



Early motor rehabilitation of children with autism

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Keywords: children with autism spectrum disorder, motor rehabilitation, means of adaptive physical culture (AFC).

The purpose of the study – to identify the prerequisites and means of early motor rehabilitation of children with autism.

Methodology and organization of the study. A sociological survey of parents on the effectiveness of motor activity of children with autism was conducted. The opinion and attitude of specialists towards early onset have been studied and popular means of physical rehabilitation have been identified.

Research results and conclusions. Early initiation of motor rehabilitation is a necessary and effective tool to help children with autism develop motor and social skills, improve functional qualities and life competencies.

Introduction. The worldwide increase in the number of children with autism is a challenge for society and specialists in various industries, including the field of AFC. Early intensive initiation of habilitation and motor rehabilitation contributes to the development of necessary skills and correction of functional disorders, the severity of which varies and depends on each individual case [1].

The purpose of the study: to identify the prerequisites and means of early motor rehabilitation of children with autism.

Methodology and organization of the study. 94 parents of children with autism were interviewed, who expressed different opinions on the need for motor rehabilitation. Less than half of 40.4% (38 people) are convinced of the relevance of regular physical education and sports activities that cause positive changes in children's behavior, communication and social skills. Among the skeptics who doubt the effectiveness of sports, there were 28 people (27.7%). They prefer other types of therapy, which, in their opinion,

have a stronger impact on the capabilities and skills of children. A neutral opinion was expressed by the remaining group of respondents who do not know or have limited knowledge about the role of motor rehabilitation.

Based on one of the main principles of the AFC, which presupposes the early start of correctional and developmental work, we studied the opinion of specialists (n=24) on this issue. As a result of the survey, 70.8% (17 people) of respondents confidently answered about the need for such an approach, the remaining 7 specialists expressed doubt about the effectiveness of physical rehabilitation in children with autism. They noted that motor activity may not have a direct impact on social and communication skills in autistic children.

According to the respondents, children with autism can find pleasure and benefit from various sports, but the choice depends on the individual interests and capabilities of the child. Among the tools used, the most popular are: football, cycling, swimming, dance sports, yoga and non-contact taekwondo.

Conclusions. A variety of opinions regarding the early start of physical rehabilitation indicate the importance of conducting further research and analyzing the results in order to better understand the impact of motor activity on the psychophysical and social characteristics of children with autism.

References

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