196 - PHYSICAL ACTIVITY AND DISABILITIES: A POSSIBLE RELATIONSHIP?

RICARDO DANTAS CORTEZ[1]
MARIA IRANY KNACKFUSS[2]
1 - Universidade do Estado do Rio Grande do Norte - Mossoró - RN - Brasil
2 - Faculdade Natalense para o Desenvolvimento do Rio Grande do Norte - Natal - RN - Brasil
rdc2001@hotmail.com

INTRODUCTION

The World Health Organization (2002) estimates that between 10% and 15% of the world's population (nearly 01 billion people) suffers from some kind of disability.

In Brazil, data released by the Brazilian Institute of Geography and Statistics (IBGE), the Demographic Census of 2002 showed about 14.5% of the population had some kind of special need, totaling 24.5 million people, half (48%) victims of poor eyesight, 22% of motor impairment, hearing 16%, 8% and 4% mental physics. In the Northeast, the percentage is the largest in the country, 16.5% of the inhabitants of the region are weak.

Participation in various activities has received increasing attention, offering people with physical disabilities the opportunity of experiencing sensations and movements, which often are unable by physical barriers, environmental and social. Among these activities are referred to the sport, often already indicated at an early stage of the rehabilitation process (LABRONCI, 2000).

The sport presents itself as one of the essential conditions for the individual to achieve the full scope of social inclusion. This can be proven to be a simple, accessible, affordable and efficient, whether at the recreational or competitive, high-yield, which contributes much to their independence and social inclusion.

The competitive spirit found in people with physical disabilities is generally high, both by the desire to win as the show itself capable.

However it is noticeable that the sport is walking the steps to meet many of inclusion, the reduction of differences, leaving athletes with disabilities in a situation that we all deserve dignity. The sport will provide other benefits for the physically disabled athlete, because enables social integration, independence activities in the proposals, competitiveness, group activities, individual activities, concentration, coordination and rules (LABRONCI, 2000).

With this perspective, in this study aims to examine the contributions of physical activity adapted to the quality of life of people with physical disabilities, in order to provide better social integration.

METHODOLOGY

The research was conducted by the descriptive method with a qualitative approach, having been chosen a probability sample of a non-intentional, consisting of 08 genera of male athletes and female, aged from 21 to 42 years, with 05 (five) athletes are the swimming, 02 (two) are the Weightlifting athletes and 01 (a) athlete of athletics, affiliated to the SADEF - RN and who participated in the Paralympic Games of Beijing 2008.

As a tool for data collection, we used a semi structured with the participants of the study to identify the profile of the participants, the history of life before and after sports practice as well as psychological and social contributions in the lives of handicapped, after this practice.

RESULTS

The figures for a brief history of life of every individual with a disability, physical before and after sports practice, emphasizing the main contributions to social and psychological influence on the quality of life and social integration of each.

Table 1 - Profile, history of life.

Nº.	Profile	History before of Physical Activity	History after the Physical Activity	Contributions	
				Social	Psychological
1	Female, 34 years old, 2nd Degree Complete, Weightlifting, Poliomyelitis (Infantile Paralysis) - lack of vaccination;	Was released Physical Education, the teacher not to be included in activities;	Swimming - in rehab, Weightlifting, a silver medal at the 2005 World Championships and gold medal in Parapanamericano 2007;	Greater acceptance in the family environment, social and at work (administrative assistant in the SESC);	Feeling of independence, high self-esteem;
2	Male, 29 years old, 2nd Degree Complete, Swimming, Cerebral Palsy (lack of oxygen in the brain during childbirth);	Participated of the physical education classes, played ball and played in the street;	Swimming - in rehab, 06 gold medals in the Paralympic Games of Athens 2004;	Personal and professional achievement (President of SADEF-RN);	Improved self-esteem and confidence of staff;
3	Male, 41 years old, 2nd Degree Complete, Weightlifting, Poliomyelitis (impairment of the lower limbs);	Did not attend classes of Physical Education, the classes do not adjust their limitations;	Swimming - in rehab, Weightlifting, silver medal in the Paralympic Games in Sydney 2000, gold medal in Athens 2004;	It has become a more caring person and obtained greater professional recognition;	High self-esteem;
4	Male, 42 years old, 2nd Degree Complete, Swimming, Poliomyelitis (sequels in both legs and right arm);	Did not attend classes of Physical Education, schools of the city at the time did not have any kind of accessibility to the physically disabled;	Started in Basketball, but gave no continuity; In swimming, won 01 silver medal in Sydney 2000 Paralympic Games and 01 gold medal in Athens 2004;	Personal and professional achievement (vice president of SADEF-RN);	High self-esteem;
5	Male, 26 years old, 2nd Degree Complete, Athletics, left arm amputated;	Did not attend classes of Physical Education;	He started his athletic life through athletics, and the current world champion in 400m and vice champion in the 800m;	Personal and professional achievement;	Physical and mental well being; High self-esteem;

6	Female, 21 years old, higher level, Swimming, Muscular Dystrophy (polyneuropathy);	The school had no access; Did not attend classes of Physical Education;	Swimming - in rehab, his greatest achievement was the gold medal in Athens 2004;	Personal and professional achievement;	High self-esteem;
7	Male, 21 years old, 2nd Degree Complete, Swimming, dwarfism;	Attended classes at the School of Physical Education;	Swimming - in rehab, has grown 5cm in stature, world champion in Brazil in 2005;	Personal and professional achievement;	High self-esteem;
8	Female, 33 years old, 2nd Degree Complete, Swimming, spinal cord injury (Paraplegic);	Before the accident have not practiced any kind of physical activity;	Swimming - in rehab, 02 silver medals and 01 bronze in Parapanamericano in 2007;	Increased the cycle of friendships, and their personal and professional achievement;	High self-esteem;

When finished the interviews and analyzing the data, understand that the sport positively influenced the lives of the athletes interviewed, considering that from the beginning that physical activity, all achieved improvements in health, quality of life, in self-esteem, in level of relationships, social responsibility and job satisfaction and staff.

This is further evidenced when comparing the reports of life of each of them to the concepts of authors such as: Gorla (1997) argues that the adapted physical activity, aimed at the development and improvement of individuals around the motor, social and health; (STRAPASSON , 2006) cites that the adapted physical activity has an important role in motor development, intellectual, social and emotional individuals.

Bueno and Resa (1995) apud Gorgatti; Costa (2005) also emphasize that the Adapted Physical Education enables the learner to understand their limitations and capabilities, helping him in search of a better adaptation to the environment.

For Gorgatti and Costa (2005) deficiencies can help so that it can achieve the adjustment and balance that requires their limitations or disabilities and, identifying the needs and abilities of each student as their ability to share and adjustments to the movement; facilitate their independence and autonomy, and facilitate the process of inclusion and acceptance in their social group when necessary.

CONCLUSIONS AND SUGGESTIONS

After analyzing the results concluded that physical activity in particular, the sport appears to be one of the requirements necessary for the individual to achieve the full scope of social inclusion, characterizing itself as a promoter outbreak of inclusion, promotion the health and quality of life for all people, especially those with disabilities.

Therefore, it is recommended that the professional physical education, devote himself increasingly to the deepening of their studies in the area of adapted physical education as a means to be a benchmark, casting himself as an icon differently in the labor market with these clients that each year gaining more and more significant results in Brazil and abroad.

REFERÊNCIAS BIBLIOGRÁFICAS

DUARTE, E; LIMA, S. T. ***Atividade física para pessoas com necessidades especiais***. Rio de Janeiro: Guanabara, Koogan, 2003.

GORGATTI, M. G; COSTA, R.F. ***Atividade física adaptada***. Barueri. São Paulo: Manole, 2005.

GORLA, J. I. ***Educação física especial*****:** Testes. Rolândia-Paraná: Physical-Fisio, 1997.

LABRONCI, RITA H.D.R; CUNHA, MARCIA C.B; OLIVEIRA, ACARY S.B.; GABBAI, ALBERTO ALAIN**. Esporte como fator de integração do deficiente físico na sociedade.** *Arq. Neuropsiquiatria,* 2000.

STRAPASSON, A. ***Apostila de educação física para pessoas com deficiência***, da Faculdade de Pato Branco: Paraná: FADEP, 2006/2007.

PHYSICAL ACTIVITY AND DISABILITIES: A POSSIBLE RELATIONSHIP?

Abstract:

The regular practice of physical exercises is considered an effective form of fomenting healthy habits that contribute to the life quality, once it provides the people bearers of deficiencies benefits physical, psychological and social, turning possible not only the recognition of your potentialities, as well as, your integration in the society (DUARTE, 2003; LIMA, 2003). The research of descriptive nature with qualitative approach aimed at to analyze the contributions of the physical activity adapted in the quality of the people's bearers of physical deficiency life, tends in view a better social insert. The selected sample in way not intentional probabilistic, was composed by eight athletes of the masculine and feminine goods, being five athletes are of the swimming, two athletes belong to the weightlifting and one athlete of the athletics, in the age group from 21 to 42 years, adopted in SADEF - RN and who participated in the Paralympics Games of Peking 2008. As measure instrument was used a semi-structured interview, identifying the history of the participants' life before and after the practice of the physical activity as well as the motive contributions, partners and psychological of that practice. The results demonstrate that the adapted physical activity being an area that works directly with the body in movement, has the responsibility of offering possibilities and opportunities for all the bodies to be them in the ambit motor, social or psychological, independent of your condition, being characterized as well as a focus inclusion promoter, promotion to the health and life's quality for all the people, mainly the deficiency bearers.

Keywords: Life's Quality, Physical Exercise, Deficiency.

L'ACTIVITÉ PHYSIQUE ET HANDICAP: UN LIEN POSSIBLE?

Résumé:

La pratique régulière d'exercice physique est considéré comme un moyen efficace de promouvoir de saines habitudes de vie qui contribuent à la qualité de vie car il offre aux personnes handicapées des avantages physiques, psychologiques et sociaux, ce qui permet non seulement de reconnaître leur potentiel , Ainsi que leur intégration dans la société (Duarte, 2003; LIMA, 2003). Le caractère descriptif de la recherche avec une approche qualitative visant à analysera les contributions de l'activité physique adaptée à la qualité de vie des personnes ayant un handicap physique, afin d'assurer une meilleure intégration sociale. L'échantillon choisi d'un non-probabiliste intentionnel, était composée de huit athlètes de la genres masculin et féminin, et que cinq sont des athlètes de la natation, deux athlètes sont d'un athlète de l'haltérophilie et l'athlétisme, à l'âge de 21 ans à 42 ans, les membres de SADEF - RN et participera aux Jeux paralympiques de Beijing 2008. Comme l'instrument de mesure a été utilisé un entretien semi-structuré, permettant d'identifier l'histoire de vie des participants avant et après la pratique d'activité physique mais aussi les contributions moteur, et membre de la pratique psychologique. Les résultats

montrent que l'activité physique est un domaine qui travaille directement avec le corps en mouvement, a la responsabilité de fournir des possibilités et des chances pour tous les organismes sont soumis à moteur, social ou psychologique, quelle que soit leur condition, il est de caractériser ainsi que Orientation promoteur de l'inclusion, la promotion de la santé et la qualité de vie pour tous, en particulier les personnes handicapées.

Mots-clés: Qualité de la vie, l'activité physique, du handicap.

LA ACTIVIDAD FÍSICA Y DISCAPACIDAD: UN POSIBLE VÍNCULO?

Resumen:

La práctica regular de ejercicio físico se considera una manera eficaz de promover hábitos saludables que contribuyen a la calidad de vida, ya que ofrece a las personas con discapacidad los beneficios físicos, psicológicos y sociales, por lo que es posible no sólo a reconocer su potencial , Así como su integración en la sociedad (DUARTE, 2003; LIMA, 2003). El carácter descriptivo de la investigación con un enfoque cualitativo tiene por objeto analizar las contribuciones de la actividad física adaptada a la calidad de vida de las personas con discapacidades físicas, con el fin de proporcionar una mejor integración social. La muestra seleccionada de una no probabilística intencional, se compone de ocho atletas de los géneros masculino y femenino, y que son cinco los atletas de natación, dos atletas son de un atleta de levantamiento de pesas y atletismo, a la edad de 21 a 42 años, los miembros de SADEF - RN y participará en los Juegos Paralímpicos de Pekín 2008. Como el instrumento de medición se utilizó una entrevista semi-estructurada, la identificación de la historia de vida de los participantes antes y después de la práctica de actividad física, sino también las contribuciones impulsadas, y miembro de la práctica psicológica. Los resultados muestran que la actividad física es un área apropiada que trabaja directamente con el cuerpo en movimiento, tiene la responsabilidad de ofrecer posibilidades y oportunidades para todos los organismos que están bajo motor, social o psicológica, independientemente de su condición, que se caracterizan así como un enfoque promotor de la inclusión, la promoción de la salud y la calidad de vida para todas las personas, especialmente las personas con discapacidad.

Palabras clave: Calidad de vida, Actividad física, de la Discapacidad.

ATIVIDADE FÍSICA E DEFICIÊNCIA: UMA RELAÇÃO POSSÍVEL?

Resumo:

A prática regular de exercícios físicos é considerada uma forma eficaz de fomentar hábitos saudáveis que contribuam para a qualidade de vida, uma vez que proporciona as pessoas portadoras de deficiências benefícios físicos, psicológicos e sociais, tornando possível não só o reconhecimento de suas potencialidades, como também, sua integração na sociedade (DUARTE, 2003; LIMA, 2003). A pesquisa de natureza descritiva com abordagem qualitativa objetivou analisar as contribuições da atividade física adaptada na qualidade de vida das pessoas portadoras de deficiência física, tendo em vista uma melhor inserção social. A amostra selecionada de forma não probabilística intencional, foi composta por oito atletas dos gêneros masculino e feminino, sendo que cinco atletas são da natação, dois atletas são do halterofilismo e um atleta do atletismo, na faixa etária de 21 a 42 anos, filiados na SADEF – RN e que participaram dos Jogos Paraolímpicos de Pequim 2008. Como instrumento de medida utilizou-se uma entrevista semi-estruturada, identificando a história de vida dos participantes antes e após a prática da atividade física como também as contribuições motoras, sócias e psicológicas dessa prática. Os resultados demonstram que a atividade física adaptada sendo uma área que trabalha diretamente com o corpo em movimento, tem a responsabilidade de oferecer possibilidades e oportunidades para todos os corpos sejam elas no âmbito motor, social ou psicológico, independente de sua condição, caracterizando-se assim como um foco promotor de inclusão, promoção à saúde e de qualidade de vida para todas as pessoas, principalmente as portadoras de deficiência.

Palavras-chave: Qualidade de Vida, Atividade Física, Deficiência.