



From the unified games of the special olympics to the inclusive games of the future

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The purpose of the study – to identify the prerequisites for the expediency of the development of inclusive digital sports.

Methodology and organization of the study.

The results of the Unified Games of the 2023 Special Olympics in Kazan are analyzed. A sociological survey of specialists and parents was conducted in order to study the opinion on the expediency of developing inclusive digital sports among people with mental disabilities.

The results of the study and conclusions. The integration of sports and computer technologies based on functional and digital dual sports will have multifaceted significance for people with intellectual disabilities, helping to improve physical and mental health, increase individual and social activity.

Keywords: *Special Olympics (SO), persons with intellectual disabilities (IN), inclusive digital sports.*

Introduction. The involvement of persons with intellectual disabilities in physical culture and sports activities is one of the priority areas for the development of adaptive physical culture and adaptive sports [1]. Due to the cancellation of the World Winter Games of the Special Olympics in Russia, the Unified Games were held in Kazan from January 21 to 27, 2023 (the Games), which made a significant contribution to changing the attitude of society towards "special" athletes.

Competitions of an innovative large-scale format (simultaneously in ten summer and eight winter sports for people with intellectual disabilities) were held in our country for the first time. The participants were 59 sports delegations from Russian regions and the team of the Republic of Belarus. The purpose of the Games is to help people with disabilities adapt to life in society and become full-fledged citizens. In solving this problem, the Russian Special Olympics (SOR) systematically promotes the ideas of inclusive sports.

The purpose of the study is to identify the prerequisites and expediency of the development of inclusive digital sports.

Methods and organization of research.

As part of this direction, the Tatarstan regional branch of the SOR has developed the project "Inclusive Games of the Future". The essence of the project is the development of digital sports and the holding of the first festival of inclusive digital football with the participation of athletes with intellectual disabilities. The prerequisites for the creation and implementation of the project were the need for inclusivity and digital transformation in sports. The innovative idea was confirmed by the results of a sociological survey of coaches (n-46) and parents of children with IN (n-32).

The results of the study and conclusions. According to the majority of respondents (94%), digital sports has significant prospects. The multi-user mode of this sports computer technology, which includes physical training and cognitive tasks, will contribute to the development of communication, psychophysical qualities and social skills in people with intellectual disabilities.

Conclusions. Digital sport promotes inclusion and the creation of equal opportunities for all participants. This sports digital technology will help people with disabilities develop psychophysical conditions, form teamwork skills, improve concentration and make decisions in rapidly changing situations.

References

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