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# ORGANIZATION OF PHYSICAL TRAINING AND SPORT FOR PEOPLE WITH DISABILITIES IN BASHKORTOSTAN

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### *Abstract*

The paper presents the content and structure of activities in the field of physical training and sports for people with disabilities of a humanistic orientation, and the problems that arise when organizing mass adapted physical training, high-level sports among disabled people of all categories and groups. The current state of this problem in the Republic of Bashkortostan is specified. Long-term national and foreign practice of working with disabled people shows that physical training and sports are the most effective rehabilitation methods for them. Prospects for further development of mass adapted physical training and high-level sports among people with disabilities are highlighted in the paper. They include creating conditions for availability of sports facilities for people with disabilities, providing special educational institutions with sports and special equipment, providing with qualified personnel for work with athletes with disabilities, developing regulatory, program and methodological materials for provision of training sessions for people with disabilities, as well as organization of fitness and sporting events. The methods applied are theoretical and empirical ones including forecasting, interviewing, analysis of the level of achievement of athletes with musculo-skeletal disabilities.

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**Keywords:** Adapted physical training, people with disabilities, sports training.



## 1. Introduction

Motor activity is a natural need of a human in the process of life in the society. It is acquired within life experience as something natural, as an addition to vital organs of the body (Venevtsev, 2004). However, in athletes with disabilities, perception is distorted due to the absence or damage of some vital organs. The motor activity acquired in the process of life is divided into “before gaining disability” and “after gaining disability” (Evseev & Abalian, 2016). Truths that exist before trauma are transformed for individual consciousness. Established or not realized truths suddenly become inaccessible for reproduction due to the absence or deformation of the process of perception of the world.

## 2. Problem Statement

For many years in our country there was an opinion that the concepts of “disabled person”, “physical activity”, and, especially, “sports” are incompatible, and physical training means were recommended only for individuals with disabilities as a short-term measure, supplementing physiotherapeutic and medical prescriptions. Physical training and sports were not considered as an effective means of rehabilitation of people with disabilities, maintaining their physical capabilities and strengthening health (Evseev, Briskin, & Perederij, 2010). For example, for a long time sports science has identified the physical improvement of a “deemed” healthy person as the priority subject of its research, leaving care of people with persistent deviations in physical and intellectual development to medicine, corrective pedagogy (defectology) and social workers (Evseev & Kurdybaylo, 2010).

Physical education, physical training and sports are vital for people with disabilities, as they naturally integrate the simultaneous solution of physical, psychological and social rehabilitation tasks (Bariaev, Misharina, & Zlydnev, 2008). Sports for people with disabilities are not only becoming the main form of rehabilitation; they also contribute to full-fledged social life, stimulate social activity, help to increase mental and physical potential, implement the remaining physical capabilities and achieve the highest sports results (Kuleshov & Makina, 2018). It is difficult to overestimate the importance of doing physical training and sports for restoration of strength of a disabled person and the ability to coordinate his or her actions, upgrade speed and endurance. Entering into a competition with himself or herself, striving to improve performance, a disabled person learns to overcome fatigue – the main symptom at the early stages of recovery (Abalian, Evseeva, Evseev, & Kirillov, 2018). Sports as a model of gaming activity make up for the need to express the vital joy and satisfaction present in every person. For this category of athletes, each training is not only a victory over oneself, a muscular struggle for restoration of strength, but also a source of joy. Physical training and sports facilitate and accelerate returning of people with disabilities into society, and contribute to their recognition in it as citizens possessing equal rights (Evseev, 2008).

Long-term national and foreign practice of working with disabled people shows that physical training and sports are the most effective rehabilitation methods for them (Barabash, 2007). Physical training and sports counteract abnormal psychological and antisocial behavior that often occurs due to severe disability (Evseev, Kleshnev, & Misharina, 2006).

The most important thing in competitions is not athletic performance. It is much more important that these people are not reconciled with the disease and the disability. The goal of attracting people with

disabilities to sports is to restore their lost contact with the outside world (Kazaryan, Yulamanova, Bykov, & Popov, 2018; Shipitsyna, 2005). Sports activity creates the psychological conditions necessary for a successful reunion of a person with disabilities with society and participation in useful work. Sports are associated with socialization of a person with disabilities, as it contributes to his or her inclusion in society and assimilation of social life experience. An especially important thing in socialization is the assimilation of a social role, which is understood as a normatively approved behavior expected from everyone holding a specific position, i.e. a certain social position, a place in a specific social structure (Dmitriev, 2008). The socializing role of sports is expressed in the fact that it exerts a deep and many-sided impact on a person, developing him or her physically and spiritually. This allows the person to act as an active subject of the social process.

One of the determining conditions for a successful involvement of people with disabilities in regular physical training and sports is the effective organization of this process in each region of the Russian Federation (Tsarik, 2004). To ensure meaningful life of people with disabilities, special conditions shall be provided; however, conditions for access to public transport and sports facilities were not created in all the regions of the Russian Federation, nor have special (correctional) educational institutions been provided with special equipment, sports equipment and qualified personnel to the full extent.

The research problem consists in determining the content and the structure of activities in the field of physical training and sports for people with disabilities of a humanistic orientation, and the problems that arise when organizing mass adapted physical training, high-level sports among disabled people of all categories and groups. We will also specify the current state of this problem in the Republic of Bashkortostan.

### **3. Research Questions**

The research subject is the process of organizing physical training and sports for people with disabilities in the Republic of Bashkortostan.

### **4. Purpose of the Study**

To identify measures for organization of physical training and sports for people with disabilities that contribute to meeting their needs, the most important of which are self-actualization, the maximum possible fulfillment of their abilities and their comparison with the abilities of other people with health problems in the Republic of Bashkortostan.

### **5. Research Methods**

In accordance with the purpose of the research, the following research methods were used: theoretical (analysis and synthesis of methodological, psychological and pedagogical works on the research problem, analysis of regulatory documents in the field of physical education and adaptive sports management; synthesis, comparison, abstraction, concretization and generalization of experience on problems of training athletes with disabilities); empirical (forecasting, interviewing, analysis of the level of achievement of athletes with musculo-skeletal disabilities).

## 6. Findings

The organization of physical education, physical training and sports in the Republic of Bashkortostan is solved from the perspective of a systematic approach (Tsarik, 2011), that is, the issues of strengthening the regulatory framework, expanding the competitions schedule, creating conditions for doing physical fitness, training specialists, developing scientific research, scientific and methodological, medical and information support of the educational and training process.

The Government of the Republic of Bashkortostan, the Ministry of Youth Policy and Sports of the Republic of Bashkortostan considers the development of physical education, physical training and sports among people with disabilities as a priority area of its activities. The development of physical training, sports and tourism of athletes with disabilities is carried out in accordance with the Laws of the Republic of Bashkortostan “On physical training and sport in the Republic of Bashkortostan”: article 17 “Adaptive physical training, physical rehabilitation of invalids and people with disabilities. Sports for invalids” (Adaptivnaya fizicheskaya kultura, fizicheskaya reabilitatsiya invalidov i lits s ogrannichennimi vozmozhnostyami zdorovya. Sport invalidov, 2008), and “On children and youth sports in the Republic of Bashkortostan”: article 14 “Physical education for children-invalids” (Fizicheskoe vospitanie detey-invalidov, 2004). The republican target programs “Accessible environment” (Dostupnaya sreda, 2011), “Social support of disabled people for 2015-2020” (Sotsialnaya podderzhka invalidov na 2015-2020 gody, 2014) are being implemented.

The structure of the physical training and tourism movement for people with disabilities of the Republic of Bashkortostan includes:

1. Training, fitness and sports activities. These are organized in the republican physical training and sports clubs for people with musculo-skeletal disabilities, sports and rehabilitation centers for people with vision disabilities and the sports union of people with hearing disabilities. The club system in cities and regions, where work with disabled people of all categories is organized, has 111 clubs of physical training, sports and tourism with 18,979 athletes.

2. Training of high-level athletes and sports reserves is carried out in the center of Paralympic sports at the State Autonomous Institution “Sports Training Center of the Republic of Bashkortostan”, in the departments of sports schools in fencing, athletics, judo, biathlon, skiing, swimming, and in boarding schools for children with musculo-skeletal disabilities.

3. Training of specialists in the field of adapted physical training and sports is carried out at the Bashkir State Pedagogical University n. a. M. Akmulla and the Bashkir Institute of Physical Culture (a branch of Ural State University of Physical Education).

4. Rehabilitation and social adaptation are carried out in rehabilitation centers for children and adolescents with disabilities, and in the republican medical and physical treatment center.

In the Republic of Bashkortostan, such activities are carried out in cooperation with the Republican Physical Training and Sports Club for People with Musculo-Skeletal Disabilities “Idel”, the Sports and Rehabilitation Center for People with Vision Disabilities “Luch” and the Regional Department of the National Public Organization of People with Disabilities “Russian Sports Federation for People with Hearing Disabilities” of the Republic of Bashkortostan, as well as with other public associations. In general, in sports sections and sports clubs of public organizations of disabled people of the Republic of

Bashkortostan, 1,733 disabled people are engaged in physical training and sports on an ongoing basis (5.5% of the total number of members of public organizations of disabled people).

Annual sports contests (so-called Spartakiads) are held in the Republic of Bashkortostan for groups of people with disabilities:

- sports and athletics contest of the Republic of Bashkortostan among people with musculo-skeletal disabilities in 13 sports (checkers, chess, skiing, table tennis, swimming, wheelchair racing and track racing, track-and-field athletics, billiards, arm wrestling, bullet shooting, darts, badminton, tennis) and more than 10 sporting events dedicated to various significant dates;

- mass sports and fitness events among people with vision disabilities in 8 sports (swimming, athletics, tourism, handball, chess, Russian checkers, futsal, judo);

- sports events for people with hearing disabilities, where athletes participate in 7 sports (hockey, chess, checkers, volleyball, soccer, futsal, table tennis). All competitions are held in the cities of the republic: Ufa, Sterlitamak, Beloretsk, Salavat, Meleuz, Tuymazy.

For social adaptation of people with disabilities, various forms of tourist activities are carried out in the Republic of Bashkortostan: excursions, multi-day expeditions, trips, tourist gatherings, collective trips to the Asly-Kul, Kandry-Kul and Grafskoe lakes, to the Arsky Stone camp site and on a boat along the Belaya River with sports events, quizzes and competitions, in which more than three thousand people usually participate.

In order to create the necessary conditions for the effective use of possibilities of physical training and sports, rehabilitation and health promotion, and training of sports reserves in the Republic of Bashkortostan, departments for disabled children were opened at Olympic Reserve school for wheelchair fencing, Olympic Reserve school No. 7, Olympic Reserve school "Hercules", Olympic Reserve school No. 10 (football for children with vision disabilities), secondary school No. 12 (karate for children with hearing disabilities), secondary school No. 14 (powerlifting for children with musculo-skeletal disabilities), secondary school No. 21 (athletics for children with vision disabilities), secondary school No. 31, state-financed institution "Adapted Paralympic Reserve Sports School of the Republic of Bashkortostan" for wheelchair fencing for people with musculo-skeletal disabilities, canoeing for people with musculo-skeletal disabilities, powerlifting for people with musculo-skeletal disabilities, karate for people with hearing disabilities, football for people with vision disabilities, in which the number of disabled athletes reaches 150 people.

During the autumn holidays, a festival is organized for students of special (correctional) schools and boarding schools for children with disabilities in 8 sports with the development of tourism skills.

In recent decades, the attention to children with disabilities has increased. Creating optimal conditions for successful correction of disorders of development, education, upbringing, psychological and pedagogical rehabilitation of children with disabilities, their social and labor adaptation and integration into society is one of the most important tasks of special education in the Republic of Bashkortostan. In our republic, positive changes have occurred in this area; particularly, all 37 special (correctional) and educational institutions and 16 psychological, medical and pedagogical committees have become state institutions. This allowed not only to maintain a system for identifying and educating children with

disabilities, but also to provide them with significant financial support. Attention is paid to the quality of education for children studying at home, including those studying online.

Today, the problems of inclusive education are becoming relevant in the Republic of Bashkortostan. Conferences are regularly held at educational institutions to organize the inclusive education process for teachers from special education institutions and representatives of the Republican Center for Home Education. On the basis of Ufa schools No. 7 (Sovetsky district) and No. 87 (Kalininsky district), special classes were created, where children with special needs are taught along with their peers.

It shall be noted that on the basis of the state budgetary educational institution “Ufa VIII-type correctional boarding school No. 59”, the sections on track-and-field athletics and table tennis for children with disabilities are organized (Barabash, 2007). Children take part at various competitions regularly; on May 14, 2019, children with intellectual disabilities will take part in the Republican sports contest for people with disabilities in athletics, swimming and table tennis, which will qualify for the National Russian Sports Contests. Currently, two groups of athletes in track-and-field athletics and one group in table tennis for children with intellectual disabilities have been formed on the basis of the boarding school.

Based on the requirements of the Federal law on education in the Russian Federation (Federalnij zakon ob obrazovanii v Rossiyskoy Federatsii, 2012) and in accordance with the requirements of the professional standard “Teacher (pedagogical activity in the field of preschool, primary general, basic general, secondary general education) (tutor, teacher)” (Professionalnij standart...), the compulsory subject “Organization of inclusive education” was introduced at Bashkir State Pedagogical University n. a. M. Akmulla for effective organization of the process of educating children with disabilities.

In accordance with the Strategy for the development of physical training and sports in the Russian Federation for the period until 2020 (Strategiya razvitiya..., 2018) and the State Program of the Russian Federation “Development of physical training and sports” (Gosudarstvennaya programma..., 2019), by 2020 it is planned to increase the number of disabled people, systematically involved in physical training and sports, up to 2.5 million people, which will be 20% of the total number of disabled people in the Russian Federation.

Due to the active development of the system for managing adapted physical training and sports for people with disabilities at the federal, regional and municipal levels, the number of people with disabilities involved in fitness and sports has increased in more than two times during the recent years, from 224 thousand people in 2013 to 458 thousand people in 2018, which is 3.52% of the total number of persons with disabilities in the country. To accomplish this task, the State Program of the Russian Federation “Development of physical training and sports” (Gosudarstvennaya programma..., 2019) requires systematic involvement in adapted physical training and sports, with an increase in the number of disabled people involved in sports annually by 357 thousand people.

In the framework of implementation of the State Program “Development of physical training and sports” (Gosudarstvennaya programma..., 2019) until 2020, the following main guidelines were identified:

- formation of an integrated approach to improving the physical education of people with disabilities;
- creation of conditions for opening of sports institutions for adapted physical training and sports;
- improvement of measures to achieve high results by the Russian sports teams at Paralympics and

Deaflympics.

The Ministry of Sports and the Russian Paralympic Committee have developed and sent to the regions a collection of regulatory documents on creation and organization of activities of children and youth sports adapted schools and their equipping. Currently, sports institutions for adapted physical training and sports were created in 35 constituent entities of the Russian Federation, and departments for adapted physical training and sports were opened in 27 subjects at children and youth sports schools.

Today, in the system of the Ministry of Education of the Russian Federation, out of 1,708 special (correctional) educational institutions for students and pupils with developmental disabilities, 97,000 disabled athletes are involved in adapted physical training and sports in 1,172 institutions (table 01). Currently, about 84% of special (correctional) educational institutions are equipped with gyms. However, the sports database of the institutions does not meet the requirements for sports included in the programs of Paralympics and Deaflympics, which does not allow for sports training of disabled athletes at the proper level.

At the same time, the country is actively working on the development of adapted sports.

In 2019, it is planned to open the Center for Sports Training for Paralympic Athletes to conduct training sessions for athletes with any category of disability, as well as to organize Russian and international competitions. The facility is the only indoor center of such type in the Russian Federation. The total area of the object exceeds 37 thousand square meters. The complex also includes a sports and demonstration complex for 3,000 seats, a pool area with stands for 500 seats, a medical rehabilitation center and hotels.

Bashkir State Pedagogical University n. a. M. Akmulla and Bashkir Institute of Physical Education (branch of Ural State University of Physical Education) are training specialists in adapted sports and adapted physical training (table 01). The number of young specialists working in the field of adapted physical training and sports is 63% of the total number of graduates. Constant work is performed on selection, placement, education and professional development in the field of adapted physical training. The number of full-time workers employed in the field of adapted physical training and sports in the Republic of Bashkortostan is about 1,000 people, including those with higher specialized and physical education.

**Table 01.** Indicators of development of adapted physical training and sports in the Republic of Bashkortostan

No.	Indicators	2016	2018
1.	Number of teams of physical training and sports clubs for people with disabilities in the republic	111	111
2.	Number of cultivated sports for people with disabilities in the republic	13	13
3.	Number of people involved in physical training, sports and tourism in the system of state and public clubs and sections		
4.	Trained:	22,680	21,979
	mass athletes	1,528	1,729
	first category athletes	925	966
	Candidate Masters of Sports	19	24
	Masters of Sports of the Russian Federation	10	15
	International Masters of Sports	6	8
	Honored Masters of Sports	14	14

5.	Number of sporting events held in districts and cities of the Republic of Bashkortostan	109	185
6.	Number of athletes who took part in them (in thousands of people)	22,680	21,979
7.	Adapted physical training and sports personnel (total)	563	794
8.	Participation of athletes of the Republic of Bashkortostan in Paralympics and Deaflympics		2014, Sochi – 5 athletes in cross-country skiing and biathlon
			Open Russian competitions in sports included in the Paralympics program, Moscow – 11 athletes, including: 3 swimming, 6 track-and-field athletics, 2 wheelchair fencing
			2017, Deaflympics in Turkey – 10 athletes: 6 judo, 1 badminton, 3 track-and-field athletics

Employees of Bashkir State Pedagogical University n. a. M. Akmulla and Bashkir Institute of Physical Education (branch of Ural State University of Physical Education) took part in the process of scientific and methodological support of the national teams of Russia (athletes with vision disabilities, musculo-skeletal disabilities and intellectual disabilities – male and female teams) in 6 Paralympic sports: powerlifting, swimming, athletics, judo, fencing, skiing and biathlon (Evseev, 2008).

Programs of scientific and methodological support include developed computer diagnostic stands for the analysis of pedagogical, psychological, psychophysiological parameters, as well as copyrighted adaptive recovery programs for athletes. There are long-term positive results of work of the integrated research groups of Bashkir State Pedagogical University n. a. M. Akmulla and Bashkir Institute of Physical Education (branch of the Ural State University of Physical Education) aimed at training athletes with disabilities in order to increase the efficiency of the training process and success of the competitive activity of athletes of national teams in Paralympic sports. In the process of scientific and methodological support of the training and competitive processes, organizational and control structures of interdependent obtaining objective operational information on the progress of training and competitive processes are used, interactive computer databases of the studied characteristics of the training process necessary to develop recommendations are formed. The results of long-term joint cooperation have allowed athletes from Bashkortostan (Elena Pautova, Aleksey Labzin, Andrey Koptev, Anna Kulinich-Sorokina, Aleksandr

Davidovich, Timur Khamatshin) to show high-level results at Paralympics and the Open Russian Sports Contests in sports included in the Paralympics program.

At the Open Russian Sports Contests in sports included in the program of Paralympics of 2016 in Rio de Janeiro, athletes from Bashkortostan showed a continuous increase in the competitive result (table 02, table 03).

**Table 02.** Results in swimming at the Open Russian Sports Contests in sports included in the program of Paralympics of 2016 in Rio de Janeiro

No.	Sportsman / sportswoman	Sports group	Distance	Result	Place taken at the National Contest	Place taken at Paralympics
<b>Athletes with vision disabilities</b>						
1	Krivshina Anna	S 13	50 m, free style	(mp) 27.22	1	1
	Krivshina Anna	S 13	100 m, backstroke	(mp) 1.06.07	1	1
2	Sayfutdinov Artur	SB 12	100 m, breast stroke	1.05.09	1	1
<b>Athletes with musculo-skeletal disabilities</b>						
3	Mozgovoy Bogdan	S 9	50 m, free style	26.57	1	7
	Mozgovoy Bogdan	S 9	100 m, free style	57.47	1	6
	Mozgovoy Bogdan	S 9	400 m, free style	4.28.81	1	8-9

**Table 03.** Results in athletics at the Open Russian Sports Contests in sports included in the program of Paralympics of 2016 in Rio de Janeiro

No.	Sportsman / sportswoman	Sports group	Distance	Result	Place taken at the National Contest	Place taken at Paralympics
<b>Athletes with vision disabilities</b>						
1	Koptev Andrey	T11	100 m	11.71	1	10
	leader – Petrichenko Sergey					
	Koptev Andrey	T11-13	4x100 m	42.66	1	2
	leader – Petrichenko Sergey					
2	Labzin Aleksey	T13	100 m	11.36	1	7
	Labzin Aleksey	T11-13	4x100 m	42.66	1	2
3	Samigullina Alina	T11	100 m	11.17	1	12
	leader – Bystrov Anatoliy					
	Samigullina Alina	T11-13	4x100 m	48.92	1	3
	leader – Bystrov Anatoliy					
4	Kulinich-Sorokina Anna	T11-13	4x100 m	48.92	1	3
	Kulinich-Sorokina Anna	F12	javelin	42.72m	1	2
5	Pautova Elena	T12	1500 m	4.35.20	1	3
	leader – Andreev Grigoriy					
	Pautova Elena	T12	marathon	(mp) 2:53.32	1	1
	leader – Andreev Grigoriy					
<b>Athletes with musculo-skeletal disabilities</b>						
1	Zhyrnov Andrey	T36	400 m	57.41	3	6
	Zhyrnov Andrey	T36	800 m	2.12.26	3	4

## 7. Conclusion

In accordance with the presented analysis of the structure and content of organization of the system of physical training and sports for people with disabilities in the Republic of Bashkortostan, promising ways of further development of mass adapted physical training and high-level sports among disabled people of all categories and groups have been identified.

1. Opening specialized sports schools for people with disabilities, increasing the number of various sports departments at secondary schools and Olympic Reserve schools. Contacting the federal authorities on approval of regulatory documents on increasing the number of children in sports groups at secondary schools and Olympic Reserve schools, on payment and promotion of the work of leaders who provide educational and training processes for people with vision disabilities.

2. Creating conditions for availability of sports facilities for people with disabilities and providing special (correctional) educational institutions with sports and special equipment to the full extent.

3. Providing the sphere of physical education and training with qualified personnel for work with athletes with disabilities. Developing regulatory, program and methodological materials for provision of training sessions for people with disabilities, as well as organization of fitness and sporting events.

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