

INCLUSION AND SPORT

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Sport includes all kinds of physical activity and includes games, physical exercises that the rest organized, casual or competitive sports as well as local types of sports or dramas that promote physical alertness, mental wellbeing and social interaction. Sports for people with limited opportunities is the term that refers to intentional or especially intentional fun for people with limited abilities.

Today the idea of people with the limited opportunities, capable of being occupied by sport and physical activity, is not too rare. However, disabled in the developing countries encounter serious obstacles in the plan of access to the sport, physical activity and to participation in the sport measures. The Second World War had an essential effect on the development of the sport of disabled, and during the rehabilitation of injured veterans Paralympic games were born. As far as competing sport is concerned, opportunities for the athlete-disabled vary from the world championships to the concrete forms of sport and disabled and regional tournaments on different I see sport, similar as Parapon-American games, individual competitions for the athlete-disabled on the Olympic Games and games of collaboration, and some athlete-disabled also compete in the large competitions with the athlete-disabled.

Integration and participation of people with limit possibilities in the traditional types of sport are one of key tasks of the last decades and creates new possibilities for participation and competitions. In more wide scale sport for people with limit possibilities also assists strengthening of national originality and can assist the rehabilitation of the invalids injured from natural calamities and technogenic catastrophes. For the last 30 of research in area of disability and adapted physical activity broadened considerably. Many researches showed that over physical activity and sport brought to the improvement of the functional state and quality of life of people with limit possibilities. Sport can play a key role lives of people with limit possibilities and in life of society, and also for people without limitations in life.

In addition, sport and physical activity are related to the increase of confidence in itself, social awareness and self-appraisal can contribute to strengthening of people with disabilities.

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