

Modern Methods of Studying the Basic Concepts and Terms of Adaptive Physical Education

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Annotation: This thesis provides information about the main concepts and terms of adaptive physical education. Information is given about adaptive physical culture, adaptive sports, promoting a healthy lifestyle among the population and popularizing sports, as well as creating necessary conditions for people with disabilities to engage in sports.

Keywords: Physical culture, adaptive physical culture, adaptive sports, activity, need, Adaptive physical culture, adaptive sports, and a healthy lifestyle among the population disabled, disabled student, rehabilitation, somatization.

Adaptive physical education (APE) is a science that studies various aspects of physical education for people who have permanently or long-term lost their functional capabilities, including motor abilities.

Adaptive physical education (AFP) is functional, including absolute motor capabilities or the science that studies various aspects of physical education for people who have lost their loved ones for a long time. According to national modern legislation, a person with a disability or severe impairment of the organism, that is, confirmed in the manner prescribed by health authorities, resulting from a disease, injury, congenital or acquired defects that lead to limitations in vital activities and needs for social assistance and protection, will be protected in accordance with the procedure established by our state.

Today, many countries have abandoned the use of the word "disabled" due to its negative psychological impact. Instead, they use terms such as: incapacitated person, person with physical disabilities, person with functional (physical) limitations (disorders), unusual persons (children) with special needs.

According to data from international health organizations, over the course of 2-3 millennia, one in every 10 families in the world has such a person, which accounts for nearly 10% of the global population. Has been discontinued. Instead: an incapacitated person with physical disabilities a person with functional (physical) limitations (disorders), a special unusual persons with needs (children).

According to data from international health organizations, 2-3-thousand-year-old very 10th household in the world has such a person, which is an indicator of the global population about 10%. Causes of disability include environmental disasters, wars, criminogenic conditions, heredity, infectious diseases, injuries, as well as those acquired in production and everyday conditions, etc.

Disability is self-service due to illness, injury, and congenital malformations demonstration, independent movement, communication, personal behavior control the study of labor activity, i.e. the possibility of general or professional work loss.

This term is used simultaneously as a medical, social, and legal term, because it is related to a person's health and work activity. Person with disability as a result of a specific disease, injury, and congenital malformations that limit life.

By health authorities of persons who have partially or completely lost their health as a result of medical and social expertise. Also, among them, the legislation

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in need of social assistance, compensation due to loss of wages or persons exempted from performing certain duties.

At the same time, life the degree of limitation of activity, working capacity, group of disabilities for each disabled person for a person, depending on the state of health. This is a specific organism for him the type of labor activity and labor that creates the foundation for the restoration of its functions

This allows you to choose the conditions. A program of adaptation and rehabilitation measures will be developed individually for each disabled person.

Social protection of persons with disabilities is provided to persons with disabilities Restoration of health, material support, strength in professional and social activities full enjoyment of their rights and freedoms, as do all citizens of the country.

Development of a system of legal, economic and social measures aimed at meeting the needs of the population and this system is organized on the basis of the current law. Rehabilitation of persons with disabilities is the process of rehabilitation of persons with disabilities Restoration of disrupted functions, restriction of their vital activity provision of compensation, their socio-professional adaptation to society and It is a system of medical, professional, and social measures aimed at integration.

Adaptive motor rehabilitation refers to a specific illness, injury, physical or mental exhaustion partial or complete disability restoration of temporarily lost or partially lost bodily functions in individuals rehabilitation (for a long time in connection with the main diseases - disability) (not including loss of functionality).

These measures are designed to increase the sensitivity of a person to a particular disease accordingly. which leads to rapid normalization of the body's functional aspects.

Adaptation to self-recovering natural, ecological means; their ability to independently perform certain complex physical exercises, self-massage exercises, physical therapy methods, etc. training is provided.

Individual disability rehabilitation and adaptation program - a specific individual Types, forms of rehabilitation measures acceptable and suitable for The volume, duration, and procedure are considered as a set.

Defectology is the psychophysical development of individuals with physical and mental disabilities It is a system of disciplines that studies the characteristics of their upbringing, education, and the patterns of teaching.

Defectology combines a number of special areas:

1. Oligophrenopedagogy - education for the development of intellectually disabled people;
2. Surdopedagogy - pedagogy of deaf-and-dumb and hard-of-hearing people;
3. Speech therapy - correction of speech defects;
4. Tiflopedagogy - the pedagogy of the blind;
5. Tiflosurdopedagogy - simultaneously blind and deaf-muted upbringing, development, adaptation, and rehabilitation of individuals.

Adaptive physical education is one of the main goals of physical education treatment of individuals using not only physical exercises and physiotherapy methods, but also physical therapy their socialization is considered a social phenomenon.

One of the relatively new concepts is adaptive physical reaction (impact). His the essence of this provision is aimed at ensuring that any persons with disabilities increasing the physical effort expended during the activity, support and recovery: work, education, sports, fatigue prevention, fun in



their free time health improvement, demanding of oneself, "meeting one's own needs." Enhancing life opportunities."

The basic idea of adaptive physical reaction (impact) consisting in the fact that the means, methods, and means of training for the persons participating in it are aimed at ensuring mental comfort and interest through a completely independent selection of forms.

Sports for people with disabilities or adaptive sports set the following goals – physical opportunities for a high level of sportsmanship among people with disabilities and people with disabilities in their health

To facilitate the achievement of the highest results in various competitions between. HE consisting of three main directions: Paralympic movements, Special Olympics, and World deaf-and-dumb games ("Peace Games"). This is the essence of adaptive sports

The psychological impact of sports and competitions on the physical, psychological, and psychological well-being of individuals with disabilities psychological and social changes strength, social significance in situations of depression (stress). Sports Excessive use of high-intensity physical exercises during training the emergence of reserve forces and capabilities in the individual's body, communication creates a foundation for increased activity.

ASP differs from physical rehabilitation in that the essence of ASP lies in the fact that it involves various types of sports the availability of games and recreational activities, sports training as much as possible involvement of many participants - not only people with disabilities, but also healthy people sets a goal.

The difference between JVT and sports is that it has adaptation-health benefits orientation and primarily individuals with diverse physical abilities mutual understanding, solidarity, concern for each other, mutual understanding aimed at providing assistance and friendly relations.

Conclusion: Adaptive physical education - for people with disabilities and people with disabilities in the healthcare sector the most important institution of the state for the implementation of social policy development prospects, as well as promising scientific research in this area It determines the directions.

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