

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της
ένταξης»

ΑΞΙΟΛΟΓΗΣΗ ΦΥΣΙΚΗΣ ΚΑΤΑΣΤΑΣΗΣ ΚΑΙ ΦΥΣΙΚΗΣ ΔΡΑΣΤΗΡΙΟΤΗΤΑΣ ΕΝΗΛΙΚΩΝ ΣΤΟ ΦΑΣΜΑ ΤΟΥ ΑΥΤΙΣΜΟΥ

ASSESSMENT OF PHYSICAL FITNESS AND PHYSICAL ACTIVITY OF INDIVIDUALS WITH AUTISM SPECTRUM DISORDERS

της

Ηρακλέους Παλαιολόγου Ελένης

Μεταπτυχιακή διατριβή που υποβάλλεται
Στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης
Του Τ.Ε.Φ. – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο
Πληροφορικής και Τηλεπικοινωνιών
Με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της
Ένταξης»

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ΠΕΡΙΛΗΨΗ

Ο σύγχρονος τρόπος ζωής, τα τελευταία χρόνια έχει απομακρύνει τους ανθρώπους όλων των ηλικιών από την ενασχόληση με φυσική δραστηριότητα (ΦΔ), ενώ αντίθετα ενισχύει την υποκινητικότητα και τις καθιστικές συμπεριφορές. Παράλληλα με το μειωμένο επίπεδο ΦΔ, χαμηλό είναι και το επίπεδο Φυσικής Κατάστασης (ΦΚ) των ατόμων. Αυτή η κατάσταση έχει σημαντικές επιπτώσεις στην υγεία όλων, και ιδιαίτερα των ατόμων που αντιμετωπίζουν κάποια αναπηρία. Τα άτομα με Διαταραχή Αυτιστικού Φάσματος (ΔΑΦ) ανήκουν σε αυτή την κατηγορία, καθώς αντιμετωπίζουν κινητικά ελλείμματα και δυσκολίες στην ενασχόληση σε δραστηριότητες, οι οποίες εντείνονται από τον καθιστικό τρόπο ζωής. Σκοπός της παρούσας εργασίας ήταν η αξιολόγηση της ΦΚ και της ΦΔ ενηλίκων ατόμων με ΔΑΦ. Στην έρευνα έλαβαν μέρος 16 άτομα με ΔΑΦ (14 άνδρες, 2 γυναίκες), ηλικίας 18-36 ετών. Η αξιολόγηση της ΦΚ πραγματοποιήθηκε με τη δέσμη δοκιμασιών Brockport Physical Fitness Test (Winnick & Short, 1999), ενώ η αξιολόγηση της ΦΔ έγινε σύμφωνα με το Διεθνές Ερωτηματολόγιο Φυσικής Δραστηριότητας (Craig et al., 2003). Τα αποτελέσματα έδειξαν πως οι συμμετέχοντες είχαν χαμηλό επίπεδο ΦΔ, συγκριτικά με τις συστάσεις του παγκόσμιου Οργανισμού Υγείας (WHO, 2021). Αναφορικά με τη ΦΚ, οι συμμετέχοντες είχαν χαμηλές επιδόσεις στις δοκιμασίες μυϊκής δύναμης και αντοχής, ενώ παρουσίασαν καλύτερες επιδόσεις στις δοκιμασίες ευλυγισίας και καρδιοαναπνευστικής αντοχής. Καταληκτικά, κρίνεται απαραίτητη η βελτίωση του επιπέδου της ΦΔ και της ΦΚ των ατόμων με ΔΑΦ, από όσο το δυνατόν νεότερη ηλικία, για τη διασφάλιση της υγείας και της ποιότητας της ζωής τους.

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