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 Επικοινωνιών

με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

ΑΞΙΟΛΟΓΗΣΗ ΚΑΙ ΑΝΑΠΤΥΞΗ ΤΗΣ ΚΙΝΗΤΙΚΗΣ ΕΠΙΔΕΞΙΟΤΗΤΑΣ ΑΤΟΜΩΝ ΜΕ ΝΟΗΤΙΚΗ ΑΝΑΠΗΡΙΑ

EVALUATION AND DEVELOPMENT OF MOTOR SKILLS OF PEOPLE WITH MENTAL DISABILITIES

του

Καλαβίτη Δημήτριου Γεώργιου

Εγκεκριμένο από την τριμελή επιτροπή:

1ος Επιβλέπων: ΒΕΝΕΤΣΑΝΟΥ ΦΩΤΕΙΝΗ ΕΠΙΚΟΥΡΗ ΚΑΘΗΓΗΤΡΙΑ ΤΕΦΑΑ ΕΚΠΑ

2ος Επιβλέπων: ΔΟΣΗ ΙΦΙΓΕΝΕΙΑ ΜΕΤΑΔΙΔΑΚΤΟΡΙΚΗ ΕΡΕΥΝΗΤΡΙΑ Τ.Ε.Φ. Δ.Π.Θ

3ος Επιβλέπων: ΚΑΜΠΑΣ ΑΝΤΩΝΙΟΣ ΚΑΘΗΓΗΤΗΣ ΤΕΦΑΑ Δ.Π.Θ

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Περίληψη

Σύμφωνα με πολλές έρευνες, άτομα με νοητική αναπηρία υστερούν σε επίπεδο κινητικής επιδεξιότητας. Σκοπός της παρούσας εργασίας είναι η βιβλιογραφική ανασκόπηση σχετικά με την αξιολόγηση και την ανάπτυξη της κινητικής επιδεξιότητας των ατόμων με νοητική αναπηρία, μέσα από προγράμματα Φυσικής Αγωγής που λαμβάνουν χώρα στο σχολικό περιβάλλον. Για τον σκοπό αυτό αναζητήθηκαν σχετικές πηγές στις ηλεκτρονικές βάσεις δεδομένων PubMed, Science Direct, Research Gate, Google Scholar, χρησιμοποιώντας ως λέξεις κλειδιά όρους που αφορούσαν την νοητική αναπηρία και την κινητική επιδεξιότητα (mental disability, motor skills assessment, intervention programs for people with intellectual disabilities). Από τις έρευνες που εντοπίστηκαν στην ανασκόπηση, συμπεριλήφθηκαν στην έρευνα 24 που ήταν στην αγγλική γλώσσα και ήταν δημοσιευμένες σε αγγλικά περιοδικά με σύστημα κριτών, μεταξύ του 2000 έως το 2021. Στις έρευνες συμμετείχαν αγόρια και κορίτσια με νοητική αναπηρία έως 20 ετών. Η αξιολόγηση πραγματοποιήθηκε κυρίως μέσω του Test of Gross Motor Development και του Bruininks-Oseretsky Test of Motor Proficiency (BOTMP). Από τις έρευνες που εξετάστηκαν 11 αφορούσαν την αξιολόγηση των παιδιών με νοητική αναπηρία ως προς την κινητική επιδεξιότητα και 14 προγράμματα παρέμβασης Φυσικής Αγωγής που πραγματοποιήθηκαν στο σχολικό περιβάλλον. Από την ανασκόπηση των ερευνών διαπιστώθηκε ότι τα άτομα με νοητική αναπηρία παρουσιάζουν χαμηλότερο επίπεδο κινητικής επιδεξιότητας, σε σύγκριση με τα συνομήλικα άτομα τυπικής ανάπτυξης. Επίσης η έρευνα κατέδειξε ότι τα προγράμματα παρέμβασης στο μάθημα της Φυσικής Αγωγής στο σχολικό περιβάλλον, συμβάλλουν σημαντικά στην βελτίωση του επιπέδου της κινητικής επιδεξιότητας των ατόμων με νοητική αναπηρία. Συνίσταται να πραγματοποιηθούν ευρύτερες έρευνες στο ζήτημα της κινητικής επιδεξιότητας και να ενταχθούν συστηματικά παρεμβάσεις στο μάθημα της Φυσικής Αγωγής, λόγω των πολλαπλών ωφελειών που διαφάνηκε ότι έχουν στα άτομα με νοητική αναπηρία, ως προς την βελτίωση της κινητικής επιδεξιότητας τους.

Λέξεις Κλειδιά : Αξιολόγηση, Ανάπτυξη, Κινητική Επιδεξιότητα, Νοητική Αναπηρία

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