

Principles providing the efficiency of technologies for using adaptive motor recreation and adaptive sport

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Abstract

Objective of the study was to determine the general principles that ensure the effectiveness of technologies for the use of adaptive motor recreation and adaptive sports.

Methods and structure of the study. To achieve this goal, an analysis of modern scientific publications, legal documents, dissertations devoted to the problem of implementing classes in adaptive motor recreation and adaptive sports was carried out. The search depth was 10 years.

Results and conclusions. In the process of working on the definition of such a fundamental category for adaptive physical culture, the principle, the authors adopted an approach according to which this concept is interpreted as the main, guiding position that determines the content and implementation of practical activities. As a result of the analysis and systematization of scientific and practical knowledge in the field of adaptive physical culture, a team of authors identified six general principles, the observance of which should ensure the effectiveness of technologies for the use of adaptive motor recreation and adaptive sports.

Keywords: *principles, adaptive sport, adaptive motor recreation.*

Introduction. The intensive development of the practice of adaptive physical culture necessitates a theoretical understanding of the accumulated experience of working with people with disabilities in order to formulate new and update traditional categories of scientific knowledge in this area. In adaptive physical culture, as in pedagogy in general, the principle is the guide for organizing practical activities. In this regard, the team of authors considers it appropriate to formulate new principles of various types of adaptive physical culture.

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Results of the study and their discussion. In 2022-2023 faculty of the Institute of Adaptive Physical Education of Lesgaft National State University of Physical Education, Sports and Health, St. Petersburg, carries out the third stage of the research work "Development of evidence-based proposals for improving the processes of physical training, education, upbringing and socialization of persons with disabilities, including the disabled, by means and methods of adaptive motor recreation and adaptive sports" (based on the order of the Ministry of Sports of Russia No. 955 dated December 22, 2020). The research plan, determined by practical needs, assumed the definition of principles that ensure the effectiveness of technologies for the use of adaptive motor recreation and adaptive sports.



In order to claim to expand the theory of adaptive physical culture, we had to decide on the used conceptual and terminological apparatus, as this will allow us to specifically designate the subject of research and build an adequate and logically coherent approach to the definition of general principles. In the process of scientific and creative activity carried out within the framework of this study, the interpretation of the concept of "principle" used by us was determined by the approach that is relevant to modern pedagogy, which, being aimed at accumulating positive social experience for its subsequent transfer to younger generations, considers principles as the main (general, guiding) provisions that determine the content, organizational forms and methods of the educational process in accordance with its goals and patterns [1]. Principles in pedagogy, being by their origin a theoretical generalization of pedagogical practice, characterize the ways of using its laws in accordance with the intended goals. Misunderstanding of the principles of teaching or their ignorance, inability to follow their requirements, make the pedagogical process of teaching unscientific, ineffective, contradictory.

The tradition of the theory and practice of adaptive physical culture and practice obliges us to start defining the declared principles from the most general, at the same time relevant for such different types of adaptive physical culture as adaptive sports and adaptive motor recreation. When determining them, we proceeded from the need for the simultaneous use of means and methods of adaptive motor recreation and adaptive sports in all areas of activity, which is reflected in the first principle.

1. The principle of the optimal combination of means and methods of adaptive motor recreation and adaptive sports in accordance with the goals and objectives of the main areas of work with the disabled and people with health problems.

Taking into account the fact that research work is aimed at improving the processes of physical training, education, upbringing and socialization of disabled people and people with disabilities, it was decided to specify further principles in relation to these areas, in particular, the second and third principles are devoted to this.

2. The principle of dominance of means and methods of adaptive motor recreation in the education, upbringing and socialization of disabled people and people with health problems.

3. The principle of the dominance of the means and methods of adaptive sports in the physical training of disabled people and people with health problems based on modern concepts of the development of physical abilities.

It is impossible to ignore the trend towards an increase in the variety of types of diseases, defects, their combinations and variability of manifestations. In this regard, the most important conditions for ensuring the effectiveness of the methodological and practical activities of a specialist in adaptive physical culture are taking into account the individual characteristics of those involved, and continuous updating of the content of educational, training and recreational activities, which is reflected in the following principle.

4. The principle of constant adjustment in the selection of means and methods of adaptive motor recreation and adaptive sports in accordance with the individual characteristics of disabled people and people with health problems.

Working with persons with disabilities, including the disabled, taking into account their individual characteristics, requires a clear understanding of the structure of the defect. The priority of the choice of means and methods used in the process of adaptive motor recreation and adaptive sports should be due to their corrective and compensatory potential, which is expressed in a positive impact on the manifestations of the primary defect and its secondary deviations, which reduce the quality of life of those involved. This condition defines the following principle.

5. The principle of the priority choice of means and methods that provide correction and compensation for the manifestations of the main defect.

Compliance with this principle declares the applied value of practicing these types of adaptive physical culture and allows emphasizing careful attitude to the physical, mental, spiritual, material and temporal resources of an individual with health problems.

Enormous attention to the concept of inclusion, shown at all social levels [2, 3], leads to attempts to implement it in almost all areas of professional activity. Obviously, guided by the law of the transition of quantitative changes into qualitative ones, "inclusion" in many areas and areas of activity becomes spontaneous and total. Taking into account this fact and realizing the need for inclusion and its enormous potential, it is necessary to state that its use in adaptive physical culture and adaptive sports must be adequate and rational, otherwise, qualitative changes will definitely



come, but may be negative for all or some participants in this process. In this regard, the authors considered it necessary to formulate a final general principle.

6. The principle of the optimal use of an inclusive approach in the process of practicing adaptive motor recreation and adaptive sports, ensuring the effectiveness of these activities for all participants.

Conclusions. As a result of the analysis and systematization of scientific and practical knowledge in the field of adaptive physical culture, a team of authors identified six general principles, the observance of which should ensure the effectiveness of technologies for the use of adaptive motor recreation and adaptive sports.

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