

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

**ΑΣΚΗΣΗ ΚΑΙ ΦΥΣΙΚΗ ΔΡΑΣΤΗΡΙΟΤΗΤΑ ΓΙΑ ΑΤΟΜΑ ΜΕ ΔΙΑΤΑΡΑΧΗ ΤΟΥ  
ΦΑΣΜΑΤΟΣ ΤΟΥ ΑΥΤΙΣΜΟΥ**

**EXERCISE AND PHYSICAL ACTIVITY FOR INDIVIDUALS WITH AUTISM SPECTRUM  
DISORDERS**

μια Βιβλιογραφική Ανασκόπηση

της

Παύλου Άννας

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»

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## Περίληψη

Η σχέση μεταξύ άσκησης και ευημερίας είναι μια ευρέως αναγνωρισμένη αλήθεια στη σύγχρονη κοινωνία. Από τη βελτίωση της φυσικής κατάστασης ως και την ενίσχυση της νόησης, τα οφέλη της τακτικής φυσικής δραστηριότητας είναι πολλά και καλά τεκμηριωμένα. Ωστόσο, όσον αφορά τα άτομα με Διαταραχή του Φάσματος του Αυτισμού (ΔΑΦ), η σημασία της άσκησης μελετήθηκε αργότερα, αλλά σε καμία περίπτωση δεν αμφισβητούνται τα οφέλη της. Για εκείνους που ζουν με ΔΑΦ, η συμμετοχή σε φυσικές δραστηριότητες μπορεί να τους επιφέρει επιθυμητές αλλαγές, προσφέροντας μια οδό προς τη βελτιωμένη επικοινωνία, τη κοινωνική αλληλεπίδραση και τη ρύθμιση των συναισθημάτων.

Σε αυτήν την εργασία, εμβαθύνεται η περίπλοκη σχέση μεταξύ άσκησης και ατόμων με αυτισμό, διερευνώντας πώς η φυσική δραστηριότητα λειτουργεί ως καταλύτης για την ολιστική ανάπτυξη των ατόμων με ΔΑΦ και τη βελτίωση της ποιότητας της ζωής τους. Μέσω της ανάλυσης των μοναδικών προκλήσεων που αντιμετωπίζουν αυτά τα άτομα και του θεραπευτικού δυναμικού διαφόρων μορφών άσκησης, ο σκοπός είναι να «φωτιστεί» το αντίκτυπο που μπορεί να έχει η ενασχόληση με μια φυσική δραστηριότητα στα άτομα με αυτισμό. Μέσω της ανάλυσης της υφιστάμενης έρευνας υπογραμμίζεται η σημασία της ένταξης της άσκησης στη ζωή των ατόμων με ΔΑΦ, όχι μόνο ως μέσο προώθησης της φυσικής υγείας, αλλά και ως ισχυρό εργαλείο για την προαγωγή της ανεξαρτησίας, της αυτοπεποίθησης και της κοινωνικής ένταξης.

## Λέξεις κλειδιά

Διαταραχή αυτιστικού φάσματος και άσκηση, αυτισμός και αθλητική δραστηριότητα, προσαρμοσμένη αθλητική δραστηριότητα και αυτισμός

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