

THE INFLUENCE OF SPORTS ON DISABLED ATHLETES

Pantykina A.I., *student SSU, Group SP-801*

Sporting participation also impacts on general health. Disabled people working with disabilities show less risk factors for their heart, high levels of high density cholesterol (HDL) and less smoking than their disabled and inactive partners. Athletes with paraplegia are less likely to be hospitalized, have less pressure and are less susceptible to infections than inactive people with paraplegia. Barriers in society seem to hinder the participation of people with disabilities in public communities, and most people with disabilities have a negative effect on all forms of participation in society, in terms of social life for family and friends, as well as participation in society, such as education, employment and recreation.

Athletes with disabilities go through the same stages as the long-term development of athletes. Despite this, there is considerable uncertainty among trainers about the best physical practice methods for athletes with disabilities. There is no convincing evidence that optimal windows differ compared with athletes with disabilities, although, as you know, certain specific types of disability affect the age of adolescence. Some of these optimal fitness forms take place before adolescence and the time age is the only guide for this trainer.

Disabled athletes are a fast-growing group that challenges old convictions and assumptions about the appropriateness of learning to participate in sport. The number of disabled athletes taking part in organized sporting events and the popularity of the Paralympic Games is constantly growing worldwide. Despite this growing interest and the fact that participation in sporting activities puts the athlete at risk of injury, there are few studies of injuries, risk factors and accident prevention strategies among people with disabilities.

Every year in sport and physical activity there are increasing opportunities for children and adults with disabilities. The benefits are numerous, and with proper care and precaution, many, if not most, can safely lead to an active and athletic lifestyle.

Language advisor Liashenko I.V.