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PARALYMPIC SWIMMING: IDENTIFICATION AND CHARACTERIZATION OF PROGRAMS IN THE STATE OF SÃO PAULO

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Abstract

Research indicate that people with disability have lower levels of practice and involvement with physical activity when compared to people without disability. The sedentarism in this population is associated with the development of health problems secondary to the deficiency. However, people with disability face several obstacles to the practice of physical activity, where the absence of adequate programs act as the main point. The present study aims to analyze the inclusion of people with disability in swimming programs, identifying and characterizing the types of existing programs. The work has a descriptive-quantitative character with application of a closed questionnaire in places that offer swimming programs in the cities of Limeira, Jundiaí, Itu and Campinas. Altogether, 62 places of practice of the swimming registered to the Regional Council of Physical Education were selected and contacted by telephone. The structured questionnaire was used to identify places that offered the practice of the modality for students with disabilities, the age group attended, the number of students with disabilities, cost, characteristics of the classes (initiation, improvement or high performance), segregated or inclusive classes, and the number of professionals working in this population. As a result, 52% of the institutions did not attend to their programs students with disabilities, while 48% did not attend these students in their establishments. In this way, the offering of places of practice still proves to be an important obstacle for the involvement of this population with the practice of the modality. Among the students involved in swimming programs, 77% of these students participated in classes in inclusive classes. In addition, they were mostly in the beginning of the program (77%).

Key words:

Paralympic sport, disabled person, swimming

Introduction

Studies show that the population with deficiency is more subject to the sedentarism and the diseases caused by it. This is due to social, environmental and psychological barriers.

This study aims to analyze the inclusion of people with disabilities in swimming programs, based on the characterization of the programs offered and the population served.

Results and Discussion

The project is characterized by quantitative descriptive research.

The data collection of the study consisted of two phases: Research and identification of institutions (clubs and academies) that offer swimming programs for people with disabilities and the characterization of the programs offered and the population served through a closed questionnaire, applied by the Researcher, in the academies and clubs registered in the CREF in the cities of Campinas Jundiaí, Limeira and Itu. There were 79 places of swimming practice. The total number of institutions with the student with disabilities was 48% of the institutions. In the context of institutions with students with disabilities, 57% did not present classes adapted to this population, while 50% presented classes adapted to the needs of this student. The number of people with disabilities served in each city is approximately 46 students in Limeira, 230 students in Jundiaí, 50 in Itu and 128 in Campinas. 77% of the classes were inclusive with the participation of students with and without disabilities and 37% of classes were segregated only with students with disabilities. With regard to cost, 73% of the programs

offered were paid 37% of free classes. Regarding the ages, 80% of the students were between 0-17 years old, 63% were young / adults and 20% were elderly. Of the types of programs offered, 77% were initiated in the modality, 63% improved the modality, 57% were oriented to high income and a small part of the classes offered (3%) had adaptation and swimming for babies. As for the number of professionals, 37% of the posts have only one professional, 47% two and 13% three or more in the class.

In view of the results, a greater emphasis was placed on the lack of adapted classes for students with disabilities. It is also noted that by the size of the cities surveyed, the number of people with disabilities who practice swimming as a physical activity is few. Faced with this fact, the majority of classes become inclusive. It is noteworthy that most of this population served is that of children and adolescents, which can be concluded that it is the age at which parents still have the control and willingness to take their children to classes, which eliminates transportation as a Of the barriers faced. As for the type of program 77% are for beginners which shows that many try and try the modality, but end up giving up during the modules. Regarding the professional, it is noted that the great majority appreciate the presence of two professionals in the classes with the student with a disability, which is important, even if the classes are not adapted.

Conclusions

This research confirms the lack of programs adapted to this population. Therefore, it is necessary that there is a policy of encouraging the practice of sports and there are mechanisms that remove the barriers that prevent this population from practicing any sport.