



Physical culture and sports events as a form of social adaptation of students with health disabilities

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Abstract

Objective of the study was to identify students' attitudes towards physical education and mass events as a form of social adaptation of students with health limitations.

Methods and structure of the study. The scientific experiment was conducted at the Department of Physical Education of Altai State University in the 2022-2023 academic year as part of a physical education and sports event dedicated to the 50th anniversary of Altai State University "Adaptive Physical Culture Celebration", organized for students with health problems and disabilities. The program included a set of physical exercises that students of a special medical group with disabilities and/or health limitations could perform to the best of their abilities and who had necessarily undergone physical training for this event in the discipline "Physical Culture and Sports" (elective). At this event, students were asked to complete a survey.

Results and conclusions. Students assigned to a special medical group or health group 3 for health reasons feel the need to participate in various types of physical education and sports activities. This organization of involvement in physical activity makes it possible to increase student motivation, improve communication, and expand the range of knowledge in the field of physical education, sports and a healthy lifestyle.

Keywords: *special medical group, 3rd health group, disability, implementation.*

Introduction. The need for physical education and sports events is discussed at all levels of government and for all ages of the population of our country [1, 3, 4, 10]. A lot of work is devoted to organizing such events for students of higher educational institutions [2, 5, 6, 7]. At the same time, there is a category of students for whom physical education and sports activities are mostly unavailable; these are students classified for health reasons in a special medical group (SMG) or 3 health groups. To date, this issue has not been resolved, despite the fact that among athletes of various ages and sports qualifications, diseases of any of the organ systems are often diagnosed [9].

In the student environment, young people are very active, which includes physical education and sports activities, but students with health problems most often cannot do this, due to the lack of physical educa-

tion and sports activities developed for such a contingent of students.

Objective of the study was to identify students' attitudes towards physical education and mass events as a form of social adaptation of students with health limitations.

Methods and structure of the study. The scientific research was carried out at the Department of Physical Education of Altai State University in the 2022-2023 academic year as part of a physical education and sports event dedicated to the 50th anniversary of Altai State University "Holiday of Adaptive Physical Culture."

The event was first organized for students with health problems and disabilities studying at Altai State University, Altai State Pedagogical University and Altai State Medical University. The program included a set



of physical exercises that students of a special medical group with disabilities and/or health limitations could perform to the best of their abilities and who had necessarily undergone physical training for this event in the discipline “Physical Culture and Sports” (elective).

At this event, students were asked to complete a survey (see table).

In the survey, we considered only the responses of SMG students - 102 students aged 17-22 years.

Results of the study and discussion. According to the survey results, it was revealed that 53.9% of students were involved in physical education during their school years, the rest were exempted for health reasons in various classes. In Fig. 1 presents the results of a survey of students about whether they were involved in sports or dance sections before entering the university. The results are presented in two groups of students who were exempt from physical education for health reasons and those who were not.

The figure shows that approximately the same number of students attended sports or dance sections before entering the university, regardless of whether they were exempt from physical education classes at school or not. These figures correspond to our previous study, which found that 43.8% of students with health problems engage in various sports and dance styles during their school years [8].

Distribution of answers to the question “Are students currently involved in physical education outside of university classes?” are presented in Fig. 2.

It can be stated that the number of students attending classes and engaging in physical activity outside the university has decreased compared to the period of study at school. To increase the interest and motivation of young people for regular physical education, various types of sporting events can be used.

The remaining questions of the survey were intended to study students’ opinions about the event.

The question of what motivated students to take part in the “Adaptive Physical Culture Festival” required a free-form answer. Among the reasons given were the following:

- desire to receive benefits (positive emotions, impressions, active recreation, etc.) – 26.2%;
- find out your abilities – 23.4%;
- convinced by the teacher – 18.9%;
- interest (in the event) – 17.1%;
- physical exercises (which were included in the event program) – 5.4%;
- communications (new acquaintances, communication with friends, team support) – 4.5%;
- victory (win or receive prizes) – 4.5%.

In preparation for the event, 89.2% of students did not experience any difficulties in preparing to participate in the “Adaptive Physical Culture Festival”. 65.7% of students were not worried about their results at the event. Despite the fact that 34.3% of students noted that they were worried about their results at the event, 93.1% of respondents would like to take part in physical education and sports events in the future, such as the “Adaptive Physical Culture Festival”.

Conclusions. Students assigned to a special medical group or health group 3 for health reasons feel the need to participate in various types of physical education and sports activities. This organization of involvement in physical activity makes it possible to increase student motivation, improve communication, and expand the range of knowledge in the field of physical education, sports and a healthy lifestyle.

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List of questions for students.

No.	Questions	Answer form
1	Were you exempt from physical education classes at school?	Yes /No
2	Before entering university, did you take part in sports or dance classes?	Yes / No, section
3	Are you currently involved in physical education outside of university classes?	Yes /No
4	What motivated you to participate in the “Celebration of Adaptive Physical Culture”?	Free answer
5	Have you experienced any difficulties in preparing to participate in the “Adaptive Physical Culture Festival”?	Free answer
6	Are you worried about your results at the Adaptive Physical Culture Festival?	Yes /No, free answer
7	Would you like to take part in physical education and sports events in the future (like the “Adaptive Physical Culture Festival”)?	Yes /No

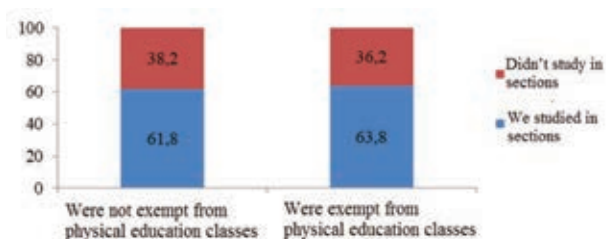


Figure 1. Distribution of students who were involved in sports or dance sections before entering the university (%)

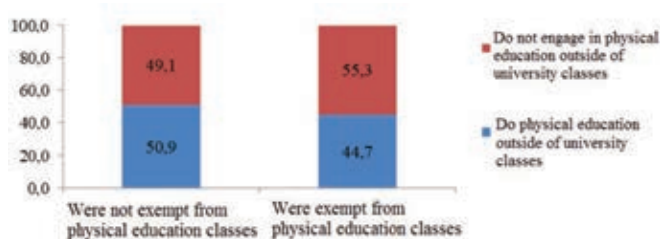


Figure 2. Distribution of students who engage in physical education outside of university classes (%)

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