118 - BENEFITS OF TEACHING SWIMMING FOR VISUALLY IMPAIRED: ADJUSTMENTS AND PROFESSIONAL INTERVENTION

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INTRODUCTION

The parasports is growing in Brazil in number of participants and professionals involved in the organization and training of athletes (professionals Physics, Physical Therapists, Nutritionist, Psychologists and Education Managers), which have generated increasing public investment, private, creation of training centers and social projects. This movement has attracted the participation of new fans in the sports practice aimed at: improving the quality of life, physical, social and emotional aspects and a higher qualification in the sport.

The performance of Paralympic athletes has aroused the interest of the media, sponsors and the general public, due to the evolution of parasports which was initially seen as a possibility of recovery and social integration. Recently, this population began to take another connotation to the adapted sports, i.e., the pursuit of professionalism and top sports performance. This has allowed these athletes with disabilities, achieve significant levels of results in both national competitions, and international (Samulski, 2004).

The practice of swimming and suitable for all ages and can be practiced with several goals: learning, recreation, rehabilitation , conditioning and high performance . Being one of the most suitable sports for individuals with disabilities, because the water properties (density, viscosity and buoyancy) to facilitate execution of movements, in addition to contributing to the development of coordination, decreased joint wear and promote muscle relaxation. In this sense we can help children and adults with visual impairments, through stimulation of the remaining senses or his other senses to capture information about the location of a particular object, safety and travel speed, using the sense of hearing and perception in performing the tasks during swimming.

The concept of visual impairment de Mello (1988) defines as: partial or total loss of vision due to congenital , hereditary or acquired causes , optical or after surgical correction limit their normal performance .

OBJECTIVE

The aim of this study was to describe the benefits of swimming learning for the visually impaired.

METHODOLOGY

A review of national literature was performed using as a strategy to search for original articles, review articles, monographs, dissertations, theses and laws in the electronic databases of Google Scholar , Scientific Electronic Library Online (SciELO), Plateau data. gov and conference proceedings of Brazilian universities , with selected articles addressing the benefits of swimming practice for the visually impaired , being used as keywords in various combinations of the following subjects: 1) teaching adapted swimming, visual; 2) deficient; 3) Paralympic sport. .

The type of study was expository review that exposes a theme from analysis and synthesis of several studies (Silveira, 1992).

Inclusion criteria based articles were analyzed: (1) the year of publication, (2) the quality of discussion and description of the results of the study, (3) the theoretical framework of publications, (4) the authors and fundamental Laws the topic.

BENEFITS AND ADJUSTMENTS TO THE TEACHING OF SWIMMING

It is important in the initiation of the sport to observe the cause of the deficiency, the age at which it occurred and occurred abruptly or gradually, whether the person has family support, the environment and it is tailored to their needs (DUARTE, 2003, p.94). It is important that professionals involved in adapted sports to be able to identify the capabilities of the handicapped and has a cautious approach to teaching. Should be used throughout the work kinesthetic, tactile and auditory information as a way to compensate for the absence or disability of visual information (WINCKLER, 2003).

Therefore, it is important concern for the variety and quality of the proposed activities for these individuals. But for those with more difficulties and motor movement restrictions should be worked with a larger and differently care: the repetitions and the search for coordinated gesture should receive greater prominence for individuals to gain autonomy in Motion (MONTANS; VENDITTI, 2011).

Swimming and adapted one of the most popular sports for people with disabilities - PCD, with the aquatic environment, one of the most suitable places to make the first moves stimulators for motor rehabilitation through the psychomotor. During the rehabilitation phase , previous experiences in this sport will help in developing new physical stimuli , however, the adaptation in this aquatic environment it is important to start learning the four swimming : butterfly , backstroke, breaststroke and front crawl (YATSUDA, 2010).

Later , while learning techniques that promote the action of body movement in the aquatic environment , the PCD is stimulated gain flexibility , coordination , strength, agility , power , pace , and other physical qualities , according to the degree of necessity. With the learning of births and gain confidence, you can spark interest in participating in competitive sporting events, even to know the results of this relentless pursuit of improvement (YATSUDA, 2010).

The purpose of planning the training for athletes with disabilities and offer inclusive technical factors differentiating the volume and intensity for each classification in the IPC, thereby respecting biological individuality and the endogenous and exogenous factors (CPB , 2010).

To start an annual plan , you must decide what methods of training athletes with disabilities can use during the season , the most used workouts : power , flexibility , strength, endurance , speed and specific exercises for each special need , aiming to improve the technical level resulting in increased speed and a shorter proof ; Being important training strategy and psychological evidence (YATSUDA , 2010).

Swimming is one of the most suitable sports for individuals with a disability because of the benefits and facilities

provided for the execution of movements with the body immersed in water. Swimming develops coordination, aerobic fitness and results in less fatigue than other activities. Moreover, brings great contributions to the rehabilitation process and may reduce the degree of weakness and complications (CHATARD et al, 1992). For people with disabilities, swimming is therapeutic, recreational and social value too (AST, 2000).

THE ADAPTED SPORTS

The sport may have different representations for an athlete from an enjoyable activity to a way of life. Sporting activities in essence require that the athlete has strength, speed, strength, skill and agility (ANDRADE; CASTRO, 2010).

For a PCD can participate in official sports competitions of any modality adaptations in regulation and functional classification that is in one factor of leveling between the aspectsncompetitive physical capacity, putting similar deficiencies in agroupdetermined (CPB, 2010) is necessary.

Since they are in competitive swimming for the visually taken through ophthalmic , technical and observation methods , dividing the visually impaired in three classes according to the IPC (IPC 2012): S11 no light perception in either eye to light perception but inability to recognize the shape of a hand at any distance or direction; S12's ability to recognize the shape of a hand to a visual acuity of 2/60 and / or lower visual field to five degrees ; S13 visual acuity of 2 / 60 visual acuity of 6/ 60 and / or visual field of more than five degrees and less than 20 degrees.

The sport for people with disabilities , do not differ in their objective characteristics and generally it is only composed of adjustments made in accordance with the limitations and potential of the individual, in order to create opportunities experimenting with new moves and new experiences (MAUERBERGDE , 2007).

The Paralympic Sport is a high performance sport, practiced by people with disabilities, either congenital or acquired in the sport who saw an opportunity for professional development. Usually they start to play sports just for the need for rehabilitation, social integration, recruitment and continuity in the sport (WHEELER et al, 1999).

CONCLUSION

It was concluded that the practice of swimming for the visually impaired person promotes stimuli necessary for the development of: functional capacity, increasing the ease of performing their daily tasks; physical aspects occurring physiological changes in the body, has the ability to interact with students and teachers to improve the social, emotional aspects and self-esteem itself. Thus the sports practice promotes an improved quality of life of individuals causing him to accept the disability and promote independence both in the aquatic and terrestrial environment.

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BENEFITS OF TEACHING SWIMMING FOR VISUALLY IMPAIRED: ADJUSTMENTS AND PROFESSIONAL INTERVENTION

ABSTRACT

this study addresses the benefits, education, and professional intervention adaptations for disabled swimming. This study aimed to describe the benefits of swimming learning for the visually impaired. The type of study was expository review using a strategy of seeking original articles, review articles, monographs, dissertations, theses and laws in the electronic databases of Google Scholar, Scientific Electronic Library Online (SciELO), Planalto.gov data and anal event of Brazilian universities , addressing methods and adaptations of teaching . After analysis and synthesis of research, it is concluded that the practice of

swimming for the visually impaired person promotes stimuli necessary for development: the functional capacity of the physical, social and emotional aspects. Improving self-esteem and quality of life of the individual causing him to accept the disability and promote independence both in the aquatic and terrestrial environment.

KEYWORDS : Teaching adapted swimming; Impaired visual; Paralympic Sport.

AVANTAGES DE PISCINE DE L'ENSEIGNEMENT POUR MALVOYANTS : REGLAGES ET INTERVENTION PROFESSIONNELLE

RÉSUMÉ

Cette étude porte sur les avantages, l'éducation, et des adaptations d'intervention de professionnels pour la natation handisport. Cette étude vise à décrire les avantages de l'apprentissage de la natation pour les malvoyants. Le type d'étude a été revue déclaratif en utilisant une stratégie de recherche des articles originaux, des articles, des monographies, des thèses, des thèses et des lois dans les bases de données électroniques de Google Scholar, Bibliothèque électronique scientifique en ligne (SciELO), données Planalto.gov et anal cas des universités brésiliennes, les méthodes d'adressage et adaptations de l'enseignement. Après analyse et de synthèse de la recherche, il est conclu que la pratique de la natation pour la personne ayant une déficience visuelle favorise stimuli nécessaires pour le développement: la capacité fonctionnelle des aspects physiques, sociaux et émotionnels. Améliorer l'estime de soi et la qualité de vie de l'individu lui faisant accepter le handicap et de promouvoir l'indépendance à la fois dans l'environnement aquatique et terrestre.

MOTS-CLÉS: apprendre à nager adapté; facultés visuelles; sport paralympique .

BENEFICIOS DE LA PISCINA DE ENSEÑANZA PARA DISCAPACITADOS VISUALES : AJUSTES Y LA INTERVENCIÓN PROFESIONAL

RESUMEN

Este estudio aborda los beneficios, la educación, y las adaptaciones de intervención profesional para la natación discapacitados. Este estudio tuvo como objetivo describir los beneficios del aprendizaje de la natación para los discapacitados visuales. El tipo de estudio fue reseña expositiva mediante una estrategia de búsqueda de artículos originales, artículos de revisión, monografías, tesis doctorales, tesis y leyes en las bases de datos electrónicas de Google Scholar, Scientific Electronic Library Online (SciELO), los datos Planalto.gov y anal caso de las universidades brasileñas, métodos de direccionamiento y adaptaciones de la enseñanza. Tras el análisis y síntesis de la investigación, se concluye que la práctica de la natación para la persona con discapacidad visual promueve estímulos necesarios para el desarrollo: la capacidad funcional de los aspectos físicos, sociales y emocionales. Mejorar la autoestima y la calidad de vida del individuo, lo que le causó a aceptar la discapacidad y promover la independencia, tanto en el medio ambiente acuático y terrestre.

PALABRAS CLAVE: Enseñanza de natación adaptada; Deterioro visual; Deporte Paralímpico.

BENEFÍCIOS DO ENSINO DA NATAÇÃO PARA DEFICIENTES VISUAIS: ADAPTAÇÕES E INTERVENÇÃO PROFISSIONAL

RESUMO

Este estudo aborda os benefícios, ensino, adaptações e intervenção profissional da natação para deficientes. A presente pesquisa teve como objetivo descrever os benefícios do ensino da natação para deficientes visuais. O tipo de estudo realizado foi de revisão expositiva utilizando como estratégia a busca de artigos originais, artigos de revisão, monografias, dissertações, teses e leis nas bases eletrônicas de dados Google Acadêmico, Scientific Eletronic Library Online (SCIELO), Planalto.gov e anais de eventos de universidades brasileiras, abordando os métodos e adaptações do ensino. Após análise e síntese das pesquisas, conclui-se que a prática da natação para a pessoa com deficiência visual promove estímulos necessários para o desenvolvimento: da capacidade funcional, dos aspectos físicos, dos aspectos sociais e emocionais. Melhorando a autoestima e a qualidade de vida do indivíduo fazendo com que ele aceite a deficiência e promova uma independência tanto no ambiente aquático como terrestre.

PALAVRAS-CHAVE: Ensino da natação adaptada; Deficiente visual; Esporte paraolímpico.