepared according to the psychological status and potential contingent of children with disabilities. Within the 12-day period of the Summer School on Water sports was held 12 sessions in swimming and 12 sessions in kayaking lasting 45 minutes. Studied group of children with intellectual disabilities have successfully mastered the learning materials included in adapted methodology for water sports. Training sessions in swimming and kayaking allow for psychological adaptation to the aquatic environment and learning basic skills in both water sports. The enclosed complex methodology ensures successful attaining of kayak and swimming technique, improvement of emotional status and achievement of social integration of children with intellectual disabilities.

Key words: *swimming, kayaking, adapted equipment*
