



**SYMPOSIUM  
«MENTAL HEALTH AND ADAPTIVE  
SPORTS»  
8 October, 2016  
Moscow, Russia**



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## INTRODUCTION

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A growing number of social sphere experts currently recognize the important role of adaptive sports in maintaining mental health, shaping the quality of life of both persons with disabilities and healthy citizens. The degree of individual satisfaction with the implementation of life plans and the level of fulfillment of the requirements correlated with the resources and capabilities of society is largely pre-determined by the subjective perception and self-assessment of a person's physical and mental condition, the ability to regulate them.

With the help of their means and methods, adaptive sports as one of the types of adaptive physical training allow not only biomedical rehabilitation, restoration and improvement of the physical qualities and abilities of disabled persons, but also, above all, their social inclusion and integration into society, overcoming of psychological stereotypes and inferiority complexes, strive for advancing the quality of their lives. This is due to the fact that in adaptive sports, a person is considered as a fundamentally inseparable and integral unity, as an individual who integrates biological and mental, psychosomatic and socio-cultural origins. Therefore, the focus here is not only on the physical improvement of the person involved, the formation of his or her physical fitness for life, but also on the comprehensive development and improvement - emotional and volitional, moral, intellectual, aesthetic etc.

Adaptive sports are based on an important social principle, which emphasizes the universal nature of competition, rivalry in spiritual, mental and physical education. The most fundamental, essential characteristic of a person are presented as a contrast, a comparison with another individual, a mandatory assessment, and takes place in the framework of total empathy as self-love. This is what defines a huge socializing and educational potential of adaptive sports and their role in maintaining mental health, improvement of the quality of life

Among the topical issues related to mental health and adaptive sports, in the context of dealing with nosological features, the following ones are distinguished:



- preservation of mental health in persons with impairment of vision and musculoskeletal system in the course of practicing Paralympic kinds of adaptive sports;
- optimization of mental health in persons with impairment of hearing in the course of practicing Surdlympic kinds of adaptive sports;
- maintaining mental qualities in persons with intellectual disabilities (PID) in the process of physical exercise as part of the Special Olympic Movement;
- maintaining mental qualities in persons with intellectual disabilities (PID) in the course of practicing Paralympic kinds of adaptive sports.

The most important areas of influence on people with safe intelligence intellectual disabilities are the following:

- optimization of physical condition;
- formation of the necessary volitional qualities;
- nurturing moral and social qualities, social and domestic orientation skills;
- formation of the available professional competencies, including those for persons with intellectual disabilities.

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## GOALS AND OBJECTIVES

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### **Symposium goal:**

Development of organizational activities, summarizing tools, methods and technologies of formation, improvement and preservation of mental health in the disabled of various nosological forms in the course of practicing adaptive sports.

### **Main objectives:**

- Integration of the international expert community of the system of healthcare, education, social welfare, arts and culture, sports, information and press, outstanding figures of the public and business community to maximize the use of recreational, socializing and educational potential of adaptive sports in shaping, improving and maintaining mental health.



- Summarizing, systematization and classification of experience in the use of means and methods of adaptive sports in the field of mental health care in the lives of persons with disabilities.
- Identifying the most important areas of influence on persons with disabilities with the help of means of methods of adaptive sports.

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## THEMATIC FIELDS

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### **1. Adaptive sports of persons with safe intelligence in the field of mental health care. Blind sports, sports of persons with impairment of the musculoskeletal system and Deaf sports as factors of the prevention of mental disorders and ways of overcoming psychological stereotypes and inferiority complexes of the disabled.**

- Adaptive sports of persons with safe intelligence as a factor of health improvement, comprehensive rehabilitation, development and advancement of physical (bodily) qualities and abilities.
- Adaptive sports of persons with safe intelligence in the nurturing of volitional and moral qualities of disabled athletes, in overcoming their exclusivity, in ensuring equal rights and equal responsibilities.
- Adaptive sports as an area of socialization of persons with impairment of vision, hearing, locomotor system, their integration into society as a possibility of conquering social space (organization of sports clubs, societies, creation of new centers and institutions in the field of adaptive sports etc.).

### **2. Adaptive sports of persons with intellectual disabilities.**

- Philosophy, basic principles, an alternative ("soft") model of competitive activity of the Special Olympics movement. The main program of the Special Olympics and additional programs, "Unified Sports", "Special Olympics - Join", "Physical Activity Training Program" and others in the socialization of individuals with intellectual disabilities, improvement of their quality of life, preservation of mental balance and well-being.



- Sports of persons with intellectual disabilities in the Paralympic movement system, use of the traditional ("hard") model of competitive activity as a way of integration of PID in real life.
- Indispensable attributes of sports in the Russian Federation in relation to PID sports (All-Russia Register of Sports - ARRS; Uniform All-Russia Sports Classification - UARSC; Federal Sport Standard - FSS; Uniform Calendar Plan of Competitions - UCPC, etc.) as factors that ensure equal opportunity of persons with disabilities in this field of social practice.
- PID sports in the formation of social and domestic orientation, professional competences of sports equipment maintenance, cleaning of sports facilities, gyms, outdoor sports grounds.
- Adaptive sports in shaping creative abilities, reflection - by means of self-assessment in comparison with another person. PID sports in improving the quality of life for this category of citizens.